

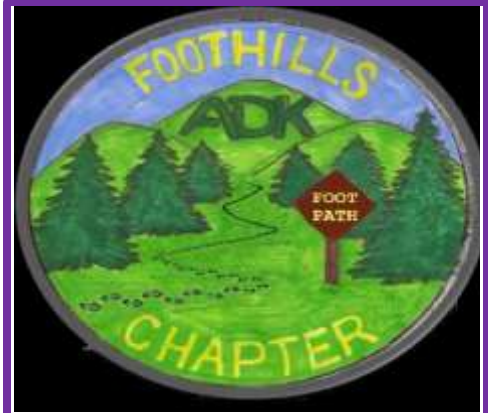
Footprints

Newsletter of the Adirondack Mountain Club
Foothills Chapter



From our Outings Chair, Sharon Getman:

Is there a hike or event idea that you'd like to do, but are not comfortable going alone or leading a group??
Submit that idea to me and I'll find someone to lead it or make it happen!!



Upcoming Events

Friday, December 8, 2017
State Brook Mt. path+bushwack

Wednesday Dec. 13, 2017
Foothills Pot-Luck Dinner 6:00 pm
@ Sr Center, Gloversville

Friday December 15, 2017
Windham High Peak

Wednesday Dec.20, 2017
Shelving Rock Mt

Saturday, Dec, 23, 2017
Lapland Pond Trail
(SE Lake George Wild Forest Section)

Wednesday Dec. 27, 2017
Waterfalls Challenge

Thursday, January 11, 2018
Little Joe and Cod Ponds Path,
trail and bushwhack

Thursday January 18, 2018
Waterfalls Challenge

Mid January or February
X-C Skiing and Snowshoeing to
Santanoni Great Camp

Saturday, January 27, 2018
Meade, Beckman, and Stewart
Mountains

Friday February 2, 2018
Spruce Mt



Events Details



Friday, December 8, 2017

State Brook Mt. Path+Bushwhack

Ahh, December, so little daylight and so much to do. But we also need to get out and hike to stay sane. This hike is local, reasonably short, interesting and probably new to most of you. There is a very cool climbing wall on State Brook Mt. and the climbers have a path that goes to it. It's along Rte 10 not too far north of Good Luck Lake. Once we reach the base of the wall we'll scramble to the top to get a view then bushwhack to the summit and loop back to our vehicles through mostly open woods. The hunters are gone. 3.5 miles RT

Contact leader to sign-on for the fun. ***Notice: This hike is open to the first three friendly trail dogs whose humans contact the leader to sign them up.***

Rated; C+

Leader; Kathy Miles kdmiles@frontier.com 518-568-5372

Wednesday Dec. 13, 2017

Foothills Pot-Luck Dinner 6:00 pm @ Sr Center, Gloversville

Join us for the annual pot luck dinner, followed by business meeting. Bring your own place setting, also a dish to share. Beverages are provided. Also, any donations of non-perishable food items will be given to the food pantry.

Rated: E+ for excellent food, not to be missed!

Friday December 15, 2017

Windham High Peak

This is the Catskills northernmost high peak at 3524'. We will do the easiest approach from Peck Rd off Big Hollow Rd. This is an out and back hike of 6.5 miles with a gain of 1494'. On a clear day it provides views of the Schoharie Valley to Albany.

Rated B

Leader: Sharon Getman gogimpygo@yahoo.com or 518-673-5216

Wednesday December 20, 2017

Shelving Rock Mt

The Shelving Rock area has so many trails! This day we will go 1.7 miles on an old carriage road which is never too steep, to ascend 520'. The view looking out to Lake George is great. We will also walk a little ways on a path off the road to view the 50' falls. If the road in is not drivable due to snow we will snowshoe in the area.

Rated C

Leader: Sharon Getman gogimpygo@yahoo.com or 518-673-5216

Saturday, Dec. 23, 2017
Lapland Pond Trail
(SE Lake George Wild Forest Section)

This will be a new trail for me, described in the new Eastern Trails ADK Guide as a "great hiking trail". We will only get to two of the three ponds to keep our RT at 6.2, and the second of two lean-tos situated on them will make a nice lunch destination. Several stream crossings, wetlands, a 4' waterfall, and a flume at the outlet of Millman Pond make the trip sound pretty interesting. So if you're in an adventurous mood and want to explore this trail, contact me.

