

## Footprints

Newsletter of the Adirondack Mountain Club  
Foothills Chapter

### Notes from the Foothills Chapter Vice-Chair

THINK SPRING! If we all think it, maybe it will come...I'm writing this on March 16th after breaking trail on a snowshoe hike and then skiing a couple hours at Lapland. As one of my fellow hikers said, "This is a lovely hike for mid-January."

We've got a great program for our April 11th meeting. Five of our members will share their expertise on areas of importance to all hikers: clothing, footwear, hydration, first aid, and what to have in your pack. This will be especially beneficial to new hikers, but seasoned hikers will benefit as well from the demos, brand recommendations and hints that make hiking more enjoyable. We've also slated a second beginner hike (but all are welcome) up Kane Mountain in mid- April.

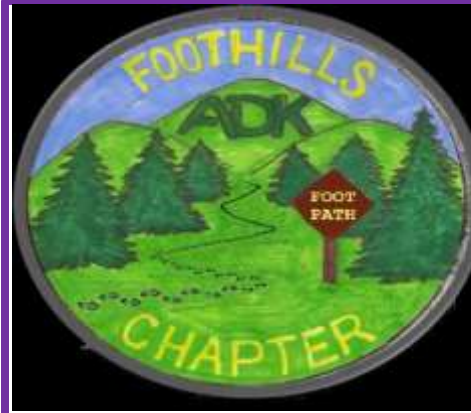
At the meeting we will also have chapter patches available, free to new members and replacements for \$3.00 for those of us who may have lost the original one. New this year will be chapter t-shirts with our Foothills logo and they will also be available for purchase at \$15.00 each.

Our June meeting will feature a speaker who will discuss survival stories, tips on what to do if you get lost, as well as other topics of interest. There will be pizza and salad for everyone before the meeting.

So hope to see you on April 11 at 7 pm at the senior center in Gloversville; feel free to bring a friend or two and until then, happy hiking!

Sincerely,

Gail Livingston, Vice-Chair



### Upcoming Events

**Wed. April 11, 2018**  
**Foothills ADK meeting**  
**7:00 pm Sr. Ctr. Gloversville**

**Friday April 13, 2018**  
Tamarack to Glasgow-Ferris  
Lake Wild Forest

**Saturday April 14, 2018**  
Kane Mountain Loop Trail

**Friday April 20, 2018**  
NP Trail maintenance

**Saturday April 28, 2018**  
Cheney Pond & Lester Flow

**Saturday May 5, 2018**  
Black Mtn. from the East

**Friday, May 11, 2018**  
Lower Waterfall on Cold  
Stream-West Canada Lake  
Wilderness

**Thursday May 17, 2018**  
Berlin Mt

**Tuesday May 22, 2018**  
Pine Lake Paddle

**Saturday May 26**  
UpYonda Farm – Bolton  
Landing

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## Events Details



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**Wednesday April 11, 2018**

**Foothills ADK meeting 7:00 pm @Sr. Ctr. 53 Church St. Gloversville.** A “New Hiker Program” will be presented by members: **First Aid-** Nancy; **Hydration-** Sharon; **Clothing-** Arlo ; **Footwear-** Gail; **Backpack-** Paul. Welcome packets will be available. And, as always, refreshments! If you are new to hiking and need some good starting guidelines, or a veteran hiker, needing some reminders, this is a good program to attend.

**Friday, April 13, 2018**

**Tamarack to Glasgow-Ferris Lake Wild Forest**



With conditions in April being so fickle let's do this leg-stretcher on snowmobile trails. We will traverse the southern rim of the Ferris Lake Wild Forest from west to east hiking the snowmobile trail. We will pass by three bodies of water, Tamarack Vly, Mud Lake, Hillabrandt Vly and Glasgow Mills Pond. This is a through hike requiring spotting cars. Round trip distance 7.5 miles

Rated B

Leader; Kathy Miles [kdmiles@frontier.com](mailto:kdmiles@frontier.com) 518-568-5372

**Saturday, April 14, 2018**

**Kane Mountain Loop Trail**



Come join me for one of my favorite local hikes. This hike is geared for beginners but is open to all. There is a fire tower with great views as well as an observer's cabin on top. We will ascend 600' using the East trail (Green Lake) and descend the North trail (backside toward Pine Lake). Roundtrip distance is 2 miles. To sign up please contact the leader,

Sue Ringanese [sringanese@frontiernet.net](mailto:sringanese@frontiernet.net) or 518 835-6042

**Friday, April 20, 2018**

**NP Trail maintenance**

The Foothills Chapter has adopted a section of the NP Trail, beginning at the Collins-Gifford Valley Road trailhead to the West Branch Stony Creek, a distance of about 6 miles (round trip of 12 miles, strenuous). We will be removing downed branches and small blow downs from the trail, and doing side cutting where necessary. Volunteers will be using loppers and bow saws. Our chapter can supply some tools, or bring your own. We will complete only as much as conditions permit.

