

Footprints

Newsletter of the Adirondack Mountain Club
Foothills Chapter

Notes from the Foothills Chapter Vice-Chair

As temporary Chair I would like to wish a Happy New Year to all you hardy hikers who have braved some tough temperatures and conditions the past two months; and here's hoping that many of you who are members but not active hikers will be persuaded to join us in the future. So many times the forecast can be intimidating, but with the right clothing and equipment it's still possible to enjoy the beauty of our forests, lakes and mountains. And with that in mind, we'd like to issue an invitation to come to our April 11th meeting where our program will cover first aid, hydration, clothing and footwear and what to have in your backpack. We'll also have a welcome packet containing helpful information. In addition, your outing leader will always advise you of expected conditions and what you will need on a particular hike. If your New Year's Resolution was to enjoy a more healthy, active life, come join us. We'll be offering a hike for beginners to the local Willie Wildlife Marsh Preserve on Sat., March 3rd. This will be geared towards new hikers, but all are welcome to participate.

We meet on the second Wednesday every other month at the Senior Center in Gloversville at 7 p.m. Come and give us a try. You will make some wonderful friends and gain a new appreciation for the beautiful area in which we live.

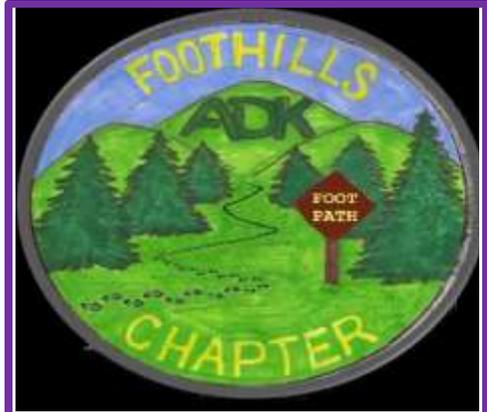
Some of our accomplishments and ongoing projects:

Hosted National Trails Day at Caroga Lake
Co-sponsored a workshop to teach people to identify the Hemlock Woolly Adelgid which threatens our hemlocks
Clear and maintain several trails, including a portion of the Northville/Placid Trail and clean-up on Rte. 30
Offer a scholarship to a child to attend one of the 4 DEC camps
Donate food to the local food pantry

And finally, even if you are not able to hike or paddle, by joining ADK you believe in what our club stands for, and we welcome your presence and input. Hope to see you on Feb. 14 and/or April 11.

Sincerely,

Gail Livingston, Vice-Chair



Upcoming Events

Friday February 2, 2018

Spruce Mt

Wed., February 14, 2018

ADK Foothills Chapter Meeting

Saturday, February 17, 2018

Winter Cross Country Skiing and Snowshoeing to Santanoni Great Camp

Thursday, February 22, 2018

Spectacle Lake via Good Luck Lake in the Ferris Lake Wild Forest

Saturday, March 3rd, 2018

Willie Wildlife Marsh

Friday, March 16, 2018

Mud Lake Ridge and Big Oak Hill in the Shaker Mountain Wild Forest

Wednesday March 28, 2018

Lake Bonita and Lake Ann



Events Details



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

Wednesday, February 14th, 2018

Foothills ADK Chapter meeting 7:00 pm at the Gloversville Senior Center

53 Church St. Refreshments will be served.

Saturday, February 17, 2018



Winter Cross Country Skiing and Snowshoeing to Santanoni Great Camp, Newcomb NY

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 carriage road making for a 9.4-mile round trip. During this "Winter Weekend" event 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. Enjoy free coffee, tea or hot chocolate by the woodstove. 9.4 miles round trip

Please RSVP to

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

If the majority of skiers/shoers feels this distance is too far, but would still like to go and explore the area I could adjust this day to a shorter distance or to ski/snowshoe over to the Newcomb VIC Visitor Info Center, which is another gem in the area.