Rating: C+

Leader: Gail Livingston pepperjack@frontiernet.net or call 518-725-6202.

Wednesday Dec. 27, 2017
Waterfalls

Let's work off our Christmas dinners by a pursuit of the Waterfall Challenge of Hamilton County, for those who've not yet done it, or want to log additional trips. On this series of hikes, we'll try to achieve 5-6 points with 3-4 short snowshoe hikes in the Wells area. Next month, we'll do more to work toward the necessary 12 pts.

Rated: C

Leader: Jan MacLauchlin janmac48@yahoo.com or 518-993-4255

Thursday, January 11, 2018
Little Joe and Cod Ponds Path, trail and bushwhack

These two ponds are off of route 8. We will spot cars at the Cod Pond parking area then drive to the parking area for the path for Little Joe Pond, about a mile south of the Cod Pond trailhead. There is a fisherman's path to Little Joe Pond. After taking a break at the pond we will bushwhack to Cod Pond for another rest stop before we take the trail out to the trailhead where we have spotted cars. 3.5+miles RT. Contact leader to sign up for this adventure.

Up to three dogs will be welcome if we have enough people to stay with the dogs at the end of the hike while the owners go to get their cars.

Rated; C+

Leader; Kathy Miles kdmiles@frontier.com 518-568-5372

Thursday January 18, 2018
Waterfalls

We'll continue our pursuit of the Waterfall Challenge by 2-3 more trips in Hamilton County. Trip details will follow pending winter conditions. Contact leader if interested.

Rated: C

Leader: Jan MacLauchlin janmac48@yahoo.com or 518-993-4255

Saturday, January 27, 2018

Meade, Beckman, and Stewart Mountains

These mountains are all part of the Chester Challenge. I did them in the summer and fall and the views made me want to return in a different season. This is the first winter that Meade and Beckman will be open to the public. Although there are several steep sections on the hike up to Meade, the view of Gore Mountain, Loon Lake and other mountains to the north and east make it well worth the trip. Beckman is just a short descent and ascent away. You'll think it's all one mountain but with more great views from a different angle. After ringing the bell on the way down, we'll take the short drive to Stewart Mountain and its view of Loon Lake. Then, of course, we'll have to have lunch at the Ice Cream Parlor and Café on Main Street in Chestertown. Total distance: 3 miles. To sign up contact the leader.

Rating: C+

Leader: Gail Livingston pepperjack@frontiernet.net or call 518-725-6202.

Mid January (tentative Jan 13-15) or Mid February (tentative Feb 17-19),

depending on conditions. Date: We will pick a day that shows best conditions to enjoy.

Winter Cross Country Skiing and Snowshoeing at Santanoni

AARCH who sponsors these Winter Weekends has not come out with their official dates for 2018 yet, but they have always coincided with the Presidential Holiday weekends of January and February and a mid March weekend around St Patrick's Day.

The Santanoni Preserve, near Newcomb, is a wonderful winter destination on cross-country skis or snowshoes, especially when conditions are favorable. From the Gatehouse, it is approx 5 miles to the Main Camp on rolling terrain, making for a 10-mile round trip. The Camp is staffed and the buildings are open only on Winter Weekends mid Jan, Feb & March.

For a short adventure, one may just visit the Gate Lodge (directly off Route 28N) and the Farm Complex (a one-mile hike one way).

During the three "Winter Weekend" events cross-country skiers and snowshoers will be able to go inside the Gate Lodge and Main Lodge buildings of Camp Santanoni, view displays about the Great Camp and take interpretive tours with AARCH staff. The Artist's Studio, a stone building near the Main Lodge on the shores of Newcomb Lake, will be open as a warming hut. Bring your own cup and enjoy free coffee, tea or hot chocolate by the woodstove.

Leader: Marie Naple, marie.naple@usa.net, 619-518-3655 cell

Friday February 2, 2018

Spruce Mt

This mountain is located in the town of Corinth. It has recently been professionally rebuilt offering an easy hike to the summit. The trail will be a total of 2.5 miles with ascent of 1000'. Views are available from the fire tower of the southern Adirondacks and the Hudson River.

