

ADIRONDACK MOUNTAIN CLUB

ONONDAGA CHAPTER

TALK OF THE TRAIL Fall 2024

September  October  November

HIGHLIGHTS IN THIS EDITION

- Thru Hike Experience
- Sandy Manca Finishes NH48
- Animal Corridors
- Outings



Adirondack
ADK
Mountain Club

ADK ONONDAGA CHAPTER

8729 Bridgeport Kirkville Road
Kirkville, NY 13082
adk-on.org

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Sunshine / Cheerleader	Mary Dineen	315.424.1284	

ADK ONONDAGA CULTURE

We believe diversity makes us stronger. We believe inclusion fuels our cause. We welcome people of all races, ages, genders, sexual identities, religious affiliations, and national origins. Join us today!

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Submissions for the summer edition accepted until November 1. Send to Jamie Condon.

ABOUT THE COVER

Waterfall along the thru hike route *Photo Courtesy Nikki Keator*

AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Cara Terreri, Michael Spicer, Adam Petty, Ryan Newman, David Martin, Brad Loperfido, Gen LaPoint, Rosemary Langey, Gregory Gazda, Dr. Tyler Colbert, Stephen Bateman, Daniel Holbert

Note: New Member John Touchette's name was incorrectly spelled in the summer newsletter.

Latest Membership Stats	Membership as of June	Affiliates	Change Since January
Onondaga Chapter	1,205	unknown	+11
Adirondack Mountain Club Overall	unknown	n/a	unknown

CHAPTER EMAIL UPDATES

Join our Google Group:

<https://groups.google.com>

Search for our group name:

ADK-On-Email

FIND ADK ONONDAGA ONLINE

<https://adk-on.org>

<https://www.facebook.com/groups/adkonondaga>

https://www.instagram.com/adk_onondaga_chapter/

<https://www.meetup.com/adk-onondaga-chapter-outings/>

MEMBERSHIP UPDATES

To update your mailing address, phone number or email address, email

membership@adk.org or call

800-395-8080

ADK Fall Outing

October 25-27 @ [Ashokan Center, Olivebridge, NY](#)

Time to reserve your access to the [Annual ADK Fall Outing!](#) [Register](#) for a weekend of outings in the heart of the Catskill Mountains and plenty of opportunities to hang out with likeminded people. Friday night the Joe Pye, a trio of musicians, will perform traditional folk music including some original compositions. Saturday Jeff Senterman the Executive Director of the Catskill Center will speak.

The event starts on Friday October 25 and runs through Sunday, October 27.

BY BRUCE HOLLOWAY



Dave Grant, Edward O'Shea, and Dick Frio

Well.....just as I predicted.....summer came to Central New York!! And so did the warmer HOT weather. June and July brought some very warm days.

The second half of July also brought some strong winds. The accompanied gusts resulted in many trails that have trees and limbs blown down across them. The cover page on the Summer 2024 Talk of The Trail is what happened to several of the FLT/NCT/Onondaga trails.

Maintenance for clearing the trees downed has been working, progress is moving along, but it will take time to get to all. This is not a call for volunteers, but if you have some time and would like to help, check in with us.

We typically go out during weekdays. The first Wednesday of each month during summer is routinely assigned for maintenance. Other days are added as necessary to catch up on accumulating trail clearing. Check with Richard Frio (richardfrio@hotmail.com), or myself (b.holloway.adk.on@gmail.com).

There is still time to wander out into the woods and enjoy the outdoors – go for a walk!



Congratulations to Sandy Manca

who this past June completed her quest to hike all 48 of NH's 4000 ft summits in the White Mtns. Sandy was accompanied by seven other ADK'ers on a weeklong trip led by Onondaga ADK member John Lang (NE 115). In spite of weather which included blistering heat, 40 mph winds and sideways rain the team was successful and had a good time hiking some of the best trails New England has to offer.

Gary Mallow, Steve Markel, June Meyer, Sandy Manca, Julie Chapman on top of Middle Tripyramid in the White Mountains *Photo Courtesy Dick Frio*

BY HAROLD KYLE

Tornadoes aren't great on trails. Several have touched down on the FLT trail recently, including one on a stretch of the M22 that ADK Onondaga maintains. We're fortunate that the winds petered out before hitting our more popular sections on the Onondaga Trail. The storm damage was centered on Bucks Brook State Forest and, to a lesser extent, Cuyler Hill State Forest. The 115 MPH winds near South Otselic caused hundreds of downed trees that our saw team is working through. In one outing on July 31, fourteen volunteers cleared 70 trees together. Many thanks to the stewards and sawyers who have helped identify, flag, reroute, and saw through this mess!