Thursday, February 22, 2018



Spectacle Lake via Good Luck Lake in the Ferris Lake Wild Forest

We will start on Route 10 and hike to the western end of Good Luck Lake on the snowmobile trail. We will then take the foot trail from Good Luck to Spectacle Lake. This trail is seldom used and may require trail breaking. It is the hope of the leader that the lake will be solid and we will walk down to the island and visit the plaque that is there in memory of Will Bidgood. He passed away in 1995 at the age of 14. The plaque says that the island was his favorite place on earth. We will return the way we came. Round trip distance 6.7 miles

Rated B+

Leader: Kathy Miles kdmiles@frontier.com 518.568.5372

Saturday, March 3rd, 2018

Willie Wildlife Marsh

This is a short one and a half mile hike geared for beginners but open to all. This wetland habitat in the Peck Hill State Forest is a 19 acre wildlife sanctuary. It has a 1.5 mile loop trail with a viewing platform and three boardwalks that traverse the marsh and open areas. It has recently undergone \$360,000 worth of work, including the replacement of the boardwalks totaling 600', a .4 mi. wheelchair accessible trail, picnic area, outhouse, and improvements to the foot trail. If the hike only whets your appetite and you want more, Kane Mountain is just up the road! To sign up contact the leader.

Rating: C

Leader: Gail Livingston

pepperjack@frontiernet.net or call 518-725-6202.

Friday, March 16, 2018

Mud Lake Ridge and Big Oak Hill in the Shaker Mountain Wild Forest

We will start on the NP trail at the Collins/Gifford Valley Rd. trailhead. After a brief rest at Mud Lake we will go off trail to climb to the ridge over the lake and walk along the ridge for the views. We will then return to the NP trail above Mud Lake and as we return toward the trailhead we will go off trail to visit Big Oak Hill and take in the view there before returning to the trailhead on the NP trail. Round trip distance 6 miles

Rated B+

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

Wednesday March 28, 2018

Lake Bonita and Lake Ann



These are 2 recent acquisitions located adjacent to Moreau Lake State Park. We will first hike 1.3 miles to a lean-to on pretty Lake Ann. Then retrace our steps to Lake Bonita. We will go counterclockwise around this lake back to the connector trail to the parking lot. Join me in this easy hike.

A total of 4.3 miles.

Rated C

Leader: Sharon Getman

gogimpygo@yahoo.com or 518-673-5216

State Brook Mt.

Friday, December 8, 2017



Another successful, winning day in the woods. On the first part of the trip from the cars to the climbers' wall the challenge was the steady climb. Success, we conquered that. Some pictures were taken at the base of the wall. The next challenge was the 'scamper 'to the top of the wall. Al went first and cleared a lot of the blowdown but it was still a tough climb. Success, we conquered that challenge. Now it was a bushwhack to the summit of the mountain and a couple of view spots then looping back to the path that we came in on. We took on the thick conifers, the witch hobble, the short walls and drops, the steep descent on ground that was made slippery by the snow covered downed leaves and a couple of stream crossing. We won at all of that also. We were a group of successful winners today and were rewarded with a great day to be in the woods in the company of friends.

Leader; Kathy & Berta

Attendees; Valerie and Paul, Al, Paul S, Sharon & Piper, Jan & Molly, Cherie & Zoey



Windham High Peak

December 15, 2017



Although not calendar winter, this day was typical winter. Temps were in the teens but fortunately without wind. We began our trip using Elm Ridge access which cut off .4 miles and 200' of climbing from the usual Rt 23 approach. First order of business, snowshoes or spikes? There was a few inches of snow at the bottom so we optimistically opted for our spikes. The Elm Ridge trail leading to the lean-to was fairly flat with gorgeous views of the ledges on our right. The main trail to the summit was such a nice hike. The gradual ascent was interspersed often with flat sections and dark dense stands of spruce and red pine. As we approached the summit the snow deepened to a foot with drifts in the open area. But it was very loose soft snow, easy to walk in.

