

TRAILMARKER

Adirondack Mountain Club

Iroquois Chapter

Est. 1972

January/February, 2019

President's Corner....

Metcalf Range, Blue Ridge and
Sugarloaf Mountain
Photo by Dave Pisaneschi

Our chapter Christmas dinner on December 1st was very well attended by thirty individuals, some of whom were new to the chapter, which for me was refreshing to witness. The food variety was plentiful and excellent. Thank you to the individuals who brought a dish to pass. Dr. LeRoy Cooley, the program speaker, gave a wonderful presentation regarding his hiking excursion in Ireland. Besides the beautiful scenery, the take home for me was that one can still enjoy an outing despite the perpetual rain. I wish to acknowledge Dave Jones, Dave White and Doug Tinkler, who were most helpful in assuring that the evening was successful. Also, my sincere appreciation to those folks who cleared tables and reorganized the church hall after the banquet. Thanks to all!

January will be a busy month for our chapter - monthly meeting on January 8; Wiezel cabin outing for January 11-13; ADK winter outing which we are hosting on January 18-20th. Look within this newsletter for details.

I have been a member of the ADK since the mid-seventies and now as chairman, will host and attend my first Tug Hill weekend winter outing. My anxiety level is in direct proportion to the approaching weekend but I try not to fret given all the support and help from the individuals on the executive committee. I am most grateful to those individuals who attend the meetings and work behind the scenes to make the approaching ADK weekend a successful event.

After many years of dedicated service to our chapter, it saddens me to report that Carol White is resigning her position as Membership Chairwoman effective December 31, 2018. Carol will be more than happy to transition the new membership volunteer into the role and explain the duties associated with being the Membership Chairperson. Here is a golden opportunity for a willing individual to be more actively involved with the chapter organization. Please contact Carol at ccwhite@juno.com. She will explain the time and work involved or me at alexsirtoli@outlook.com. Your consideration is sincerely appreciated.

I bid all members a pleasant Christmas holiday and a peaceful New Year. I look forward to seeing you at the chapter meetings - with some exciting programs in the work or at one of the January functions. Otherwise, perhaps I will see you on the trail.

Paul Sirtoli

TRAILMARKER

Iroquois Chapter

Chairman – Paul Sirtoli

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Trips & Meet up Group – Bill Lupino

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NEXT MEETINGS

Tuesday, January 8, 2019**Chapter Meeting at 7:00 pm**

First Baptist Church

7 Oxford Road

New Hartford

Matt VanSlyke will be presenting **Cycle ADKs: Experiential Tourism focused on community and conservation**. Matt VanSlyke is a professional transportation planner. Over the last two decades he has worked with upstate New York communities administering federal and state funded transportation and community planning programs. Matt is the Executive Director of Utica Bike Rescue, a community bike resource center located within Westminster Church in Utica. He is Co-Director of Cycle ADK and lives in Clinton with his wife, Jodi and two sons.

Tuesday, March 5, 2019**Chapter Meeting at 7:00 pm**

First Baptist Church

7 Oxford Road

New Hartford

Featured program is Steve Mackey who will speak about his ride through the Continental Divide.

Iroquois Chapter New Members

We would like to welcome the following new members:

Norman Cognetto * Hans Christeler * Karen & Bernie Volpi *

David & Nanette Conney * Geoff Beckwith

Patsy Beehm * Brian Callegari

Gary Sainsbury * Seth Sevier * Deborah & Paul Titcombe

Shelby McGraith Szuba

Wiesel Cabin weekend

January 11-13 2019

Join other ADK members at the trails cabin on Heart Lake property at the base of the High Peaks. Cross country skiing or snowshoeing. Approximate cost for weekend is \$50.

Call Greg Smith for details at 315-796-0906 or greg@adirondack-park.net

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West Kill Mountain

January 21, 2019

At an elevation of 3,891 feet, this is the 6th highest Catskill Peak. This will be a thru hike covering 8 miles and involving 1,800 feet of climbing. We'll start at the first parking lot on the Spruceton Road and continue on to our spotted car further down the road at the Hunter Mountain trail head parking lot. Be prepared for windy, icy conditions. This trip could also require serious trail breaking. Be prepared for either. Snowshoes, crampons and micro spikes are required.

Rating: A-

Call David Pisaneschi, 459-5969 or dapadk@gmail.com

Snowshoe Extravaganza

February 10, 2019

Join me as I visit Grassy, Wilson, Mitchell and Brady Ponds via trail and bushwhack for a scenic 7 mile loop. We will cross frozen bodies of water and utilize water wetlands to explore these remote bodies of water near Blue Mt. Lake. Poor weather will postpone.

Rating: B.

