

Footprints

Newsletter of the Adirondack Mountain Club
Foothills Chapter

Notes from the Foothills Chapter Chair

I attended my first ADK "zoom" meeting (thanks to technical assistance from my 10 year-old grandson) for Directors and Chapter Chairs on Nov. 18. It was hosted by ADK President Tom Andrews who addressed the restructuring of ADK per the passage of the new by-laws and Strategic Plan representative Jean-Claude Fouere.

The emphasis was on the need for more effective fundraising and the increased engagement of chapter members in furthering ADK's mission of advocacy, conservation, and education. The Strategic Plan Committee, formed in the spring of 2018, was composed of ADK Board members, senior staff, and several "very engaged" members from a number of chapters. It concluded, among other things, that chapters operated independently from the main club for the most part and were essentially local outings clubs. The goal going forward is to be ONE ADK. Tom also pointed out that chapters often have trouble filling their leadership position and a person finds him or herself there by default because nobody else wants it (that definitely hit close to home!), and other positions remain unfilled. He posed the idea of consolidating some of the chapters in hopes of filling these positions with people who want them and are committed to working toward ADK's mission. My personal concern here is how far would people have to travel to interact with the newly consolidated chapter? And would it be another step away from direct representation?

The forming of the new Board will start with the elimination of those Board members whose term expires at the end of 2020. So, in our case, Walt's term will expire and he will not be replaced. As I understand it, at the end of 2021, the remaining Directors will be phased out, the new Directors elected, and the new Board in operation in 2022. According to the new by-laws the Board will consist of 12-20 members (as opposed to 43). The Board would be composed of the president, v. p. maybe second v. p., sec., treas., and standing committee chairs, plus one trustee from the Advisory Council (although Jean-Claude will be working to increase that number to up to 4). The Advisory Council will be composed of one member from each chapter and will be the liason between chapter members and the Board. The stream-lined Board would hopefully meet monthly instead of quarterly and send a monthly report to keep members in the loop.

Gail Livingston
Foothill Chapter Chairperson



Upcoming Events

Friday, Dec. 4, 2020

Prospect Mountain

Wednesday, Dec. 9, 2020

**Foothills ADK Christmas
Tailgate Banquet**

Friday, Dec. 11, 2020

Irving Pond to Holmes Lake

Saturday, Dec. 19, 2020

Spectacle and Gull Ponds,
Stewart Mtn.

Wednesday, Dec.30, 2020

Spruce Mt & fire tower

Thursday, January 7, 2021

Schumann Preserve

Thursday, January 14, 2021

Lake Bonita and Lake Ann
(Moreau State Park)

Friday, January 22, 2021

Stillwater Fire Tower

POP-UP HIKES as they
popup!

Add'l activities from other
chapters at adk.org



Events Details



Friday, December 4, 2020 Prospect Mountain

We will approach this mountain from the Lake George Recreation area. This is such a pleasant hike that has become one of my favorites. Once outside the rec area we follow a beautiful stream for a distance gradually climbing. Eventually, after leaving the stream we come out at one of the parking lots. This is so cool! We walk a little more through roads and stairs to the summit. It has such a charm when it's closed for the season yet we are there!

5.2 miles,

1430' of ascent.

Rated C+

Leader: Sharon Getman gogimpygo@yahoo.com or 518.673.5216

Wednesday, December 9, 2020 Foothills Christmas Tailgate Banquet @ Pinnacle Rd deadend

Our annual Christmas Banquet this year will take a socially distant course.

We will start with a hike to Chase Lake (or part way) departing at 10:00 am from the trailhead at the end of Pinnacle Rd in Bleeker.

Following our return to the parking area, we'll celebrate with a Tailgate Luncheon around 12:30 or 1:00 pm. Bring a dish to share and table service (or your personal lunch if preferred). Come for hike & dine or just dine!

We expect to have a couple of bonfires to add warmth and ambiance!
Any questions, please contact Jan at janmac48@yahoo.com or 518-993-4255.