The sun appeared as a frosty globe creating a little haze over the scene below. Our first view was into the Blackhead Range and the next two looked east and a little north across vast plains showcasing shades of blue, gray and white. This hike took a little over 5 hours, 6.5 miles with an ascent of 1400'+. Hikers were Arlo K. Marie N, Thora B, Nancy and Bob B, Kathy M. And Leaders Jan M, and Sharon G.



Shelving Rock

Wednesday December 20, 2017

The last day of fall was pretty nice in the Shelving Rock Preserve along the East shore of Lake George. Temperatures about 30 allowed us to shed layers and softened the 3 -4" of snow. This land was acquired in 1902 by George Knapp. He was an industrialist, co-founder of Union Carbide, and a philanthropist, also a graduate of RPI. The roads built on this property are most impressive. Imagine the exactness in choosing just the right stones to be the foundation to support the carriage roads on switchbacks up the mountains. It was cool to see our group of 9 spread out on three levels at once. Whereas the Knapp guests could see a commanding view of Lake George, we now have a limited view. This was a short hike, only 3.5 miles. It proves good things come in small packages. The day was great, the companionship outstanding, and the treats yummy. The hikers were Marie Naple. Chuck Hagelgans, Sue Ringanese, Arlo Klinenob, Jane Riley, Kathy Degiulio, Mary MacDonald, Jan MacLauchlin, and Sharon Getman and Piper.





Waterfalls Challenge part 1

Wednesday, December 27, 2017

In the midst of one of the coldest days of the season thus far, four, fearless, females faced the ferocious cold and finished five points of 12 needed for the Waterfall Challenge of Hamilton Co. Moving from Griffin Falls, to Auger Falls, to Christine Falls, we did have brief warmups in the car. A lunch with the skiing crowd at Oak Mt enabled us to get hot food, drinks and relax before our last trip of the day to Austin Falls. In the summer, one can drive to Austin. In the winter, a 2 mi RT snowshoe is necessary (should have been worth more than 1 pt!) But the going was easy on a snowmobile trail, and the beauty of the multi layers of a spectacular water show was worth it. A fresh layer of new fallen snow, a bright blue sky, ½ frozen river cascades & waterfalls and feisty friends made for another one of those spectacular ADK days.



Lapland Pond

Saturday December 30, 2017

7 little, 6 little, 5 little, 4 little, 3 little, yes, 3 hardy hikers. Our group was whittled from 7 down to 3, mostly due to the stretch of extremely cold weather. But, with little or no wind, and the day predicted to be the "warmest" of the last several, we decided it was a go. We donned our toe warmers, inserted our hand warmers and, in a light snowfall, off we went. The trail was well packed for the first mile, and continued to be broken as we left the main trail at the junction to Black Mtn. Soon we heard a snowmobile approaching, and as he passed he told us two more were coming pulling grooming equipment. After they passed we had a highway! We reached the spur to the lean-to on the pond and found it to be situated in a beautiful spot up on a hill with a great view of the water.



The sun had broken through despite the cloudy prediction and we enjoyed a short break before heading back to the trail junction to continue on to Millman Pond. This trail was not broken, but the 6-8 inches of powdery snow was not difficult. The four foot waterfall was not falling, but we could hear the rushing water beneath the snow and ice. Some rock hopping across the brook took us to the flume which wasn't fluming, and then to the outlet of Millman Pond. Our return trip was uneventful and back at the car we had an early toast to the New Year. It was a beautiful day to be in the woods, and I want to give a big thank



you to my companions: Marie Naple and Mary McDonald. Total distance: 6.2 miles, a little less than 5 hours hiking time. Leader: Gail Livingston

Cod Pond and Little Joe Pond
Thursday, January 11, 2018



The record breaking brutally cold temperatures of early January were suddenly gone. The overnight had been mild. The snow had consolidated. The day's temperature was in the thirties. We had 9 hardy eager hikers to share the trail breaking task. It turns out that we broke trail for the entire trek. Even the trail to Cod Pond had not seen any traffic. Once at Cod Pond we chose to walk down the length of the snow covered pond rather than bushwhacking through the woods. The hill climb



between Cod and Little Joe Pond was tiring so we stopped before the top and took a lunch break. One hiker suffered a sudden and surprising seat collapse here but no harm done to the hiker just to the limb. We were able to walk around a bit on Little Joe Pond before we headed to route 8 on the fairly well blazed fisherman's path. After being house bound by the extreme cold weather it was so good to get out. The forecast for the next day was heavy rain so this was a well-timed and much enjoyed day out.

