

TRAILMARKER

Adirondack Mountain Club

Iroquois Chapter

Est 1972

August 2016



Brooktrout Lake, West Canada Lakes Wilderness

Photo credit: Jim Hopson

It is amazing how time flies when one is retired; the days blend into weeks and the weeks into months. September is around the corner and another season of Iroquois Chapter meetings and activities await us.

I have been working diligently to line up interesting and outstanding program speakers for the forthcoming year. I hope you can honor them with your presence at the monthly meetings. As a reminder, please remember to mark your calendars and i-phones/pads with the new meeting start time of 7 PM. There is one other very important change-due to scheduling conflicts at the Presbyterian Church meeting hall, the OCTOBER meeting will be held at the First Baptist Church hall on Oxford Road, across from the New Hartford Fire Department. It is the church where we have our annual Christmas dinner in December.

I am pleased to announce that Brian Sanders has agreed to chair the conservation position for our chapter. On behalf of the membership, and especially myself, thank YOU Brian. It would be most wonderful if a member would volunteer for

the programs position. I certainly would help transition you into the position. Roger Felske's tenure as our director ends December 31, so we need an individual in place to represent our chapter for this role. It would be most appreciated by me if these openings can be filled soon.

Lastly, in addition to the selected topics presented to you in the Trailmarker, you will get more in depth information from the ADK web site. Simply google ADK. The Adirondack Mountain Club web page will appear where there is a wealth of information regarding activities, special programs, hikes, conservation issues and volunteer opportunities. Take a few moments to navigate the web page; you can easily register for special events/activities via these links. More importantly, should you accidentally delete the Trailmarker, the current issue as well as past issues can be easily accessed via this avenue.

In closing, enjoy the balance of your summer and I will see you either on the trail or at the September chapter meeting.

Paul Sirtoli

TRAILMARKER Iroquois Chapter

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797-6962

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Programs **OPEN**

Iroquois Chapter Officers Needed!

The following positions are vacant and need to be filled. Please step up and do your part to make our chapter a vital part of ADK!

Programs This person shall get speakers or develop programs to be presented at Chapter meetings.

Director Our chapter representative on the ADK Board of Directors. Meets in Albany quarterly. Chapter pays mileage.

Up Coming Events

Starting September 3, 2016

Hudson River Valley Ramble

The Hudson River Valley Ramble is an annual event series including hiking, biking, and paddling, that celebrates the history, culture and natural resources of the Hudson River Valley National Heritage Area.

For contact information see *Trips*.

Tuesday, September 6, 2016

Chapter meeting at 7:00 PM, (*Note new time*)

New Hartford Presbyterian Church

Program speaker will be Jim English who will present; "Adirondack Railway: Past, Present, Future" which will include question and answers.

Tuesday, October 4, 2016

Chapter meeting at 7:00 PM, (*Note new time and different location*)

First Baptist Church, Oxford Rd., New Hartford

ADK Executive Director, Neil Woodworth, will give a conservation update.

Wednesday, October 12 (rain date October 19)

Adopt-A-Highway Clean Up

Start 4:00 pm or when you can make it.

Meet at turn around about 1.5 miles after Rt 8 going north, Second turn after Trenton exit going south. Pizza & Soda after.

Tom Blackstone 826-7870 or tblackstone@ntcnet.com

October 14-16

JBL work weekend

Contact Nathan Stokes; stokesnm@gmail.com

Iroquois Chapter New Members

We would like to welcome the following new members:

Ralph Feola — Patrice King
Andrew & Julia Little — Robert Pronteau
Deborah Sarchilli

BACKTRACKS...

Seaway Bike Trail

July 19, 23016

Originally planned for June, but postponed due to poor weather, Doug Tinkler and Paul Sirtoli biked the Seaway Trail-route 3-from Selkirk Shores State Park to Montario Point. En route the duo explored Sandy Shore State Park which is essentially a picnic/swimming area hemmed in by sand dunes. In addition, we also rode most of the “dead end”country roads leading to Lake Ontario. Those roads that were gravel were not explored. Unlike central NY roads, the route 3 highway was generally level, with very gentle grades. Together with no humidity and a nice breeze, biking was quite enjoyable in a region that I would compare to the landscape near Cape Cod. Due to the side trips we never reached Southwick Beach State Park. Total biking round trip distance for the day was approximately 45 miles in about 4.5 hours.

Submitted by Paul Sirtoli



Restored 1838 lighthouse

Photo credit, Doug Tinkler

Brooktrout Lake and West Lake Mt.