Contact leaders to sign up. Meet at the trailhead at 9am.

Arlo Klinetob, [arlok2@icloud.com](mailto:arlok2@icloud.com)

Marty Kested, [mbkested@yahoo.com](mailto:mbkested@yahoo.com)

**Saturday, April 28, 2018**

**Cheney Pond and Lester Flow**



I have not done this hike, but with the promise of views of the Great Range with the bare rock faces of Basin and Gothics "prominent" (High Peaks Trail Guide), I figure what's not to like? The trail starts on a hard scabble road for .6 miles to Cheney Pond where there is a turn around and a picnic table at the water's edge. The remainder of the walk to Lester Flow is along an almost level woods road. There is a long, gradual downgrade to a beaver dam at 2.4. The shore of Lester Flow is at 2.6, just above the dam which once made an extensive waterway connecting the Flow to Cheney Pond. 5.2 mile round trip.

Rating: C+

Leader: Gail Livingston [pepperjack@frontiernet.net](mailto:pepperjack@frontiernet.net) or call 518-725-6202

**Saturday May 5, 2018**  
**Black Mtn. from the East**



I visited this area a few months ago when I hiked the Lapland Pond trail, and liked it enough to plan a return. Black Mountain is the highest mountain in the Lake George area, but since we start at 1600' there's only 1,046' of ascent to the summit. We'll do a loop which offers 2 lean-tos, three ponds, and a cascading brook. The summit provides a view of the length of Lake George, Sugarloaf and Elephant Mountains and the high peaks. To sign up contact the leader.

Total distance: 6.6 miles

Rating: C+

Leader: Gail Livingston [pepperjack@frontiernet.net](mailto:pepperjack@frontiernet.net) or call 518-725-6202

**Friday, May 11, 2018**



**Lower Waterfall on Cold Stream-West Canada Lake Wilderness**

Cold Stream is on the southeastern edge of the West Canada Lake Wilderness and it sports two lovely waterfalls. The last couple of times that I visited the area I only went to the Upper Waterfall. For this trip the Lower Waterfall is the goal. It's a more interesting waterfall since it is tiered but that makes it very difficult to see it in its entirety. It is in a narrow gorge. There is a faint path for 2 miles then it's about 0.2 mile bushwhack to the waterfall. We will start at the NP trailhead on Haskell Rd. in Piseco.

Round trip distance 5 miles, part faint path, part bushwhack

Rated B+ higher rating due to route finding and bushwhack, not miles

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

Leader-Kathy Miles [kdmiles@frontier.com](mailto:kdmiles@frontier.com) 518-568-5372

**Thursday May 17, 2018**

**Berlin Mountain**



Have you been to the Taconic Range? It is along the border of New York and Massachusetts. Let's visit this area, known for wildflowers and bird life at a vibrant time of year. Berlin Mountain is the highest mountain outside the Adirondacks and Catskills in New York. It is also the tallest peak in Renssalaer County. We will begin a steep climb from the Petersburg Pass along Route 2. The total distance will be about 5 miles with an ascent of 800'. We should have beautiful views of the Taconics and Mount Greylock.

Leaders: Mary MacDonald and Sharon Getman

Rated B

Contact [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com) or call 518.673.5216

**May 22, 2018 noon**

**Pine Lake Paddle**



Hopefully the ice will be off the lake and we can kick off the paddling season! This is a pleasant beginner's paddle. Hopefully we will see some wildlife along the shore- safety vest and ability to swim is required. If kayak is needed please inform me. We will stop along the way. Bring a lunch if you desire. State launch site (left side of lake). Please contact leader to sign up.

