

## TRAILMARKER

Newsletter of the Adirondack Mountain Club -Iroquois Chapter

Est. 1972

November/December, 2019



View from the Catmount Mountain  
Cliff  
Photo Credit: Steve Siegard

## C hairman's C orner

The October program presented by Joan Herrmann for our chapter was very informative and educational. Given Joan's popularity in local publications I was wondering why the chapter attendance was rather light. Sadly, I discovered upon arriving home that a group of six individuals were waiting at the wrong entrance to the church. To my great sadness, they soon departed; a few had traveled a long distance. There are two plausible reasons for this unfortunate circumstance. One, the meeting date in the Trailmarker was incorrect. It was advertised for October 8<sup>th</sup>, rather than Oct 1<sup>st</sup>. Adding to the confusion, the correct date was advertised in local newspapers. I bear responsibility for this confusion as I proofread each Trailmarker for errors prior to final publication. Obviously, I overlooked the incorrect date. Two, the group waited at the wrong entrance. The entrance for our meetings, as well as the Christmas dinner, is on the route 8 entrance ramp, across from the New Hartford fire dept. The church entrances on Oxford Road are not used.

With the exception of December and June, all our meetings are on the first Tuesday of the month. Our December meeting is the dinner, held on the first Saturday, and in June we have the picnic at Sherrill Brook Park. Chapter meetings are not conducted in July and August. For those folks who were inconvenienced by this unfortunate state of affairs, I offer my sincere regret and apology. In the future, should there be any confusion to the meeting date, please contact me.

# C hairman's C orner C ontinued....

Per Iroquois Chapter tradition, we have our annual Christmas dinner on Saturday, Dec. 7<sup>th</sup>. Please check this edition of the Trailmarker for details.

In January (second weekend), the chapter is sponsoring a winter weekend at the Weizel Cabin at Heart Lake. This is a very popular and fun weekend event, so sign up early, otherwise you will end up on the waiting list. Greg Smith organizes this activity.

Our chapter is again sponsoring the club wide ADK winter outing at the Mad River Club at Sandy Creek on the Martin Luther King, Jr. long weekend (third January weekend). Despite the massive snow storm last year, this event was well attended and enjoyed by the participants who traveled from across the State. Cross country and snow shoe trips are offered in the local area. There is a program in the evening following the catered dinner.

Please refer to the notices within this publication for exact dates, details and contact information regarding these events. Otherwise, please contact me for specifics.

I look forward to seeing you at the November meeting, on the trail or one of aforementioned enjoyable outings.

**Paul Sirtoli**  
Chapter Chairman

## UPCOMING MEETINGS

### **First Baptist Church**

7 Oxford Rd, New Hartford, NY  
November 5, 2019

7pm Business meeting

7:30 Program: Phil and Teresa Smith will present on their 5 month and 3- week trek hiking the Appalachian Trail in 2015.

Phil and Teresa are retired from the Air Force as an officer and Registered Nurse respectively. They are avid cyclists, hikers, runners and XC skiers which they explain justifies their frequent bakery outings.





**December 7, 2019**

First Baptist Church  
7 Oxford Rd, New Hartford, NY



**5-6pm: Set up.**

**6pm: Dinner**

Members and guests should bring a dish to pass (appetizer, main dish, dessert) and their own place setting. Chapter will provide non-alcoholic beverages, as well as greens and pasta.

**7pm program:** Bob Allers will present on the bedrock geology of the upper Mohawk Valley.

Bob is a retired Earth Science teacher who resides in Deansboro. He has 34 years of teaching experience in Junior and senior high schools as well as extensive geologic field work in Northern Arizona and SE Alaska. He has also served twelve summers as a seasonal Ranger for the National Park Service at Fort Stanwix in Rome, NY.