Contact Paul Sirtoli at 315-7337-8353 or alexstoli@outlook.com

Tug Hill ADK Winter Outing - Mad River Club

Sandy Creek

January 18-20 2019

Join fellow ADK members for a weekend of cross country skiing, snow shoeing, fine food, prizes and entertainment. The Cost is \$110. Feature speaker- Bobby and Kayla Clark discussing summit stewardship, HPIC/JBL experiences and Host program.

Call Paul Sirtoli, 315- 737-8353 or David White, 315-853-1070, for further details.

X-Country Ski through Avalanche Pass

January 26, 2019

Let us ski through one of the most scenic mountain passes in the Adirondacks. From the South Meadows trailhead to Marcy Dam, follow the yellow marked trail through the pass to Avalanche Lake. Time and weather conditions permitting, we will ski on to Lake Colden and the Beaver Point Lean-to. If there is interest, this trip could also be a winter camping trip with us returning from the lean-to the next morning. Winter and cold temperatures have returned so dress in layers. **NO COTTON!** Bring your own snacks and water. No matter the conditions, bring snowshoes and/or micro spikes in the High Peaks as weather can be unpredictable. Poor weather, lack of snow or unfrozen lakes will postpone trip to later in the winter.

Rating: A-

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

Go to <https://www.adk.org/explore-adk/programs/>

For information on adventure travel, outings, skills workshops, challenges, etc.

Boreas River snowshoe-a-thon

February 23, 2019

Experience the winter beauty of the Adirondacks with a thru trip from Cheney Pond (Blue Ridge Road) to route 28N as we snow shoe along the Boreas River to a spotted car. I estimate the distance to be 7-8 miles as we meander with the river and explore some of its estuaries. Plan to cross frozen ponds and meadows. Poor weather will postpone.

Rating: B+

Call **Paul Sirtoli** at 315-737-8353

Or alexsirtoli@outlook.com for details regarding time, meeting, etc.

Mt. Van Hoevenberg

March 16, 2019

Let's start the quest to be Lake Placid 9ers by summiting Mt. Van Hoevenberg. The new Van Hoevenberg "East Trail" begins at the Olympic Sports Complex Bobsled/Luge track at Mt Van Hoevenberg. Park in the lot in front of the bobsled track and once through the gate follow the road up the hill to the left where you will come to a wooden staircase built in the ground taking you up to the trailhead. It is a short hike at 4.4 miles round-trip. Summit is at 2,940 feet and offers unmatched views of the high peaks. This could be a hike or a snow shoe depending on snow conditions. Poor weather will postpone to another date.

Rating: B

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

Okefenokee Swamp & Suwannee River Wilderness Paddle

February 28, 2019 to March 7, 2019

Join me as I return to a place I visited with ADK in April, 1985. This will be a 7 day, 6 night wilderness paddling / camping adventure. The Suwannee begins as a black-water river in the Okefenokee Swamp and flows 240 miles southwest to the Gulf of Mexico. It's at this source where our journey will begin. Traveling downstream we will explore hardwood swamps, pitcher plant prairies, dark water creeks, and sloughs filled with twisted cypress knees. Camps will be made on sand beaches that make up the river shore.

Accommodations on the river are back country and primitive. We end our paddle at the Canoe Outpost located in the Spirit of the Suwannee Music Park near Live Oak, Florida.

Folks driving in will meet us at the Canoe Outpost located in the Spirit of the Suwannee Music Park near Live Oak, Florida, the day prior (Thursday, February 28th) of the beginning of the trip. For those participants flying in to Jacksonville, Florida, please fly in as early as possible the day prior (Thursday, February 28th) of the beginning of the tour and contact our guides to arrange a shuttle. We will be camping at the Canoe Outpost campground on the night of February 28th so that we can get an early start on March 1st, the official start of the trip.

The cost will be \$600 / person. This includes pickup / drop off at the Jacksonville Airport for those flying, all meals, kayaks or canoes, all paddling gear, paddling safety gear, permits, shuttles and two local experienced guides. You will need to provide your own backcountry camping equipment. Our guides will prepare and serve all meals. Meals included in the trip fee begin with lunch on the first day and lunch on the last day. The deadline for your reservation is January 30th.

Leader & Reservations: **David Pisaneschi**, 459-5969 or dapadk@gmail.com

Camp Santanoni Winter Weekends

[2018 Winter Weekend Schedule](#)

- Martin Luther King Jr. Holiday Weekend, January 13 – 15th
- Presidents Day Holiday Weekend, February 17 – 19th
- March 10 & 11th

Go to <https://www.dec.ny.gov/lands/94034.html> for more information.