Brambles!



doing just fine everywhere else, away from the trail, where they belong. Check out this video <https://adk-on.org/brambles> for some visuals.

Once you get started pulling brambles, you may have a hard time stopping. It's a fun way to break up a hike. Thanks for doing your part to help us maintain hiking trails!

Let's talk about brambles. These are the thorny plants, occasionally with black berries, that aggressively flop into hikers in search of light. Don't let their sweet berries fool you: they have no place close to our hiking trails. Once established, they tower over and inevitably onto the trail, scraping up hikers and blocking passage. This time of year, they can be particularly large and intimidating.

If you hike with a pair of leather gloves, you can do your part to help keep the brambles from taking over the trail. The key is to pull them up, root and all. Grab the brambles at the base, where there are fewer thorns. Then tug up and dislodge the root. Scoop up the root and try to pull as much of the root out as possible, then throw the dislodged plant back and away from the trail. If you leave the root behind and just trim off the top, more shoots will keep springing up each year. So always try to pull the root up. Don't feel bad about it—brambles are

FALL TRAIL MAINTENANCE OPPORTUNITIES

Dates	Location	Leader(s)
September 4	FLT/NCT WW	Dick Frio
September 14	Oak Mountain	Mary Coffin
October 2	FLT/NCT WW	Dick Frio
October 5	Spruce Pond	Harold Kyle
November 6	FLT/NCT WW	Dick Frio

Check the Outings section for additional details

Greetings ADK Chapter Chairs and chapter leaders:

Please share the following with your chapter executive committee and your chapter members.

ADK Voices, the Adirondack Mountain Club's oral history project started in 2021. As of this writing, we have 70 of your stories either published or in production! The stories are yours because ADK is "stories". We're collecting stories from the past and we're preserving your stories of today for the future. If you haven't checked it out or maybe it has been a while...click [HERE](#).

1. Please join us on the journey.

Right now we're focusing on Northville-Placid Trail stories. 2024 is the trail's centennial, but ALL of your stories connected to the Adirondack Mountain Club are most welcome. Have a great story to tell? Send us an email for more information: adkvoices1@gmail.com.

2. Help us capture stories from your chapter.

'Story Aides' recruit and record stories. We have Story Aides representing chapters, but we need more. We need ALL chapters to have a Story Aide.

- Time commitment? It's what you want it to be.
- Tech? Yikes! Is it hard to learn? It's ridiculously easy; really. We have helpers to handhold. For real. No kidding. It's very interesting. You will be fascinated by the rich storytelling.
- Questions? Need more information? Email us at adkvoices1@gmail.com.

3. Funding.

ADK Voices is a member volunteer project. Our expenses include license fees and subscriptions for the platform. We're funded by chapters and personal donations. If each chapter contributes at least \$100 (more if your chapter is able) we'll be in good financial shape.

Thank you for including ADK Voices in your chapter's budget.

- Karim Becker, ADK Development Director

Send checks to:

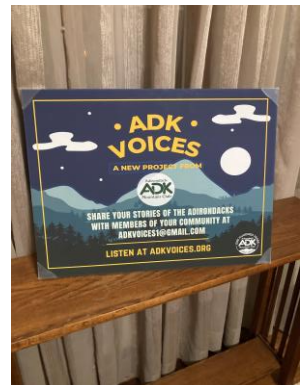
Adirondack Mountain Club
PO Box 4390
Queensbury, NY 12804

Please have the folks put a note in the memo section of the check and include a message that the donation is for ADK Voices. We will restrict the money on our end.

Please send an email to adkvoices1@gmail.com with your chapter's pledge or remittance amount for our internal recordkeeping.

Thank you for your support. All the best to you for a successful and adventurous 2024.

The ADK Voices Team
Christina Cerutti
Mary Niemi
Peter Reiner
Jim Schneider
adkvoices1@gmail.com
adkvoices.org



BY PAT URBAN

When: November 2, 2024 @ 2pm

Where: [Highland Forest County Park](#)

Please take note of the new venue, format and times for the Fall Business Meeting! In lieu of a speaker we will offer the option of two hikes prior to the start of the normal business meeting, details can be found in the Outings section. We've also moved the start time of the normal business meeting activities up to 2pm. Feedback on the change in format for this meeting is appreciated and requested.

After your hike relax during the social hour with drinks and hors-d'oeuvres provided. Social hour is followed by the business meeting which will start at 3pm.

Potluck dinner is planned for 4pm. Bring a dish to pass, your own place setting and note that we will have power strips for crock pots but there is not an oven available.

Reservations are required. Please check our website at www.adk-on.org for the latest updates and watch for a link to register for the event.