**Iroquois Chapter Welcomes the Following New Members**

John Morgan\* William Verge \* Anne Reilly \* Neal Rose \*

John and Sheri Arsenault \* Catherine Dorrance \* Andrew Karas \* Mark Perrin \*

James Littlefield \* Jennifer Seavert \* Marty Gorton

## Huyck Preserve

Sunday, November 10, 2019

North of the Catskill Park near Rensselaerville, the preserve has 12 miles of well groomed trails that are linked to make various loops. The open hardwood terrain is rolling. This will be a leisurely exploratory hike, so I have no specific mileage in mind. Poor weather will postpone to the following day (Veterans Day) by mutual agreement.

Rating: B

Call **Paul Sirtoli** at 315-737-8353 or [alexsirtoli@outlook.com](mailto:alexsirtoli@outlook.com)

## Pitchoff Mountain

Sunday, November 17, 2019

A popular hike in the Lake Placid area and a well traveled trail. This 5.2 miles round trip route has some steep climbs and can be muddy. The summit at 3,500 feet is wooded with some look out views. It is part of the Lake Placid 9er challenge. Bring your own snacks and water. Poor weather or too small a group will postpone to another date.

Rating: B+ (moderate to Strenuous)

Contact: **William Luppino** at 315- 360-0359 or [Bootsmuddy@hotmail.com](mailto:Bootsmuddy@hotmail.com)

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>

## Mt. Jo

Sunday, December 1, 2019

A popular hike from the ADK Loj in the Lake Placid due to great views and short 2.6 miles round trip distance. Summit is 2876 feet. Cold temperatures will have returned so dress in layers, no cotton. Bring your own snacks and water. No matter the conditions bring micro spikes in the High Peaks as weather can be unpredictable this time of year.

Rating: B

Contact: **William Luppino** at 315-360-0359 or [Bootsmuddy@hotmail.com](mailto:Bootsmuddy@hotmail.com)

## Tongue Mountain Northern Traverse (B)

Saturday, March 21, 2020

We will spot cars and hike/snowshoe the northern portion of the Tongue Mountain Range starting from the Clay Meadow trailhead and ending at the trail's northern terminus on Route 9N. Total distance will be approx. 7.5 miles.

Leader: **David Pisaneschi**: 518-227-5630 or [dapadk@gmail.com](mailto:dapadk@gmail.com)

Go to <https://www.adk.org/explore-adk/programs/>  
For information on adventure travel, outings, skills workshops, challenges, etc.

## Kunjamuk Loop Hike

August 25, 2019

Well I only billed it as an 8 mile out and back trip on the Kunjamuk Trail to check out the new Wakely Brook Trail that Paul Sirtoli and I bushwhack scouted a couple of years ago. But it became an 11 mile loop. The Kunjamuk Trail in Siamese Ponds Wilderness is part of the North Country National Scenic Trail (NCNST) and it has been relocated to avoid the former and formidable crossing of the Kunjamuk River. A bit longer, it now crosses the smaller outlet of Rock and Long Ponds instead. Paul wanted me to write this trip report, so people know that the difficult Kunjamuk River crossing is no longer on the route and that this trail is available for adoption by a trail steward.

The original NCNST route was suggested to go north on the Kunjamuk Trail from the north end of Elm Lake Road assessed from Speculator. The route did a dog leg up to Round Lake and Chimney Mt cabins then back down Kings Flow to access the Puffer Pond Trail and points east to North Creek. We wondered why the extra hiking (3-4 Miles) with no special scenic value was suggested. We guessed from the map that it may be wet. So, in 2016 Paul and I parked at Chimney Mt cabins and hiked south along Kings Flow, south of Round Pond toward Humphrey Mt. and started our exploratory bushwhack westward. We cut across the bottom of the dogleg in less than a mile and found an easy crossing of Wakely Brook and dry trail potential to connect with the Kunjamuk Trail near the John Mack Crossover trail. I sent our GPS track to Forester Kirstin Saleen. She hiked and hired a SCA crew in 2017 to build the new "Wakely Brook Trail". Do not confuse this with Wakely Dam on the Cedar River.