For additional trip offerings, last minute additions and updates check out our Meet-up page at <https://www.meetup.com/Iroquois-Chapter-of-the-Adirondack-Mountain-Club>

Connecticut AT

November 17, 2018

Eight intrepid hikers traversed the most northern section of the AT in Conn. Starting on the Paradise Lane access trail, we climbed the north slope of Bear Mountain, the highest mountain, but not the highest point of Conn. The high point of Connecticut is the south shoulder of nearby Mount Frissell, whose actual summit is in Mass. Continuing down the south slope of Bear Mountain, we continued on, eventually reaching our next landmark, Lion's Head, with its incredible views. From there, it was only a couple of miles to our spotted cars. The total trip distance was 9.7 miles. Enjoying the day were Paul Sirtoli, Leslie Siegard, Martha Waldman, Claudia Rosenholtz, John Susko and David Pisaneschi

Submitted by **David Pisaneschi**



Lion's Head
Submitted by David Pisaneschi

Claudia Rosenholtz, Paul Sirtoli, David Pisaneschi, Leslie Siegard.
Photo taken by Martha Waldman.



OKEFENOKEE SWAMP PADDLE

Thanksgiving Week
November 19-23rd

Established in 1937, the Okefenokee National Wildlife Refuge, protects one of the largest wetlands (+ 400, 000 acres) in the nation. I was invited by two friends, who are both professional Florida guides, to tour the Okefenokee during the Thanksgiving week. It was perfect weather with daytime temps in the 60s - low 70s. Nights were cool with temps dipping into the low 40s. There were clouds and sun, no rain and with lots of interesting paddling. Since it's a swamp, there's nowhere to get out and stretch until reaching the shelter. First day, we paddled 12 miles, while on the other three days, were eight mile paddles. We camped three nights on tent platforms and one night at the cabin on Floyd's Island. The cool weather kept the reptiles inactive. Two gators and two water moccasins were encountered on the first day. There were numerous deer sightings, especially on Floyd's Island.

My next trip in March will involve more paddling on the Suwannee River. It's a wild river, which means it's undeveloped. There are sand bars along the way to camp and stretch. It's near the Florida trail, which will give us a chance to hike. This will be a memorable trip. Should you be interested in this ADK trip, please contact David Pisaneschi at 518-459-5969 or dapadk@email.com

Submitted by **David Pisaneschi**



Photos by Dave Pisaneschi



Stark Hills, Part I

December 13

Lying in the Blue Mountain Wild Forest is a "vee" shaped mountain range hemmed in between Stark Hills to the north and Ledge Mt. to the south, with Rock Pond to the west and Unknown Pond to the east. Except for the saddle at the apex of the "vee", the southern exposure of this broad range is near vertical, punctuated with rock bands. Indeed, on a clear day while hiking the Rock River trail north, the casual observer will note several prominently exposed, treeless, rocky slabs, cliffs if you will, that appear accessible from the back side of the range. These cliffs were our goal for Dave Kuhn, Dave Pisaneschi, and this writer.

Succumbing to having a full day of hiking, I planned a rather ambitious route to achieve our objective-explore the actual Stark Hills, then work our way to the "vee" range and its respective cliffs.

After walking roughly 2 miles on the Rock River trail, we commenced bushwhacking east to the Stark Hills, snowshoeing through about 7 inches of powder in a mostly open deciduous forest. Within a short distance we soon encountered our first obstacle, a near 50 ft. vertical wall which according to the map nearly extended to the Rock River. Eventually we managed to find a suitable place to scale this north-south monolith, killing lots of time in our endeavor. Upon our completing our slow climb, we continued on our trek to the western knob of the Stark Hill range. Our goal was in sight, but a vast valley lie between it and us.

Rather than lose significant elevation, we attempted to skirt the deceptively steep southern face of the knob, working around ledges and dense conifer growth. Part way down the slope and not willing to re-climb the hill, we used rope and precious time to descend off several steep gradients to more friendly terrain. We took a well deserved snack break, then continued the bush whack through the open forest to the "vee" ridge line.

Having visually spotted the cliff face from the Rock River trail, we found it without difficulty. There was plenty of standing room and despite the cloud cover we had decent views of Sawyer Mt. and the meadows below us at the base of the range. Given the remaining time available, we continued to the actual summit knob, estimated to be about 2,300 ft. We arrived around 3:30 PM. The knob had no views, and no time was available to search for the remaining cliff.

Retracing our steps off the "vee" ridge to just beyond the first cliff, we headed directly west to Rock Pond, eventually intersecting the trail. We arrived at the parking area by dusk, and without a GPS unit, estimated the hike to be 6 miles in 7.5 hours. I vowed to return to find the other cliff.

Submitted by **Paul Sirtoli**



Dave Kuhn, Dave Pisaneschi
Sawyer Mt. in background

Photo Credit, Paul Sirtoli

Stark Hills, Part II

December 19th

Unlike the prior week, today was a delightfully sunny day when Dave Pisaneschi, Dave Jones, and I made a return visit to the "vee" mt. range between Stark Hills and Ledge Mt. Our destination was the remaining scenic outlooks on the other half of the vee.