Leader: Nancy Kested [nancykested@gmail.com](mailto:nancykested@gmail.com)

**Saturday May 26, 2018**  
**UpYonda Farm - Bolton Landing**  
ALL AGES

This outdoor education facility will inspire and educate all attendees. It features natural history exhibits of native mammals and birds. There are hands on exhibits, archeology digs, touch tables and geocache. The rustic auditorium features artwork and a shelter provides shade and rain protection. We will use the Green and Summit Trails to the high spot to view spectacular vistas of Lake George. Pack a lunch to eat together. Anyone under 18 must be accompanied by an adult guardian. The admission fee is \$4 per person and there is a parking fee. Contact Leader Sharon Getman [gogimpygo@yahoo.com](mailto:gogimpygo@yahoo.com) or call 518.673.5216

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**Our new Foothills Logo t-shirts are now available!! Cost is \$15. We have standard t-shirts in lt. grey, and lady's shirts in blue with scoop neckline. Several sizes are available in either style.**



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



**Spruce Mt.**  
**February 2, 2018**

Perhaps it was the weather that failed to motivate others to venture out for this hike. Only Jan M and I hiked, making this an unofficial event. We began our hike at 10:00 using microspikes. The sun was shining on the 1 inch or so of fresh fluffy snow. We each compared what we remembered of the old trail hiked 10 to 15 years prior. This trail was recently rerouted, traversing the side of the mountain east and west. The large clearing at the summit would be a great picnic spot but not this day! Jan braved the cold and wind to climb the tower but was disappointed with the cab locked. Back to our car by noon. 3 miles total. Sharon Getman, Leader.



## Winter Cross Country Skiing and Snowshoeing at Santanoni February 17, 2018

The Santanoni Preserve, near Newcomb, NY is a wonderful winter destination on cross-country skis or snowshoes, especially when conditions are favorable. On Saturday the trail was a little scattered with frozen snow that softened throughout the day with warm temperatures and skiers in the tracks on the Newcomb Road that leads to the Great Camp. From the Gatehouse, it is approx 5 miles to the Main Camp on rolling terrain, making for a 10-mile round trip. We enjoyed hot drinks in the Artists Cottage and toured the Great Camp buildings. Although many people come on these Presidents' Weekends, there is room to wander past the Santanoni Farm, Honeymoon Bridge, Great Camp Santanoni, winter campers and their campsite, and great views of majestic Moose Mtn. It was a great accomplishment!

Participants: 8 skiers, 1 snowshoer

Cherie and Lauren Watson, Gail Livingston, Jan MacLauchlin, Sharon Getman, Thora Blackwood, guests Tom Tys and Nan Stowell. Leader Marie Naple



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## Good Luck Lake to Spectacle Lake February 22, 2018

After two days of unseasonably warm temperatures we were back to more typical temps today but the warmth had taken a toll on the lake ice. The trail from route 10 to the far end of Good Luck Lake was well broken out. The trail from Good Luck to Spectacle had been less traveled but there was a base. There were a couple of streams, more like ditches, that we had to negotiate but not a big deal. With so much slush on Spectacle Lake we didn't dare try to walk down the lake to the island. We had a lunch and headed back. All during our return trip a light beautiful snow was falling. Another enjoyable day in the woods with friends.

Bob & Nancy, Thora, Arlo, Nolan, Gail, Scott, Kathy Miles, leader



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**Willie Wildlife Marsh**  
**March 3, 2018**

Despite the significant snowfall the day before, 9 hikers showed up ready to break trail at the marsh. Two days before, I had scouted the trail in microspikes, and now we plowed our way through knee-deep snow in places where the trees had not sheltered the ground. And the trees were beautiful, heavily draped with the pristine snow. Our oohs and ahhs, however, eventually changed to ows and arghs as the breeze caused the snow from the trees to sift down our necks and then pelt us like snowballs. We checked out the picnic area with its snow covered tables, and conducted a brief



inspection of the outhouse (very clean, nice new wood). The view from the boardwalks was impressive, showing unmarked snow in all directions. I had my binoculars ready to claim the prize Marie offered of an ice cream cone or coffee to the first person to spy a New Jersey goose, but apparently New Jersey still suited it fine. Back at the cars we settled for cookies as we watched some new



arrivals head in with their snowshoes to the now-broken trail. Hopefully they sent a silent thank-you to those who went before...And a big thank you to those who shared the beauty of the marsh with me: Marie Naple, Arlo Klinetob, Sharon Getman, Chuck Hagelgans, Sue Ringanese, and guests: Ruth Kastner, Karen Goyette, and Crysti Simonds. Leader- Gail Livingston



*On their way to the next Foothills meeting!*

## February Meeting Minutes

The monthly meeting began following the Executive meeting, at approximately 7 pm, with Temporary Chairperson Gail Livingston presiding.