So, we four ADKers set out on the morning of August 25 to hike the Kunjanuk Trail from the south up to this new Wakely Trail junction and to check out the North Country National Scenic Trail markers posted by DEC interns in 2018. We did so but encountered quite a bit of blow down to climb over or go around. We reported this to the DEC Forester for the Fall Wilderness "Window" when chain saws will be permitted. When we found the new Wakely junction, we were at a decision point i.e. go back the way we came, climbing over blowdown or continue on an extra mile and complete the loop. We discussed our options as we sat down for a snack and

more water. None of us had explored the crossover trail and the well-used Long Pond, Rock Pond surely would be devoid of blowdown. And we thought it added only a mile. I guess the sense of adventure took over and we opted for the loop, and extra mile but much less blowdown. The Crossover Trail is really a marked herd path/bushwhack. But the Long Pond and Rock Pond Trail is excellent, very scenic, has some nice campsites, a boat and good swimming. I often see loons there as well. So our out and back trip turned into a loop. We returned to the Elm Lake parking at dusk to the rest of our ADK group who with an alternate leader hiked a shorter distance to a turnaround time, at a slower pace yet still soaking up the Adirondack ambiance. They were glad to see us arrive just before the need of headlamps, which we always carry.

If you are interested in adopting the Kunjamuk Trail or any other Adirondack trail on the NCNST route contact the Steward coordinator: [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com).

Submitted by **Mary Coffin**

## Chestertown Challenge

September 7, 2019

Catamount Hill and Green Mt. are part of the Chestertown Challenge. The trail system accessing the summits of these two mountains is located on the Natural Stone Bridge and Caves private property, near Pottersville. Initially I balked at paying the \$15.50 to climb these two wonderful small mountains, but Jim Lomonaco and David Pisaneschi convinced me otherwise. At nearly 2,400 feet, Green Mt. is essentially a long, rounded ridge that is a mix of rock slabs and open forest. Its bald summit lends superb views to the south - Loon Lake, Crane Mt., Beckman and Meade Mts., interwoven in a vast Adirondack landscape. To the north, the high peak great range is most prominent, with the Texas Ridge, Hoffman Mt. and sundry high peaks too numerous to mention rounding out the landscape. At a lower elevation, Catamount Hill spots a picnic table and tree swing at a rock promenade. The closer view of Meade/Beckman Mts., Kipp Mt. dominates the near horizon.

## Chestertown Challenge (continued)

Hiking both mountains took us four hours on well marked trails. The trail map was provided to us by the management. Given our remaining time, we toured the stone caves. Tourists do not actually enter deep caves, but rather walk a board walk along Trout Brook which eventually debauches into a mammoth cavern. There are 20 stations surrounding the brook, and each station gives a geological history/explanation of what you are viewing. The self-guiding tour took us two hours. In the end, it was money well spent for a most relaxing and informative day.

Besides Catamount and Green Mountains, the Chestertown Challenge is comprised of Stewart Mt., Kipp Mt., Beckman and Meade Mts., Palmer Pond trail, Chester Creek trails, Dynamite Hill, and Cougar Nature trails. All the trails are well marked, ranging from easy to moderately challenging. There is ample parking at each trail head. For further information, google "Chestertown Challenge." You will not be disappointed.

Submitted by **Paul Sirtoli**

## St. Lawrence Seaway Trail

September 25, 2019

Debbie Pasch joined this writer for an Iroquois Chapter sponsored road bike trip on the seaway trail (route 12E) from Cape Vincent to Clayton. From Cape Vincent we took a side tour to Tibbets Point Lighthouse at the mouth of the St. Lawrence River. The current tower was built in 1854. The Coast Guard had jurisdiction from 1939 to 1981; in 1991 the Town of Cape Vincent acquired and renovated the property. It is now a tourist attraction which boasts a tourist center and youth hostel.