Friday, December 11, 2020 Irving Pond to Holmes Lake

We'll spot a car on Holmes Rd. and then go to Shutts Road to begin our hike. We'll hike to Irving Pond, Bellows Lake and Holmes Lake. IF conditions are good and we feel energetic, we can add in Little Holmes Lake. If conditions are not good, we may go only to Irving Pond and Bellows Lake and return to our starting point. It is winter so we need to remain flexible. Since this hike is relatively level, it will be a beautiful walk in the woods.

6+ miles

Elevation gain: less than 500 feet

Contact: Nancy Buckley NancyB@aol.com 518-863-6392 Cell: 518-542-1362

Saturday, December 19, 2020
Spectacle and Gull Ponds, Stewart Mtn.

These are easy, short hikes that combined should make a nice day's outing. Spectacle and Gull are in the Pharoah Mtn. Wilderness and Stewart Mtn. is part of the Chester Challenge.

Spectacle Pond is described as a "beautiful and relaxing walk in the deep woods." Three bridges are crossed in the first half mile, then the trail begins to climb alongside the stream. After crossing the outlet of the pond, the trail follows a ridge, giving an excellent view of Pharoah Mtn. 3.4 miles rt.

The Gull Pond trail goes through deep woods until it climbs a rocky outcrop overlooking the pond with a view of sheer rock cliffs across the way. 1 mi. rt We'll hit Stewart Mtn. on the way home. It is less than a mile and has a great view of Loon Lake.

Rating: C+

Total distance 5+ miles.

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

Wednesday, December 30, 2020
Spruce Mt & fire tower

This mountain is located in the town of Corinth. It's a nice short hike to a great payoff of views from the firetower of the southern Adirondacks and the Hudson River. The trail will be a total of 2.5 miles with ascent of 1000'.

Rated C

Leader: Jan MacLauchlin janmac48@yahoo.com or 518-993-4255

Thursday, January 7, 2020
Schumann Preserve

This is an interesting hike near Kattskill Bay of Lake George. It features great views. The first third of the hike has many stone steps and switchbacks to prevent erosion. This climb will bring us to a gazebo and open field with information placards. Our climb will continue a mile more over rolling terrain, culminating at a water falls. If there is water we can continue along for views. This out and back hike will be 3.8 miles with ascent of 1325'.

Rated C

Contact Leader: Sharon Getman- gogimpygo@yahoo.com or 518.673.5216

Thursday, January 14, 2021
Lake Bonita and Lake Ann (Moreau State Park)

Conditions will determine our ultimate destination. We will hike around Lake Bonita to the Lake Ann Lean-to in Moreau State Park. If conditions are good, we will continue on to the overlook on the Hudson River. We'll loop down via the waterfall trail and then back to our cars.

Lake Bonita to Lake Ann to overlook to Waterfall trail: 6 miles RT
Lake Bonita to Overlook & return: 4.9 miles RT
Lake Bonita to Lake Ann and return: 4.3 miles RT
Elevation Gain 940 feet for hike to overlook.
Contact: Nancy Buckley NancyB@aol.com 518-863-6392 Cell: 518-542-1362



Friday, January 22, 2020
Stillwater Fire Tower

A quick and enjoyable hike near Old Forge, the current hiking trail up Stillwater is a new trail, cut when the fire tower was being rebuilt. The trail ascends the mountain at an easy grade throughout and connects with the original trail shortly before the summit of the peak. From the top, you can take in the view of the High Peaks far off to the east and Tug Hill Plateau nearer by to the west. 1.9 miles round-trip. 560 feet elev. gain. If conditions are good & time permits, we may add Bald Mt Fire Tower.

Leader: Jan MacLauchlin janmac48@yahoo.com or 518-993-4255.



POP-UP HIKES

As social distancing conditions allow, hikes or bikes may be scheduled with short notice. IF you wish to be notified of these via email, please contact Sharon Getman, Outings Chair at gogimpygo@yahoo.com or call 518.673.5216. Otherwise you will not receive email notification.