Rated C

Leader: Sharon Getman gogimpygo@yahoo.com or 518-673-5216

.....Tracking the Foothillers.....

Stony Pond to Irishtown Trail Maintenance

October 10, 2017

We had the trail to ourselves as we hiked in to Stony Pond after spotting a car at the other end. The going was not nearly as wet as I'd feared, and it was a beautiful day to be in the woods. After a brief rest and snack at Stony, we started our work towards our lunch spot on Big Sherman Pond. Side-cutting our way, with Al at the forefront scouting out blowdowns, we reached the campsite with growling stomachs and settled in for lunch. But where WAS my lunch?? Ummm, back in the car in the cooler with our post-trail-work refreshing beverage... Al and Arlo took pity on me and scrounged around for extra to share. Between the two of them I wound up with a well-balanced meal: a beefstick from Alaska and a bag of Famous Amos chocolate cookies from Al, and a carrot and date from Arlo. Protein, veg., fruit and dessert. Fortified, we continued our work, removing 12 blowdowns and side-cutting the remaining miles to our Irishtown trailhead. Many thanks to my ever-faithful trail crew, Arlo Klinetob and Al Morse. Leader: Gail Livingston



Bramley Mt.

November 2, 2017

The trail up Bramley Mt opened in 2016. It is on NYC watershed property and the trail was built by the Catskill Mountain Club. It is near Delhi, NY. The ride to the trailhead is a pleasant change from our usual route to the Adirondacks. Along the route there are large fields that sweep up hill sides, some deep valleys and quaint hamlets. We hiked the loop counterclockwise taking the Quarry trail up and the Summit trail down. On the way up we passed an abandoned blue stone quarry, some typical Catskill layered rock ledges and caves. The summit is the site of a former fire tower and there are



some view 'windows'. Unfortunately, when we were at those windows the day was drizzly and overcast. The descent on the Summit trail is quite steep. There are numerous stone wall fences along both trails. This is definitely worth a re-do when conditions are better for long views. 3.7 miles, 900' total ascent.

If you go, it's recommended that you remember to bring your hiking boots in case there is no one in your party that has the same shoe size and is wearing sneakers you can borrow. It is not a Croc friendly trail.

Leader; Kathy Miles and Foothill members Sharon Getman, Thora Blackwood and Jan MacLauchlin

Adopt-A-Hwy Cleanup Rte 30 Wells

Thursday, October 5, 2017

Our Fall Cleanup for ADK Foothills' section of NYS Adopt-A-Highway happened on Oct 5th.

Marie Naple and Val Levine were Co-Leaders and Val rewarded us with a delicious Fall-themed snack after our happy work. Our dedicated Clean Team included Val Levine, Kathy Miles, Gail Livingston, Kathy DeGulio, Rich Frank, Thora Blackwood, and Marie Naple. Thank you all for making the roadway look so great!

We schedule a cleanup twice a year, Spring and Fall. The State Highway Department picks up all roadside bags and debris for us and all deposit cans and bottles collected are donated to the Wells Volunteer Ambulance Corps. Our section is located on Rte 30 just below Wells NY and includes the Sacandaga Campsite area. There are state road signs designating our club as the adoptee of this section. They are located near St Ann's Church in Wells heading south and also just north of the Alpine Grill heading north on Rte 30-check 'em out!



Chase Lake

November 10, 2017

An intrepid group of 10 headed to Chase Lake on November 10 despite the weather. An arctic cold front ushered in the coldest day of the season with gusty winds. Our group was extremely motivated to cover the 5.4 miles quickly over the snow covered ground to the lean-to and back. Motivated by the cold but also by the treats awaiting us. Gail treated us to Derby and Peanut Butter Pie and hot drinks at her house. Kathy S. also treated us to Red Ass rhubarb wine from South Dakota. Hikers were Jan Vosburgh, Kathy Miles, Kathy Scholtzhauer, Thora Blackwood, Chuck Hagelgans, Sue Ringanese, Jan MacLauchlin, Gail Livingston, Kevin and Sharon Getman- Leader. Furry hikers were Berta, Molly, and Piper.