We retraced our snowshoe exit path off the Rock River trail to the first view point, where on this incredibly clear day we could easily distinguish the Metcalf Range, the cliffs of Sugarloaf Mt., and Blue Ridge in the south-western horizon.

From this location we continued in an easterly direction near the ridge line, choosing to by-pass the summit cone, which Dave P. and I had climbed in the prior week. Gradually ascending to the easterly half of the vee, we bush whacked the level terrain to its roundish summit, and the expansive, clear slope just below it. We were blessed with a grand vista, accentuated by the deep blue sky and brilliant sunshine. Unknown Pond and McGinn Mt. cliffs were easily identifiable, as well as the myriad meadows lying at the base of the "vee" range.

Following an extended lunch break in the sun's warmth, we some- what re-traced our snow shoe tracks along the ridge to its extreme southwest corner.

Just below the small, forested knob and overlooking the saddle notch between the two halves of the "vee" was a large, prominent rock protuberance whose open vista lent grand views of Sawyer Mt., and the mountainous landscape surrounding it.

The bulk of the "vee" range has an incredibly steep, south facing slope, too dangerous for the likes of our old bodies to negotiate. We descended via the very accommodating open wooded saddle notch to the vly below the range. Once accessed, we essentially walked a series of frozen meadows back to the trail. Out by 4:30, we hiked 6 miles in about 7 hours for a most leisurely day of hiking.

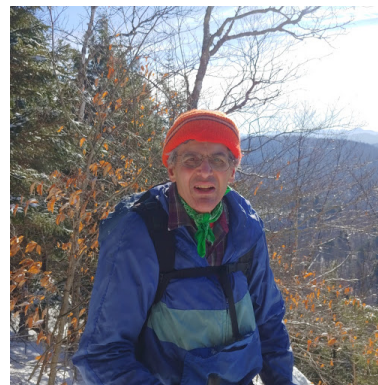
Submitted by **Paul Sirtoli**



Dave Pisaneschi, Dave Jones
Unknown Pond in back
ground
Photo by Paul Sirtoli



Sugarloaf Mt. and Metcalf Range from
Stark Hill region, Indian Lake
Credit: Dave Pisaneschi



Paul Sirtoli
Credit: Dave Jones

Requesting suggestions for new outings that you would like to see added to the calendar. Let me know your ideas and we will put them in future Trailmarker newsletters and on the Meet-up site.

When submitting trips please use the following format:

*Trip length (miles)

*Trip duration (hours)

*Elevation to be climbed (feet)

*Mention of any special equipment or other factors

*Brief description of the level of difficulty to be expected during average conditions.

*Brief description of the trip plan, including parking and possible hiking options.

* Provide Trip Leader contact information.

You can reply by email or if you have any questions call or text me at 315-360-0359.

Bill

CHAPTER OUTINGS

Rating	Effort Level	Elevation gain	Miles (round trip)	Time in Hours
A +	Very Strenuous	4000 ft +	10 +	10 +
A	Strenuous	3000 ft +	5 - 10	8 - 10
B +	Mod. Strenuous	2000 ft +	5 - 10	6 - 8
B	Moderate	1000 ft +	8 - 10	5 - 7
C +	Fairly Easy	1000 ft +	5 - 8	4 - 6
C	Easy	under 1000 ft	under 5	under 5

10 ADK Resolutions for 2019

1. Climb a new mountain
2. Sleep under the stars.
3. Chase a waterfall
4. Attend an event
5. Paddle the park
6. Recreate like an expert
7. Embrace winter
8. Try something new
9. Taste ADK
10. Get an ADK education

Found on Visit Adirondack website

MEMBERSHIP CHAIRPERSON VACANCY

This person shall send out welcome letters to new members and supply information to prospective members. In addition to listing new members in the Trailmarker, the membership Chair will also be the chapter liaison with Headquarters and the Membership Committee.

Please contact Paul Sirtoli at 315-737-8353 or alexsirtoli@outlook.com for further information should you be interested in volunteering for this Iroquois Chapter position.
Thank You.

MARKET PLACE

Do you have items you don't need, can't use or just want to get rid of? Are you new to the outdoors and in need of some items? Then this corner is just for you!

Featured this month are:

First item:

MSR Miox Water Purifier \$150.00 or best offer



Second item:

Garcia Bear-Resistant Container \$60.00

Third item:

PUR Hiker Microfilter Waterfilter for camping \$40.00



Fourth Item:

Eureka Gossamer Tent \$55.00



For full descriptions, further information contact: Wendy Sanders. She can be reached at: 315-292-3632 or wintermama@hotmail.com