

Footprints

Newsletter of the Adirondack Mountain Club
Foothills Chapter

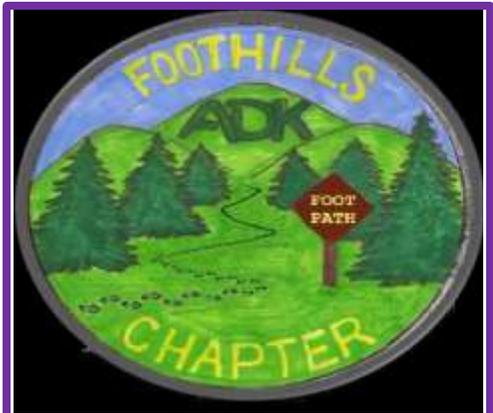
Notes from the Foothills Chapter Vice-Chair

"Mature Age" Motto: Don't Be Afraid to Try Something New

Hope you've been enjoying this wonderful summer as much as I have. I recently celebrated a birthday and a friend asked me what words of wisdom I had to offer. My first thought: Do it while you can! It was rather fitting that this discussion took place on top of a mountain. And from that, my second thought was: Don't be afraid to try something new. This past winter I tried my first cross country ski trip into Camp Santanoni, and recently, after the purchase of a "lightly" used bike, did my first bike trip on the Lake George Bike Trail. And the reason I was able to successfully complete and enjoy them both is because my Foothills leaders helped and encouraged me all the way. (I do have to admit my calves were barking at me for 2-3 days after!) So, if you've been reading the trip reports and wishing you could do one but don't have the experience, try it! Just remember everyone, no matter how experienced, had to have a "first" time. Any of our outings leaders will be glad to help you. If you don't have the equipment we may be able to find something for you, and if not, consider rental.

See you at the picnic!

Gail Livingston, Vice-Chair



Upcoming Events

Wednesday Aug 8, 2018 5pm
Foothillers Family Picnic

Tuesday September 11
Hurricane Mt North Trail

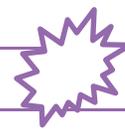
Tuesday, Sept. 18, (rain date Sat. Oct. 6)
Twin Mountain

Monday, September 24 (rain date- Tues, September 25)
Ticeteneyck Mountain

Wednesday, Oct 17, 2018
NPT cleanup

Date To Be Determined
Paddle the Sacandaga River -
Hope to Northville NY





Wednesday Aug 8, 2018 5pm Foothillers Family Picnic

Wells beach picnic area. Please bring dish to share. Place setting and beverage

Location is a perfect spot to play, swim, paddle, even make sand castles!

Come and enjoy a fun filled evening.

Tuesday September 11

Hurricane Mt North Trail

Fire Tower Challenge Hike

This is the longest approach of 3 but the easiest in regards to climbing. Our hike will begin at Crow Clearing outside Keene. Our first stop after 1.1 miles will be the Gulf Brook lean-to. From here it is 2 miles of gradual climbing to the summit open rocks. The 35' tower is not open for climbing, but it's not needed for fantastic views of Lake Champlain, Vermont, and many high peaks.

rated B+

Leader: Sharon Getman gogimpygo@yahoo.com or call 518-673-5216 before Sunday September 9.

Tuesday, Sept. 18, (rain date Sat. Oct. 6)

Twin Mountain

Many believe that the view from the rocky north peak of Twin Mountain is the best in the Catskills. But since part of the trail is on the Devil's Path, there's some challenging, steep, rocky terrain to negotiate before the reward. There is also an expansive view from the lower south summit to spur you on. I have not done this hike before and the reports I've read vary the RT distance between 5.8 and 6.3 miles with 1500 to 1800 feet of ascent. I anticipate between 5 and 6 hours of hiking. Wet conditions will postpone this hike. To sign up, contact the leader.

Rating: B+

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

Monday, September 24 (Tuesday, September 25-make-up date)

Ticetenyck Mountain

Once again I have been enticed by one of Alan Via's hike descriptions, this time in the Catskills, Ticetenyck Mt. He claims the hike 'involves a little less than 3.5 miles for the round trip and approximately 1400 feet of ascent. The unique and unusual views, open woods, fern covered and grassy woods roads all add up to a hike you'll remember'. And there is a ridge line walk. (Adirondac-March-April 2014) Since this is a long drive I will reschedule or cancel if there is less than good weather.

Rated-B

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

Nancy Buckley 518-863-6392 nancyb@aol.com

NPT cleanup Oct 17, 2018

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

Marty Kested, mbkested@yahoo.com

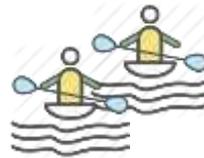
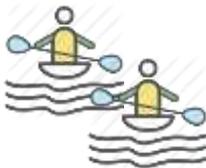
Paddle the Sacandaga River from Hope to Northville NY

Date to be determined....