August 8, 2016

Jim Hopson and Paul Sirtoli tackled two trailless mountains in the West Canada Lake wilderness in Jim’s quest to climb all the 3000+ ft. mountains in Hamilton County.

Starting at the Brooktrout Lake trail head in the Moose River Plains, the duo walked about 5 miles on the trail to a shoulder overlooking the lake, at which point they commenced their bushwhack to the first peak, just over a mile from the trail. The forest was a mix of hardwoods and conifers but within half a mile from the Brooktrout Lake summit, the friendly forest walk became a struggle through somewhat dense conifer to the summit peak. During our trek to the summit peak we did manage to find a rocky outcrop affording us a grand view of the summit and the numerous small mountains dotting the West Canada Lake wilderness.

Following a lunch break on the 3063 ft. summit, we had to circumvent an extremely steep section of the mt. by heading north then east toward West Lake Mt., just about a mile away. Navigating through the open woods was refreshing until we approached the summit. For about a quarter mile we slogged our way through dense conifer as we checked out each “high point” of the ridge line.

From the high point we bushwhacked south to the cliffs overlooking West Lake. We found the cliffs, but disappointingly, there was no place to sit down and relax, as the forest continued to the cliff edge. We managed to find a few openings for a photo opportunity as we squeezed our way down the mt. cliff line. Upon running out of cliff, we made a bushwhack bee line for West Lake and the trail, roughly a mile away. Upon returning to the vehicle, we took a small detour to the West Lake shoreline, and a nice snack break at Brooktrout Lake. Arriving at the car after 7:30 PM, we hiked 14+ miles in ten hours.

Officially, both peaks are unnamed. According to the NE 770 list Brooktrout Lake Mountain, 3063 feet, is actually West Lake Mountain and West Lake Mountain, 3163 feet, is Twin Lakes Mt. You can choose the name that suits ya.

Submitted by Paul Sirtoli

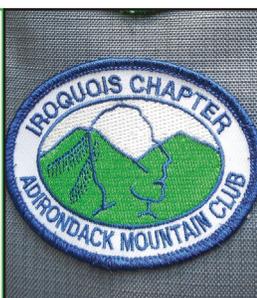
NPT Height of Land Mountains

August 15, 19. 2016

The Northeast 770 is a listing of the 770 mountains in the northeast region, from Pennsylvania to Maine, that are over 3000 feet in elevation. Although Jim Hopson currently is not working on that list, he is climbing all the peaks in Hamilton County that are over 3000 feet,

New Iroquois Chapter Patches

To get one for FREE just attend a chapter meeting or event.





West Lake from West Lake Mt.

Photo credit, Jim Hopson



Paul Sirtoli in spruce thickets enroute to West Peak

Photo credit, Jim Hopson

many of which are not formally named. Almost all are difficult bushwhacks; it is a rare exception that a view spot is discovered. There are four no-name peaks on the Northville—Lake Placid Trail (NPT) about 4 miles heading south of route 28N, Long Lake. The NE 770 list refers to these peaks as NPT east, west, far east and Fishing Brook west. Each mt. presents its unique challenge to climb. For example, NPT far east is .8 mile from the trail, but it took Jim and I over two hours of arduous bushwhacking to achieve the summit, which thankfully was relatively open. On the other hand, lying .25 mile from the trail, NPT east was a fairly easy walk, but its immediate summit was socked in by dense conifer dead fall. One just does not know what conditions prevail. Nonetheless, one fact remains—Jim and I get a chance to explore vast wilderness regions in the Adirondacks that very few hikers would dare to tread. As of this writing, Jim has 3 more peaks to climb to complete the Hamilton County 3000 + ft. list.

Submitted by Paul Sirtoli

West Canada Wilderness loop

August 11-13, 2016

Sometimes a hike takes me to new places; sometimes to revisit places. When I return to places I've been I inevitably look for something new, something I missed or just any type of change. This is a report of our West Canada Wilderness hike and some changes along the way I noticed.

If you haven't been to the Pillsbury Mountain trailhead before this summer, then you missed your chance to drive my favorite Adirondack road. It's the last portion of the drive to Pillsbury Mountain trailhead. It's about 1&1/2 miles of dirt road mostly up a hill pitched just right so that when you are driving up the road you can't see over the front of your car and can't see the road immediately

in front of you. So you can't see the potholes, erosion, uneven ground, stones and boulders lurking and ready to adjust the sound of your car's muffler. This summer New York State DEC put our tax dollars to good use grading and adding crushed stone to this road. My first change to report; a most pleasant change.