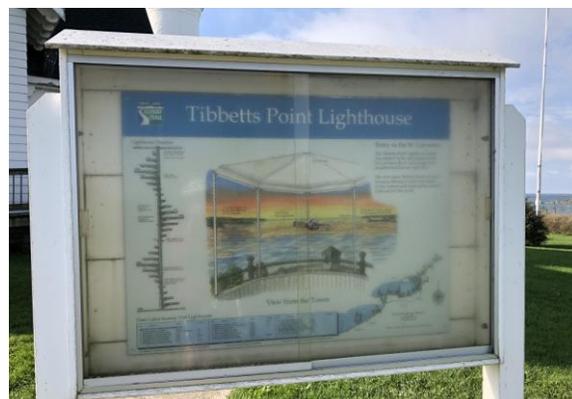
For the most part, the seaway trail has a wide shoulder, is generally flat, and courses through farmland and pasture. Two very attractive State

## St. Lawrence Seaway Trail (continued)

Parks are accessed - Burnham and Cedar Point Parks. Each have grassy campsites that border the St. Lawrence Seaway, or are situated a short distance from it. Both parks are very tidy, have modern bath facilities, and are conducive to RV's.

At Clayton we snacked at a riverside park, taking a respite from sun and breeze to plot our return trip. Rather than retrace our ride, we chose to cycle county Route 4 through endless pasture back to Cape Vincent and the lighthouse. Including a few minor detours from road construction and/or sightseeing opportunities, our leisurely ride of 50 miles took us 6.5 hours. Our next exploratory excursion for next year: Wolfe Island.

Submitted by **Paul Sirtoli**



Above and Left: Tibbets Light House in Cape Vincent  
Right: Paul Sirtoli at the St Lawrence Seaway Trail  
Photos: Debbie Pasch

## Catamount Cliffs

October 6, 2019

Two friends were more than willing and happy to explore the formidable, rugged region surrounding Catamount Mt. in the Lake George Wild Forest.

Our goal: locating the cliffs. Accessing the region from Wardsboro Road, off route 9N, north of Bolton Landing, Bob Hutchins, Steve Siegard, and I immediately commenced bushwhacking from an area called the gravel pit on the topographical map. Within 30 minutes we began climbing an immense, very steep mountain, whose side was littered with rock debris, similar to a talus field out west. We would encounter these talus fields throughout the day, with moss and occasional light sprinkle making for slippery conditions. To our favor, the forest was quite open and clean, facilitating easy bushwhacking.

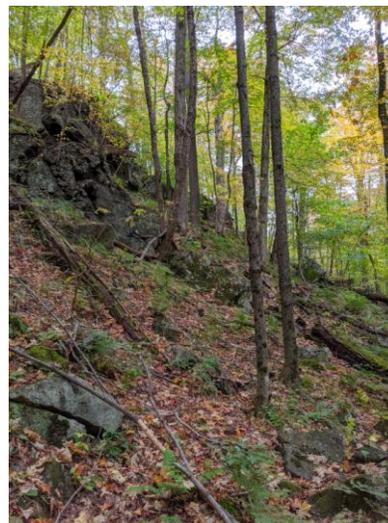
Due to the multiple high cliff ledges throughout the entire region, we could not navigate directly to our intended goal, thus our route was circuitous. Indeed, we eventually climbed the Catamount summit and then backtracked to its cliffs about .75 mile distance. Given the distant misty conditions with an approaching storm front, the views were adequate. We exited via a different route to avoid descending steep mountainsides, arriving at the car by 4:30 PM. For this scheduled chapter trip, we had bushwhacked 8.5 miles with over 3000 ft. elevation gain in approximately 7 hours.

Submitted by **Paul Sirtoli**

Photo:

Bob Hutchins, Paul Sirtoli, Steve Siegard

Credit: Bob Hutchins



Below: Talus field  
Credit, Steve Siegard

## Adopt A Highway

October 12, 2019

Twelve volunteers helped pick up trash along our chapters adopt-a-highway section of route 12.

Thanks to Glenn Larish, Wendy Sanders, Charlene Zebley, John Gilbert, David Kuhn, Darlene Whitaker, John Martin, Heidi Lynk, Thomas Lynk, Jim Lomanaco and Paul Sirtoli. Afterwards, we enjoyed pizza at Charlie's Pizza.