Secretary Report...December minute report was read and reviewed. Minutes accepted and seconded

Treasurer Report...\$5759.19

- 150 senior center

-350 DEC camp

+175 dues

\$5434.19 balance

Accepted by Sharon, seconded by Chuck

Outings Report - Sharon Getman. March 3- Willie Marsh hike to promote local interest in our chapter, promoting membership. Sharon is making posters

Old Business:

- E-Z up canopy and chairs -Al Morse will be collecting taking care of obtaining these for future needs.
- Gail reminded group that Foothills patches are available
- Marie will purchase backpack and water bottle for our sponsored camper
- Our \$3000 Adirondack investment note. Valerie L. Treasurer will be taking care of this soon and will update in April.

New Business:

April Meeting ...New Hiker Program will be presented

Presentations

Nancy - First Aid

Sharon - Hydration

Jan - clothing

Gail- footwear

Paul-backpack

Welcome packets will be available

Promoting Our Chapter will include

\*Displaying of our newsletter at the library, co-op, gym ymca, posters advertising hikes

\*Creating business cards with contact information,

\*Jan displayed our new Foothills Chapter logo tees she will be purchasing these for sale..\$14.95 each.

Will keep chapter posted on availability-variety of crew neck and v necks . Will be ordered in several sizes, grey and blue.

Gail discussed vacant positions, if interested, please contact Gail for further information

Available positions include

Chairperson

Membership Chair

Education Chair

Conservation Chair

Our new refreshment person is Thora! She may be contacting us in the future to provide meeting goodies!

Other discussions

Future programs were discussed with possible speakers and presentations

Motion for increasing program honorariums to \$ 100 by Nancy.

Voted in and seconded by Kathy S.

Email list will be updated soon if email information has changed please contact

Sharon at [getman@frontiernet.net](mailto:getman@frontiernet.net)

Senior Center is in need of non- perishables. Bringing a donation to the meetings would be appreciated..

Submitted by

Nancy Kested

ADK Foothills Chapter Secretary





<b>Trip Ratings</b>				
<b>Hikers Rating</b>	<b>Effort Level</b>	<b>Elevation Gain (ft)</b>	<b>Miles</b>	<b>Time (hours)</b>
<b>A+</b>	<b>Very Strenuous</b>	<b>4000+</b>	<b>10+</b>	<b>10+</b>
<b>A</b>	<b>Strenuous</b>	<b>3000+</b>	<b>5-10</b>	<b>8-10</b>
<b>B+</b>	<b>Moderately strenuous</b>	<b>2000+</b>	<b>5-10</b>	<b>6-8</b>
<b>B</b>	<b>Moderate</b>	<b>1000+</b>	<b>4-8</b>	<b>5-7</b>
<b>C+</b>	<b>Fairly easy</b>	<b>1000+-</b>	<b>2-6</b>	<b>3-5</b>
<b>C</b>	<b>Easy</b>	<b>&lt;1000</b>	<b>&lt;5</b>	<b>&lt;5</b>

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: xxxxx**

**Vice-Chairperson: Gail Livingston ([pepperjack@frontiernet.net](mailto:pepperjack@frontiernet.net))**

**Board Director: Walt Lane ([wlane937@nycap.rr.com](mailto:wlane937@nycap.rr.com))**

**Membership: xxxxx**

**Treasurer: Valerie Levine ([envelop@yahoo.com](mailto:envelop@yahoo.com))**

**Secretary: Nancy Kested ([nancykested@gmail.com](mailto:nancykested@gmail.com))**

**Outings Chair: Sharon Getman ([getman@frontiernet.net](mailto:getman@frontiernet.net))**

**Education Chair: xxxxxx**

**Conservation Chair: xxxxxx**

**Publicity: Marie Naple ([marie.naple@usa.net](mailto:marie.naple@usa.net))**

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**Newsletter: Jan MacLauchlin ([janmac48@yahoo.com](mailto:janmac48@yahoo.com))**