Our backpacking trip of Thursday-Saturday started at the before mentioned trailhead. Our plan was to use the Old Military Road, now a trail, to Cedar Lake for our first days hike. Before we left the parking lot, my partner for this trip, ADKer Ralph Grecco, checked out the outhouse. The outhouse is relatively new compared to my earliest use of this trailhead and so I classify it as a change for this report. You probably know there are some not so good outhouses in the Adirondacks, and if you experienced them you know why. I did ask Ralph if checking out the outhouse was a pleasant experience and he did not reply, so I will just call its presence a welcome change.

For the purposes of establishing a trip plan before our hike, I emailed Ralph an itinerary. I described the route and mentioned the trail was a gentle walk over mostly level terrain. Well the first half mile of the hike wasn't as level as I recalled. There was some elevation change I guess that caused Ralph and I some discomfort and Ralph the right to complain about the effort he had to put forth early that first day. Sorry Ralph, but I think my earlier walks through here left me a good impression so I can only think my memory changed the details.

At the intersection for the Pillsbury Lake trail were NYS DEC placed signs. We stopped to read them and admire the posted mileage. The big change was the informative sign labeling the Pillsbury Mountain trail the French Louie Trail. A neat change - at least it seemed.

On past the intersection the well defined and gentle trail continues and eventually reaches an old wood dam (or what is left of it) at the outlet of Cedar Lake. A few years back, the rain from Hurricane Irene overwhelmed

the dam causing it to collapse and to never again be useful to the hiker. To take its place a new wood bridge was built several 100 feet downstream. I say the dams demise was a sad and catastrophic change.

Our first night out as planned was at the Cedar Lake lean-to #2. Most obvious was the lake water level which is now in the neighborhood of 3 feet lower than before the dam breach. Rocks and sand now line the lake and make an interesting shoreline to explore. For instance Ralph noticed some of the rocks have garnet embedded. The lower water level I guess is a cool change.

Near the lean-to and west of the NPT was a spring with water that moves past mossless rocks and provides clear cool drinking water to fill your BPH free Nalgene bottle. This trip found the spring site to be a stagnant puddle. A change much to my surprise.

Day 2 consisted of a hike south on the NPT past Mud Lake, West Lake and South Lake. As you walk the trail leading in to the West Lake area, a sign announcing a diversion from flooding marks the start of a reroute. I've walked this reroute a couple of times. It is by no means a completed trail. Deep mud stretches fallen trees, rocks and what not make the section only slightly less than a than bushwhack. All I can think is to explain this by a phrase I hear at work, "change is good."

Further down the trail the famous French Louie fireplace provides another landmark. There the grass and brush have encroached upon this treasure. Although I could not see clearly, as reported by others, the mantle is down. Since Ralph wasn't interested in a closer look, I'll describe the mantleless fireplace as a ho-hum change.

At West Lake we noted the mini sandy beaches. These tempted us on this hot humid day to a quick swim but instead we pressed on. At West Lake lean-to #2, we did enjoy the cooling easterly breeze blowing across the lake during a snack break. A short hike later we stopped at South Lake, there too enjoying the breeze and relief from the heat. After leaving the lake, and continuing south we crossed the South Lake bridge system which I had discovered clearly visible on Google Earth. From there our walk south took us to the west end of the French Louie Trail. This was our turn east to Sampson Lake, our next overnight spot. The trail through the lower elevations was easy to follow unlike my first trip but definitely muddier and it seemed like the uphill sections were longer. Likely the uphill drag was due to the 75 dew point that Ralph kept reminding me of. I will chalk the trail condition change up to the French Louie Trail sign - an advertisement screaming to the hiker to try this direction and beat a path out of the wilderness.

The lean-to at Sampson Lake sets on the side of a hill 100 or so feet from the water and is shadowed by spruce and other trees. These keep the sun off the lean-to but also the breeze. The peninsula west of the lean-to served as our resting place where we found the breeze and watched the



South Lake bridge, West Canada Lakes Wilderness

Photo credit, Doug Tinkler

clouds roll through matching the forecast of off and on rain and thunder showers. If you plan to camp here this is definitely a cool spot.

In the morning we elected to make an early start leaving at 8:00 a.m. with plans to finish our loop hike and return to the car by lunch. Soon in our hike it began to rain, then it changed to drenching rain for much of our walk to Pillsbury Lake. At the lake while the rain took a break so did we. There we chatted with two father-daughter campers and told them of the cool spot at Sampson. It rained only once more for a short time the rest of our hike but we really didn't care accepting it as a better experience than the heat and humidity of Friday.