If anyone wishes to paddle down the Sacandaga River from Hope NY to Northville NY please contact me so that I can put you on a list to be contacted. I am watching the water level of the river to provide us with a nice float/paddle down the Sacandaga. This means that a large rain has preceded our trip and so this date would be a 24-48 hour notice.

10 miles.

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



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



Moss Lake Paddle and Hike

Friday, June 1, 2018

2.5 mi Loop Trail and 1 hour paddle

Gail, Thora, Charlie and Marie began paddling this small lake as a pre-school group began hiking around the lake. While we were paddling we discovered the group resting on one of the bridges along the lake, eating their lunches. Yes, most of the time you are heading into the

woods to hear the quiet but these happy kids' voices in the woods were music to our ears.-just pure joy out in nature! We explored the shoreline with beaver houses, swamp, and an island in the middle of the lake with an osprey nest.

Gail and Marie continued with the hike around the lake. Although this is a small lake it has a big history. Moss Lake Camp for Girls operated here for over fifty years. There were 3 camps housing 40 horses, a blacksmith shop and the trail we hiked was one of the bridle paths. Gail and I found steps near the shoreline that had lead up to Youngest Camp.

"All buildings demonstrated architectural and environmental awareness: not only did they well-serve the various purposes for which they were designed, but they (also) 'punctuated the shoreline, flowed with the terrain, (and)...were congenial to the trees which touched them...nowhere was there a sight of intrusion on the wilderness'"

Nearly 3,000 girls attended this special place. It is fitting that there is a healthy patch of forget-me-not flowers under a large trailhead sign describing the camp and pictures of what had been here.



Spring Cleanup of ADK Foothills' section of NYS Adopt-A-Highway Wednesday, June 6, 2018.

Our section is located on Rte 30 beginning at the south end of Wells NY, passes by the Sacandaga Campsite and ends close to the Alpine Grill.

Our quick and efficient team consisted of Gail Livingston, Val Levine, Kathy DeGulio, Thora Blackwood, Arlo Klinetob and Marie Naple. We did a great job in 2 hours and Thora brought us "Everything but the Kitchen Sink" Cookies to enjoy! Returnable cans and bottles were donated to the Wells Volunteer Ambulance Corps.

We schedule two cleanups a year, spring and fall and we have had a loyal following of members that return (thank you very much!).

Irishtown Trail Maint.

June 12, 2018

It was a beautiful day to do trailwork. Blue sky, nice breeze, comfortable temperature. We walked in from the Stony Pond trailhead, and, as usual, expressed our awe at the Taj Mahal of snow machine bridges. Once at the pond we took a short break, checking out the lean-to, outhouse, and bong. What? BONG? Al had taken a walk down by the pond and came back carrying a glass pipe (he SAID he found it...), but was a little concerned that when he showed it to Mary Jane she might reconsider why he always signed up for trailwork. And so we began. Val and Jan took the lead, muscling out of the trail any blowdown that didn't require sawing; Al and Arlo attacked the big stuff with their saws, while Nancy and I waged war on the hobble bush. The campsite where we broke for lunch was a welcome sight, and the cool breeze off Big Sherman Pond was appreciated. Over 20 blowdowns were removed, and four days later when I hiked with the Alpiners we enjoyed a pristine trail, thanks to the work crew's efforts. Back at the car we refueled with pie and liquid refreshment. A big thanks to Nancy Buckley, Arlo Klinetob, Val Levine, Jan MacLauchlin, and Al Morse. Leader: Gail Livingston



Buck Mountain

June 15, 2018

Sue Ringanese, Sharon Getman and Piper enjoyed a great unofficial ADK hike to Buck Mountain. Doing this hike from the northern trailhead, taking advantage of the road elevation, allowed us to "cut it in half and cruise". The overcast skies turned a brilliant blue as we approached the summit. A group of counselors from Camp Chinkagook were exploring the area gearing up for summer. They made several attempts to locate their private trail down. A relaxing hour at the summit and the view of Lake George, an outstanding gem, made this a perfect outing.

Tupper Triad

June 21, 2018

The longest daylight day of the year was well spent climbing Mt Arab, Mt Goodman, and Mt Coney-totaling 7.6 miles and 1893 ft elev. gain. Though not an "official" hike by ADK standards of 3 or more people, the Tupper Triad was successfully accomplished by Linda Smitas & Leader, Jan MacLauchlin.

Views from the fire tower on Mt Arab, & the bare summits of Goodman & Coney were outstanding. But we, and other climbers we met, agreed that the best "bang for our buck" was definitely Coney Mt with its 360 degree view after only 1.1 mi & 548' ascent. Linda, as one of our newest Foothills members, nailed the "challenge", to earn her first ever hiking patch.