Kathy, leader, joined by Sharon, Jan, Thora, Valerie, Al, Arlo, Cherie and Lauren

Waterfalls Challenge part 2
Wednesday January 17, 2018



Our Waterfalls Challenge continued with a snowshoe hike to Groff Creek. There are 3 falls on Groff Creek, all of which were quite solidly frozen. We were able to slip & slide partway down the snow covered bank to get some pictures of each one, but to maintain safety, kept back from the creek edge. With time and ambition still available, we hiked on to the beaver meadow for lunch on the log.

The big warmup and rain that happened a couple days prior to our hike left some impressive ice chunks along the bank of the River Rd and Sacandaga River, making for some lovely photo opportunities. Hikers achieving 4 more pts for the Challenge were Marie N., Arlo K., Sharon G. and Leader, Jan M.



Tug Hill Winter Outing

January 19-21, 2018

Four members of our chapter plus one attended the Tug Hill Winter Outing at the Mad River Club. This week-end was hosted by the Laurentian Chapter and for the second year in a row they did a great job. \$100 buys your space for a cot or air mattress, two dinners with wine or beer, two breakfasts, and two trail lunches. Both snowshoe hikes and cross country ski trips outings are offered. After unpacking, we donned our skis and toured the field and trails right outside the club. The snow conditions were excellent and the sunset was right out of a Hollywood movie.



Saturday's temps were warmer, upper 30's. Jan, Thora, and Charlie chose to cross country ski, while Sharon and Gail opted for a snowshoe around the rim of Whetstone Gulf. The snow was like mashed potatoes and the views of the deep gulf with ice walls and the rushing water were spectacular. A side trip on the way back took us to the shores of Lake Ontario to see the ice and sand dunes. After dinner there were board games, door prizes (our table was a

big winner with 5 out of 6 getting prizes) and a presentation on bike trips offered by another chapter. Sunday morning we packed up and on our way home explored a lovely park in the town of Camden on skis and snowshoes. Great food, great friends (the ones you came with as well as new ones you made!) and nature's beauty made for an exceptional week-end.



Meade, Beckman, and Stewart Mountains

January 27, 2018

What a day. Blue skies, sun, little wind, spikes for the ascent, fantastic views, and a group that guarantees good times and great hiking. First we hiked up Meade and Beckman. A steep and fairly unrelenting ascent, but with the reward of not one, but three views of Gore, Loon Lake, Schroon



Lake and the surrounding mountains. As we took a slightly different path on the way down, we rang the bell to commemorate our veterans, POW's and mark our good fortune to be able to enjoy our freedom and the special area in which we live and recreate. Then back in the car and on to Stewart. Such a short ascent, but again with a beautiful view of Loon Lake and the surrounding mountains. Now to the Sagamore where the glacial ice bar, ice sculptures, and specialty drinks awaited us. But what???

A \$10.00 per car parking fee? That was new! But the drinks were only a dollar more than last year, and the free s'mores helped ease the pain. The ice sculptures were a hit, especially the motorcycle which Thora and Arlo mastered in no time. Three of our group headed home, and the rest of us enjoyed a fun, and not **too** boisterous lunch in the Bella Vita restaurant

inside the hotel. Thank you to all the hikers who made this day special: Arlo Klinetob, Sharon Getman, Marty and Nancy Kested, Kathy Schlotzhauer, Jan MacLauchlin, Thora Blackwood, Kathy Miles, Bob Buckley, and guest, Trisa Bills. Leader: Gail Livingston



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 (envelip@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))**