Submitted by: **Doug Tinkler**



## Lake Lila

October 12-13 2019

Two members of the Iroquois Chapter, Doug Tinkler and Paul Sirtoli joined me, Bill Luppino on a canoe camping trip at Lake Lila in the 19,500-acre William C. Whitney Wilderness area. Being a holiday weekend we wanted to get off to an early start to get a camping site. Fortunately for us Doug decided to go up the Friday before and obtained a spectacular campsite on Canada Island. Paul and I arrived the next morning and survived several trips down the .3 mile portage carrying gear and the boat from the parking area to the lake. We then paddled for about 2 hours exploring the lake. Throughout the day we experienced the occasional rain shower but no worries with rain gear and dry bags keeping us and our provisions dry. Once we arrived at Canada Island we set up our tents, built a fire, cooked dinner and settled in for the cool fall night ahead. The next morning we were greeted with a thick fog over the lake but it soon lifted revealing a beautiful sunny Sunday. We paddled across the lake to the vicinity of the lean-to and followed the 1.5 mile trail to the summit of Mt. Frederica. It is a fairly easy hike to a rocky summit and outstanding fall foliage views. After returning to camp we had lunch, packed up our boats and paddle back to the put in. Overall a good time was had by all.

Submitted by **Bill Luppino**



Above: 1. Bill Luppino and Doug Tinkler on the summit of Mt Frederica. 2. Paul Sirtoli gathering firewood. 3. Boats waiting. Photos by Bill Luppino

## Bramley Mountain Delhi Trail October 18

My bushwhack extravaganza to several small mountains off the NPT at Whitehouse for Oct. 16 was canceled due to inclement weather. By Friday, a few days later, several of us were itching to hike. Despite the thick cloud cover and light drizzle, Dave Kuhn, Jim Lomonaco, Steve and Leslie Siegard (Albany Chapter) and this writer rendezvoused in Stamford to hike Bramley Mt. and the Delhi Trail System north of the Catskill Park. The weather was supposed to be much improved compared to the Adirondacks.

At 2817 feet, Bramley Mt. is a former fire tower site. The trail to the former tower is a 4 mile loop through a handsome hardwood forest. It passes near an old blue stone quarry, unique rock strata's, and a huge berry bush field near the summit of the mountain. The two scenic outlooks offer a wide exposure to the Catskill landscape. Well marked with ample parking, the loop, with its 900 ft. ascent, took the group roughly 2 hours to walk.

The Delhi Trail System is in the village of Delhi, near the public school. The well marked loop wends through an open hardwood forest. The "trails" are essentially old, narrow logging roads. Essentially the hiker walks a ridge line that is dominated by remarkable slate like rock strata. Be forewarned-access to the hilly ridge is incredibly steep at both entry points to the loop; your legs and heart will be duly challenged with the 1000+foot ascent. This 4 mile hike, with its one scenic outlook, took us about 2.5 hours.

Submitted by **Paul Sirtoli**

Photo 1: Bramley Mt. ridge, trail thru berry bushes  
photo2: viewpoint, catskill landscape  
Above photos Credit: Steve Siegard

Photo 3 (right) photo: Steve and Leslie Siegard,  
Jim Lomonaco, Dave Kuhn  
Credit, Paul Sirtoli



## WESTKILL

October 21, 2019

Eight of us experienced a blue bird day on our traverse over Westkill in the Catskills. At an elevation of 3,891 feet, this is the 6<sup>th</sup> highest Catskill Peak. This thru hike covered 8 miles and involved 1,800 feet of climbing. We started at the first parking lot on the Spruceton Road and continued on to our spotted car further down the road at the Hunter Mountain trail head parking lot. Enjoying the day were Jim Gorman, Jim Leinweber, Leslie Siegard, Steve Siegard, Christiane Mulvihil, Martha Walkman, Tina Palmero and the leader, David Pisaneschi.

Photo by **David Pisaneschi**



Jim Gorman, Jim Leinweber, Leslie Siegard, Steve Siegard, Christiane Mulvihil, Martha Walkman, Tina Palmero and the leader, David Pisaneschi.