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



Crane Mountain and Crane Pond

October 1, 2020

Sometimes all the elements come together to make for a perfect day in the woods.



Friendly people, cool, sunny weather and beautiful fall foliage. Nine hardy climbers headed up the rocky trail to the Crane Mountain Summit. Along the way, we met a young mom and her 7-year old daughter and 5-year old son. What a joy it was seeing these children hop up the rocks. The 25-foot ladder was a bit of a challenge for Piper so Kevin put her in his backpack to get her up the ladder.

The summit was

breezy, so we didn't linger too long. We found 'Linda's ledge' which offered beautiful views of the Pond below us and Gore Mountain. The group hiked down to the pond and then around to the North Knob (aka Nancy's Nob). At this



point we could see the high peaks to the north in all their glory. Arriving back at the cars, we had cookies and Thora's apple cider communion. A perfect day! Hardy hikers: Kathy Miles, Sharon, Kevin and Piper Getman, Denise Pricher, Thora Blackwood, Al Morse, Nolan Marciniac, and Bob Buckley and leader: Nancy Buckley



Successful ADK Foothills Chapter Adopt-A-Highway CLEAN UP DAY

October 6, 2020



Our beautiful section of Route 30 near the Sacandaga River and the Sacandaga Campsite was looking all spruced up after the hard work of Gail Livingston, Thora Blackwood, Linda Smitas and Marie Naple. We had a beautiful day and the mower had been through along the side of the highway so we were lucky that the grass was low but the number of shredded cans, etc was surprising. We are also always surprised at how many bags we can fill up! Thora found a sizable stash of old tires that were pitched over a steep roadside but they were retrieved and

brought roadside for collection by NYS Highway Dept. Our next cleanup will be in the spring in May-just before bugs!

Snowy Mt.

Friday, October 23, 2020



The word of the day for our Snowy Mt hike was W-E-T! Recent rains had left the trails muddy and wet with leaves, and streams frequently running in the trail. That didn't dampen the spirits of 7 hikers whose goal was to reach the top & safely return to the parking lot. Rock scrambling, root grabbing and careful foot placement kept us 'on

our toes'. Alas, even with the summit too fogged in for a view, the hike was a bucket list achievement for T.B.

(Congratulations!) After 7+ hours on the trail we

celebrated with a "non-birthday" treat! Thank you for

a great day to Dianne Kierpiec, Thora Blackwood, Kathy Schlotzhauer, Bob & Nancy Buckley, & Gail Livingston. Leader, Jan MacLauchlin



Blue Mountain

Thursday, October 15, 2020

It was a beautiful day to climb a mountain, and as popular as Blue Mountain is, only one car was in the parking lot. We set off on a carpet of leaves and soon reached the old logging road. Not long after the trail became strewn with rocks and boulders which gave way to steep rock faces. We were glad there was only a trickle of water on some, because even on dry you needed to be careful. Once at the top we set our packs down in a sunny spot out of the wind. Some of us ate lunch and then climbed the tower, while others did the reverse. We hiked over to the observer's cabin for another view where two young women were having their lunch and then returned to our packs for the trip down. Only one ugly incident marred this perfect fall day. One of our packs had been vandalized in the short amount of time we explored the top. We'd seen an individual lurking around, but mistakenly assumed he was harmless. The stolen food was bad enough, but did he have to rip the pack pocket too? So fair warning to all: the chipmunks have moved on from mere nuisances to felons. Guard your food and pack at all times! Especially because of people like the two young women who mentioned that the chipmunks on their last hike ate food right out of their hands...Can we site them for contributing to the delinquency of a rodent?