Coney Mt



Noonmark Mountain July 18, 2018

In the grand tradition of several of our members, I decided to celebrate my birthday on top of a mountain. Mother nature, it turned out, had no respect for birthdays, so rain forced a one-day postponement. But the beautiful day we got was worth it: sun, blue sky, breeze, and a very comfortable temperature. We got to the parking lot on the Ausable Club side of the road and SQUEEZED into the last parking spot. As we ascended the Stimson trail we meet several youngsters with their leader coming down who had started climbing at 3 a.m. in order to watch the sun rise. Scaling the rocks, roots, and two ladders, we tried to imagine climbing the 2.5 miles to the summit with a headlamp and were suitably impressed with their accomplishment. When we thought that we should be at the top we looked up and could still see a rocky summit high above us. Could that be another mountain? Nope! Keep climbing! But there were rewards along the way, views that whetted our appetite for the 'what was to come'. At the top we had a panoramic view of the Great Range, the Dix Range and Giant. I retrieved the cupcakes from my pack and we celebrated this amazing day. After spending an hour or so we descended via the Felix Adler trail for a total of six hours start to finish. Thanks to Marie Naple and Sharon Getman for sharing this beautiful hike with me. Leader: Gail Livingston



Coopers Cave and the Warren County Bike Trail July 19, 2018

This was a superb day for Gail L. and Leader, Sharon G. to set off on a new adventure. We first viewed the hydroelectric works at Coopers Cave in Glens Falls. This was made famous in the novel, Last of the Mohicans. A short distance away our cycling began on the bike trail. At first we crossed many streets but soon we were in the country. This trail was so pretty with wildflowers, rocks, and forest. After passing Glen Lake and Magic Kingdom, a long coast brought us directly to Million Dollar beach on Lake George. Lunch and a swim refreshed us for the return. Besides the really nice trail, we were empowered with our accomplishment making this a day to remember. The learning curve will continue.



ADK Foothills Chapter Meeting Minutes

Our June meeting started early with delicious pizza and salad...thank you Marie for arranging this for us...it was enjoyed by all !

6:30 Meeting was officially called to order by acting chairperson /Vice Chair Gail Livingston

Secretary Report- April meeting minutes were read, motions made, seconded and approved.

Treasurer Report - Valerie Levine

April balance \$1770.13

+ dues. 57.00

+shirt sales. 198.90

Balance forward \$2191.03

ADK Foothills shirts are still available for \$15.00

Old Business

Thank you note from Eraj,,our sponsored camper was read to group

Report of Library Presentations ...some of our members visited the Gloversville Public Library ...giving a talk on 5 great local hikes , picture presentation by Jane Riley , photographer hikes included were -Our NP trail section, Kane mountain, Willy Marsh, Nine Corner Lake , and County Line.

Approx 25 people attended ...program was well receivedfurther presentations may be possible promoting Foothill Chapter membership.

Valerie Levine extended a thank you to a Marie for having the route 30 cleanup June 6
Arlo thanked the group for helping with our NP trail spring maintenance. His group decide to officially name the big rock Frankenrock !
No fires, No camping signs from DEC were posted by Mud Lake.

New Business

Many great hikes and adventures coming up please check out the newsletter calendar.
Interested in leader training ? Contact Sharon Getman after mid July
at gogimpygo@yahoo.com

*******AUGUST MEETING*******

August 8, Wells beach picnic area. 5 pm

Please bring dish to share. Place setting and beverage

Location is a perfect spot to play, swim, paddle , even make sand castles! Come and enjoy a fun filled evening.

Refreshments for our meeting tonight were:

- Coffee by Dave
- Delicious cupcakes by Thora
- Scrumptious brownies by Sharon

Guest Speaker Barry Keegan

A seasoned interpreter of Native American Crafts and Technology. He showed us different ways to enjoy and discover the outdoors, along with fascinating survival skills and stories.

8:00 Meeting called to a close by Gail Livingston

Submitted by
Nancy Kested
ADK Foothills Chapter Secretary



Our new Foothills
Logo Shirts
are available for
purchase at
monthly
meetings.

We have standard t-shirts in men's
sizes S-XL,
and women's shirts with scoop
neckline also in S-XL.
Cost is \$15 for either.

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+	4-8	5-7
C+	Fairly easy	1000+-	2-6	3-5
C	Easy	<1000	<5	<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: xxxxx

Vice-Chairperson: Gail Livingston (pepperjack@frontiernet.net)

Board Director: Walt Lane (wlane937@nycap.rr.com)

Membership: xxxxx

Treasurer: Valerie Levine (envelop@yahoo.com)

Secretary: Nancy Kested (nancykested@gmail.com)

Outings Chair: Sharon Getman (getman@frontiernet.net)

Education Chair: xxxxxx

Conservation Chair: xxxxxx

Publicity: Marie Naple (marie.naple@usa.net)

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