Photo by David Pisaneschi

## Bushwhack Extravaganza

October 24, 2019

Postponed from October 16 due to lousy weather, Dave Kuhn and I tackled 4 roughly 2,000 ft. peaks off the Northville-Lake Placid trail out of Whitehouse: Big and Little Hedgehog Mountains, Jackson Summit, and Grindstone Mt.

We could not have asked for a better autumn day with a cool, crisp temperature of 35 degrees, blue sunny sky, and a brilliant sun accentuating the yellow and rust colors of the remaining leaves on the beech trees. Bushwhacking through a relatively open mixed forest of conifers and deciduous trees was exhilarating. Big Hedgehog offered the best "more open tree" views of the hilly landscape. Otherwise, these diminutive wilderness forested peaks were simply enjoyable to explore. My real goal in climbing these was to get a possible view of the Three Sisters Mountain range near the West Branch of the Sacandaga River for a winter bushwhack excursion. Based on my limited sight of the range, the largest sister may be worth a trip, providing the west branch is frozen sufficiently for crossing. Our extravaganza bushwhack/trailed loop of 5 miles took us about 6 hours.

Submitted by **Paul Sirtoli**



Dave Kuhn, Jackson Summit  
Photo credit, Paul Sirtoli

Tick Tock!  
Daylight Savings Time Ends Saturday  
Don't forget to set your clocks back!!

The following is an email response from Che Kyet.....

Hey Mr.David, I'm sorry that I couldn't make the meeting tonight. I didn't get the notification about the email you sent until now. I was really looking forward to sharing my experience to the members. If it's possible I wanted you to relay this message to club: The camping trip was probably the best experience I've had so far. I've been camping twice, but it was nothing like this. I had a lot of "firsts" on this trip. It was my first time sleeping in a tent, eating oatmeal, quinoa, and chili and sleeping on an island. My most favorite memory was stargazing in the middle of the lake. We could see the Milky Way and shooting stars. You could also see the fog rising from the lake. It was a really breathtaking sight. I also learned so much on how to properly treat the land while you're camping on it. I learned about root fires, and the rules to chopping down trees. While we were working on the trails, we came across a hill of trash that was probably from the 50s or 60s. It was trash upon trash and it made me really sad, the earth provides everything for us and we treat it so poorly. I have a new found appreciation for the earth and have stronger motivations to fight for it. Thank you so much to the club for giving me and Jorge this opportunity to have such an amazing adventure. If I could go on this trip again, I would do it in a heartbeat.

**Reminder.....**

Iroquois chapter has a bear canister for rent to current members

Contact Ed Kobos at [kk2b@aol.com](mailto:kk2b@aol.com) to arrange pickup and return.  
Overall cost is **FREE** with a \$20 Deposit.



**You're invited!**

**30 Years Working for Wilderness**

**A Celebration of Neil Woodworth**

After a distinguished 30 year career with ADK, Executive Director and Counsel Neil Woodworth will retire at the end of this year. Please join ADK leaders and staff for this special reception honoring Neil's countless contributions to public land protection.

**Thursday, November 21st**

**~ 5 to 9 p.m.**

**New York State Museum, 4th Floor Terrace**

**\$50 per person**

**RSVP by Friday, November 8**

**See [adk.org](http://adk.org) for more information**

## 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

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

### Save the Date!!!

January 10-12, 2020

Annual Trails Cabin weekend at Heart Lake

Each year our chapter rents the Wiezel Trails Cabin on ADK's Heart Lake property. The cabin accommodates 16 people in 4 rooms with four bunk beds each (bring your own bedding). The cabin has a full kitchen, and bathrooms with hot showers. It's a great base camp in the heart of the High Peaks, less than a hundred yards from the trailheads at Adirondack Loj! We have group breakfasts Saturday and Sunday mornings, and a big pasta dinner Saturday night. The total cost for the weekend is about \$50 per person if the cabin is full, plus a share of the supplies for group meals. We each bring our own drinks and lunches.

The more people come, the cheaper it is for everyone! A \$20 deposit is required at sign up.

Contact Greg Smith at 315-796-0906 or [greg@adirondack-park.net](mailto:greg@adirondack-park.net).