Ralph kept track of the number of other groups we encountered, I think 7. I would say this is typical of my trips in this area - no change.

Henry Holt wrote about a sound often heard while camping near Adirondack lakes - this sound we heard each night - "The call was a mixture of wolf howl, owl hoot, and kookaburra laughter, with loads of Elvis Presley "Heartbreak Hotel" reverb." One more observation, loons were present as expected. A welcome constant for the West Canada Wilderness.

submitted by Doug Tinkler

Breakneck Ridge, Storm King Mt.

August 27, 2016

My day in the Hudson Highlands State Park Preserve (below Newburgh) was certainly memorable. I joined trip leaders Steve and Leslie Siegard in this ADK Albany Chapter excursion on an otherwise very hot and humid day. We were also accompanied by Susan Jordan and her friend Dave, who recently re-located to Albany from Arizona.

Briefly, I thought I was in the high peaks. The massive parking lot was full; cars were also parked up and down both sides of highway 9D. Dozens of hikers were preparing to

climb the steep, rocky embankment leading to the ridge, a 1250 ft. ascent with phenomenal views along the beaten down trail. The steep incline was peppered with many groups of young folk resting here and there admiring the views; painted graffiti adorned many a rock face. I must have collected more five cent water bottles off the trail than when I bike. I could have danced my way up the mountain given the blaring music from what I guess were cell phone radios? Upon attaining the open forest ridge line, hikers with maps approached me asking for directions, obviously unable to decipher a map. A few individuals had no map, asking for directions to the summit.

The extreme heat and humidity affected Dave, so he and Sue chose to descend the mountain via another way down the ridge thereby avoiding the steep decline. Steve, Leslie and I continued on to a high bump on the ridge which overlooked Lake Surprise, at which point we took a loop trail off the ridge to a valley below. This trail, somewhat gradual compared to the climb, led us by the ruined Cornish Estate, built around 1912, but gutted by fire in 1958. Our seven mile loop was completed by 3 PM.

Following a convenient store break we drove to the west side of the Hudson River where we commenced to climb Storm King Mt. from its back side. The 3.5 mile loop trail, one of several, took us to the 1300 ft. summit, where we were afforded grand views of the Hudson River and the Breakneck Ridge. Unlike the Ridge, we encountered very few

people. Storm King Mt. was the center of controversy in 1962 when Consolidated Edison Power Company wanted to build a massive hydroelectric dam at the foot of the mountain. Courts eventually ruled in favor of the preservationists, and the project never materialized.

Both Storm King Mt. and Breakneck Ridge have extensive trail systems to keep you busy. Nearly eight hours of driving for 7 hours of hiking is not a great ratio, but that aside, hiking within 1.5 hours of NYC is a good reason to live and play in central NY.

Submitted by Paul Sirtoli



Leslie and Steve Siegard on summit of Storm King Mt.

Photo credit, Paul Sirtoli

TRIPS

Ramble Hikes

with David and Carol White in the Catskill Park.

Email: ccswhite@juno.com

Sept. 3, 10:00 a.m. Codfish Point Quarry

Hike through Platte Clove Preserve with nature signs to a large quarry overlooking the Hudson Valley known as Codfish Point.

Sept. 10, 9:30 a.m. Stoppel Point

Hike to North Point with beautiful viewing to lakes and peaks and sweeping views of the Hudson Valley, continuing to Stoppel Point's plane wreck.

Sept. 17, 10:00 a.m. Palenville Overlook

Hike to spectacular views over the Hudson Valley, with a view straight down hundreds of feet from a cliff to NY Route 23A.

Sept. 18, 9:30 a.m. Windham High Peak Traverse

Hike with authors of Catskill Day Hikes over 3,524-foot Windham High Peak and enjoy many excellent views along the Escarpment Trail.

These and 200 other events in Sept. at

<http://www.hudsonrivervalleyramble.com/ramble/events>

September 3 to 5, 2016

The Cranberry Lake 50

Looking for members to join me on a three day backpacking trip of the 50 miles of trails and roads around Cranberry Lake. The Cranberry Lake 50 is another exciting Adirondack challenge that is a series of trails that loop around the third largest lake in the park. Once finished you can receive the CL50 patch and have your name on the roster of completions. For more information on the trails check <http://cranberrylake50.org/>. If interested contact me and we will discuss trip details further. Possible alternative date is September 9, 10 and 11.