Fellow hikers: Bob and Nancy Buckley, Thora Blackwood, Kathy Miles and the leader, Gail Livingston



Irishtown Trail Maintenance

October 28, 2020

It was supposed to stop raining by 9 (it didn't). It wasn't supposed to have snowed (it did). But when we made a Stewart's stop on the way, and took a vote to call it or go on, one gung-ho volunteer (not me) persuaded the rest of us to give it a try. As we



hiked in to Stony Pond with our handwarmers and hoods up, we had to admit the woods were beautiful with the light covering of snow. The uphill start warmed us up, and when we reached the pond and started our trail work the rain abated and we were happy to see that the trail was in fairly good shape. We lunched at the fisherman's campsite at Big Sherman Pond and then resumed our work as the light rain fell once more. We removed seven blowdowns and side-cut intrusive



branches and hobble bush. One of the more memorable quotes, "Boy, Gail, we must REALLY love you..." We made a well-earned stop on the way home at Stewart's again for pie and coffee. My gratitude goes out to these amazing volunteers: Arlo Klinetob, Jan MacLauchlin, Linda Smitas, Val Levine, and Marie Naple. Leader- Gail Livingston

Berrymill Flow and Moose Mtn. Pond

November 7, 2020

After a few wrong turns, missed turns, and backtracking we arrived at the trailhead much to the leader's relief. Thora just chalks it up to part of the adventure of hiking with Gail. The trail was a delight. Much of it is an old tote road which parallels a stream at times with one beautiful 5 foot waterfall. Farther on was evidence of a major wind storm with uprooted trees that looked like an overturned giant matchbox with trunks lying every which way. The diameter of a few that had been chain sawed to permit passage on the trail was amazing. Next a well-constructed bridge gave us a chance to admire the cascading stream below. We reached Moose Mtn. Pond, continued along the shore to the lean-to, and ate lunch with a view of Moose Mountain and Owl Pate across the pond. The well-maintained trail, lean-to, and outhouse make this a definite repeat destination. The perfect fall day was just icing on the cake. Fellow hikers included: Paul and Valerie Levine, Thora Blackwood, Sharon Getman and Piper. Leader: Gail Livingston



Berrymill flow & Moose Mt Pond

Escarpment trail around North South Lake

November 18, 2020

Decisions aren't always easy, nor are they always correct. The day this hike was originally planned for may or may not have been wet and foggy as forecasted. But I believed it could be, so instead of a 50 degree day we headed into the Great Wall of Manitou in a below 20 degree but sunny day. The Catskills have a great many trails crisscrossing to particular sights, along with horse trails and the Long Path that make trekking tricky, and so it was. We paused at many intersections to be sure we were going correctly. In the beginning we hiked securely and gradually uphill on old road beds. Our first view was at Split Rock, a huge rock chunk laying parallel to our trail. Just beyond was Boulder Rock. This large open ledge provided views of the Hudson Valley and Massachusetts. We had to mind our step to avoid a 1600' drop off. We encountered lovely mountain laurel laced trails and rugged dangerous ascents and descents on iced covered ledges necessitating caution. We lunched at the wide expanse where the Catskill Mountain House once stood sentinel to the valley below. Here it was decided to exit through North South Lake State Park based on the cold we weren't used to, the time and terrain. Total - 4.9 miles and 587' of elevation gain.

Hikers were Kathy M, Kathy S, Nancy and Bob B, Gail L, Jan M, Thora B, Kenny W, Kevin and leader-Sharon Getman, with Piper.



**Foothills-ADK Chapter
Executive Committee**

Chairperson: Gail Livingston (pepperjack@frontiernet.net)
 Vice-Chairperson: Arlo Klinetob (arlok2@icloud.com)
 Board Director: Walt Lane (wlane937@gmail.com)
 Membership: Walt Lane (wlane937@gmail.com)
 Treasurer: Valerie Levine (envelip@yahoo.com)
 Secretary: Sharon Getman (getman@frontiernet.net)
 Outings Chair: Sharon Getman (getman@frontiernet.net)
 Education Chair:
 Conservation Chair:
 Publicity: Marie Naple (marie.naple@usa.net)
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 Newsletter: Jan MacLauchlin ([janmac48@yahoo.com](mailto:janmac48@yahoo.com))

| <b>TRIP RATINGS</b> |                      |                     |       |              |
|---------------------|----------------------|---------------------|-------|--------------|
| 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.