Cat and Thomas Mountains

November 18, 2017

Since there were only two of us this became an "unofficial" ADK hike, but the views were so impressive I wanted to write it up. The rain was supposed to hold off til afternoon, so we set off with high hopes of remaining dry. The trek up the old dirt road to Thomas was pretty unrelenting, but the view from the cabin was so worth it. The cabin sits back from a large bare rock viewpoint and is available for overnight stay on a first come first serve basis. We pictured waking up to a sunrise view of Lake George and the Tongue Mountain range and stepping outside with our cups of coffee to soak it in. *Maybe a camping trip here in the spring??* Continuing on, we inadvertently skipped the .4 mile ascent to the true summit of Thomas as we made our way down the trail to Cat from the cabin. As we followed the ridge trail, leaf cover made footing a little tricky in places, but we were happy to see we didn't need spikes. The view of Lake George with all its islands and surrounding mountains was even more amazing on Cat; and we ate our lunch sheltered from the breeze by a large rock.



Back at the car, still dry, we decided a post-stop at Adirondack Brewing would cap off a great day. Mileage was 7.1, hiking time with lunch and cabin breaks was 5 and 1/4 hours. Participants: Sharon Getman, Piper, and the leader, Gail Livingston.



Foothills Chapter Meeting

Wednesday, October 11, 2017

Meeting was called to order by Al Morris, Chairman

Reports:

Treasurer -Valarie L.

Chapter Balance \$5618.94

Decision was made by executive council to send \$ 250.00 to Barbett Rothmeyer to help with funeral costs for Jody, our former Chapter Chairman

Board of Directors - Gail Lnoted that there was a smaller chapter Round Table discussion prior to the Directors meeting...she found this to be very helpful. Many of the other chapters are having the same types of problems we are-brainstorming with others on leadership training for hiking and paddling along with many other ideas- programs and training are offered. Please see ADK website. Also ADK has a new logo ...Working for Wilderness

A thank you note was received from Neil Woolworth, Executive Director of ADK for our chapters help and donation for the ADK Hemlock Woolly Adelgid detection program.

New Business

Beechnut Health Fair is being held October 18 , asked chapter to send ADK representative - no volunteers, mainly due to short notice. Chairman will ask for more advanced notice for next fair.

Committee will be formed to explore ideas to Honor Jody Rothmeyer

Suggestions included scholarships

Camp Colby Conservation tuition

Send proposals and/or ideas to Gail Livingston, Valarie Levine, Marie Naples

Vote will be conducted at December meeting.

Next Meeting.-December 13, 6pm

Pot Luck dinner:

Please bring a dish to share,

Non-perishable food item for the food pantry

Place setting

Chapter will provide beverages

Election will also be conducted. Chairman Al Morris informed chapter that he will not seek re-election. Al will remain active with the Foothills Chapter but resigned as Chairman.

Submitted by

Nancy Kested

ADK Foothills Chapter Secretary

Trip Ratings				
Hikers Rating	Effort Level	Elevation Gain (ft)	Miles	Time (hours)
A+	Very Strenuous	4000+	10+	10+
A	Strenuous	3000+	5-10	8-10
B+	Moderately strenuous	2000+	5-10	6-8
B	Moderate	1000+	8-10	5-7
C+	Fairly easy	1000+	5-8	4-6
C	Easy	Under 1000	Under 5	Under 5

These are general guidelines. Not all trips will fit exactly into one of these categories. Address questions to outing leader.

**Foothills-ADK Chapter
Executive Committee**

Chairperson: Al Morse (awmorse247@gmail.com)
Vice-Chairperson: Gail Livingston (pepperjack@frontiernet.net)
Board Director: Walt Lane (wlane937@nycap.rr.com)
Membership:
Treasurer: Valerie Levine (envelop@yahoo.com)
Secretary: Nancy Kested (nancykested@gmail.com)
Outings Chair: Sharon Getman (getman@frontiernet.net)
Education Chair:
Conservation Chair:
Publicity: Marie Naple (marie.naple@usa.net)
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**Newsletter:** Jan MacLauchlin ([janmac48@yahoo.com](mailto:janmac48@yahoo.com))