Rating: A+

Meeting Place: To be determined

Meeting time: To be determined

Contact: William Luppino 360-0359 or
Bootsmuddy@hotmail.com

September 10, 2016

Paddle the Sacandaga River

We will paddle a section of the Sacandaga River near Speculator. This will be a relaxed paddle on meandering, flat water in a beautiful spot. A short optional nature study hike is possible. PFD required.

Distance: 8 miles.

Map: Delorme 79 & 87

Rating: C

Meeting Place: Call leader

Meeting time: 8:30 am

Contact : Mary Coffin and Brenda Veilleux
Phone 687-3589 or 463-9103

September 25, 2016

Bramley Mountain, Utsayantha Fire Tower

Join me for this double header hike guaranteed to have outstanding views of the Catskill peaks. Located in the town of Delhi, Bramley Mountain, 2817 ft., is the site of a former fire tower. The newly constructed loop trail of 4 miles passes near a blue stone quarry, then ascends through a mixed hardwood forest while passing impressive rock formations and cliffs. Located near the village of Stamford, Utsayantha Fire Tower is one of the six remaining fire towers in the Catskill Park. In addition to the tower there is a wooden platform used by hang gliding enthusiasts. Perhaps we will be fortunate to witness a glider demonstration? The tower is accessed via a gravel road, with a 700 ft. of ascent, 2 miles round trip. Poor weather will postpone trip to another date.

Rating: B

Meeting Place: Call leader

Meeting Time: Call leader

Contact: Paul Sirtoli at 737-8353 or
email alexsirtoli@outlook.com

September 24 2016

Pillsbury Lake, West Canada Wilderness, NCT100

We will explore the NCNST Adirondack Route in West Canada Wilderness, the former tromping grounds of famous guide and character, French Louis. Lunch will be at the leanto on picturesque Pillsbury Lake. This trip is in celebration of NCNST Annual Trail Day. Possible supper stop on way home. Distance: RT 7 miles. Map: Delorme 36 & 51

Rating: B

Meeting Place: call leader

Meeting Time: 8:30 am

Contact: Mary Coffin 687-3589 or
marycoffin@gmail.com

October 9, 2016

Great Swamp Conservancy Fall Stroll

ADK-ON Conservation Committee presents a field trip to an area where the swamp vegetation, wetlands and native species habitats have been preserved and restored after many years of drainage for truck cropping. This area is protected from hunting. Distance: 4 miles. Map: Delorme 61.

Rating: C

Meeting Place: Exit 34 Canastota or call leader.

Meeting Time: 12:00 noon

Contact: Mary Coffin 687-3589 or
marycoffin@gmail.com

October 15 , 2016

Soda Range (Nun-Da-Ga-O Ridge), Big and Little Crow Mts.

Join me for a fall foliage hike in the Hurricane Mt. Primitive region. Parking at the end of O'Toole Road, we will hike the well used trail loop over Big Crow Mt. and the Soda Range, both with splendid views. Hiking to Little Crow Mt. is optional. Including the Little Crow Mt. the hiking distance will be 8 miles. Poor weather will postpone trip to Sunday.

Rating: A

Meeting Place: Call leader

Meeting Time: Call leader

Contact: Paul Sirtoli 737-8353 or
alexsirtoli@outlook.com

October 16, 2016

Slide Mountain

Let's hike the Burroughs Range Trail, the most popular route up Slide Mountain from the west. Slide Mountain at 4180 feet is the highest mountain in the Catskills.

The summit is reported to have spectacular views. Total distance via this route is about 6 miles round trip with a vertical ascent of 1,700 feet.

Rating: B

Meeting Place: call leader

Meeting time: 8:00 am

Contact: William Luppino 360-0359 or
Bootsmuddy@hotmail.com

Exclusive sneak preview of
ADK's Forever Wild Online Auction



***Wednesday, October 5, 12:00 PM through
Wednesday, October 19, 12:00 PM***

Great trips, gear and more! Help protect wild places while you bid and win!

There are three ways you can help.

Donate:

Donate an item or your expertise! Your donation will be featured for all 30,000 ADK members and supporters to see, as well as in weekly email alerts and in our online catalog with a link and/or logo to your website. To contribute to the auction, please call Sunday at 518-668-4447 ext. 42, or email sunday@adk.org.

Shop:

Your exclusive sneak peak begins on September 26. Bidding begins Oct. 5 at noon. Great gifts for you and your whole family!

Spread the word:

To co-workers, family, and friends and help raise more funds to protect the wild places that YOU love in NYS.



www.adk.org/special-events