Agenda

10 am	Optional, 8.8 mile hike with Kathy Campbell *
Noon	Optional, 4-5 mile hike with Ann Furze *
2:00 pm	Social Hour
3 pm	Business Meeting
4 pm	Potluck Dinner

**Details in the outings section*

Chapter Officer Nominees

Chair – Bruce Holloway
Vice Chair – Mary Niemi
Secretary – Jamie Condon
Treasurer – Chris DeVoe
Chapter Advisor – Kathy Disque
Chapter Advisor – Mike Ogden

A BIG THANK YOU TO
OUR NOMINATING
COMMITTEE!

Joe Condon, Dick Frio, Sandy
Manca

BY NIKKI KEATOR



Navigation lesson *Photo Courtesy Nikki Keator*

I recently took a backpacking workshop/course through the Adirondack Mountain Club, Onondaga County Chapter with Jeff Sargent and Carolyn Henn. Jeff and Carolyn were very thorough, patient, knowledgeable, and experienced. They answered so many questions and Carolyn was willing to share some of her back packing items should we not be able to get them in time for the hike. Having met 4 times before we went on the thru hike was invaluable. These meet ups were when we learned about how to pack light, but still have what we need as far as shelter, food, water, first aid, the 10 essentials, etc. We learned how important it is to find the right pack, how to filter water because carrying only what we need until the next water source helps with weight, bringing food that

is full of energy, protein, carbs, and other nutrients needed for a 3-day hike. I learned that a little bit of bleach after filtering to help eliminate viruses in your water is okay, especially if your only water source is a pond. We learned how to plan our hike using CalTopo and the Finger Lakes Trail Maps, looking for water sources, road crossings, and lean-tos. This helped us to decide how long each day we would hike and calculate when we would arrive at camp. This planning was definitely one of the most vital parts. Carolyn talked about how some things are different for women on these hikes and helped with so much of that. These meet ups and discussions helped us really prepare for our actual hike.

The Thru Hike



After the day of hiking in the rain. Wendy Kurlowicz, Valerie Vought, Nikki Keator *Photo Courtesy Nikki Keator*

As much as I learned during the meet ups, nothing beats learning through experience. Experience not only connects to what you learned before, but it teaches you so much more about what you are experiencing and so much about yourself.

The first day was shorter, about 3 miles, and when we reached the lean-to, we set up camp and we learned how to do our first bear hang. I learned the value of hiking poles as I don't usually use them. We had our first ever meal through a Jet Boil stove. I learned that sleeping in a lean-to is not that bad and better than packing a tent up in the rain, yes, we had rain the next morning.

BY NIKKI KEATOR



Nikki Keator Photo Courtesy Nikki Keator

During our meet ups before we left, one of the topics was dealing with rain and moisture management, just in case. This proved to be invaluable as we hiked 10 miles in rain. We learned the most about ourselves this day. We learned we can handle being wet all day and still hike, we learned that with that amount of rain, you may be dry from your poncho, but still wet from the humidity and sweat. We learned how to filter water, eat, navigate, and do everything else in the rain without removing our ponchos or packs. I learned how to squeeze the filtered water into my water bladder without opening my pack to remove the bladder. We learned the importance of having dry socks and a shirt to put on after we got to the lean-to. We learned the value of an empty lean-to to avoid setting up a tent in the pouring rain. We learned that we don't need as much as we thought to stay warm.

We all remembered how to do our bear hangs and ate earlier than the first night, which put us in our sleeping bags before 8:00, but we were all exhausted. We realized that we are tougher than we think and a little rain isn't that bad, hahaa, it was more than a little, but we did it. We also learned the importance of getting up and getting going. The last day of our hike, we were up early, ate, got ourselves packed and braved putting on wet socks and shoes. I learned this wasn't so bad any water we stepped in was a bit of a refresher. Other than our shoes, we were dry within an hour or two of hiking. The weather was perfect, and we really enjoyed not having rain, hahaha.



End of the hike. Jeff Sargent, Valerie Vought, Nikki Keator Wendy Kurlowicz Photo Courtesy Nikki Keator

We learned throughout the 3 days that maps are not always updated and Jeff helped us navigate the

changes. He let us listen to our birds, avoid stepping on the newts, and watch a barred owl for 20 minutes. He helped us maintain the balance of making this our hike and enjoying the trails, but also using it as a training tool. He taught us to keep a certain pace, but showed patience when we stopped to enjoy what was around us. Before this experience, I only knew of hiking through my day hikes as a child and as an adult. This experience taught me so much about how to backpack sensibly, how to prepare for situations, how to camp in a lean-to and do a bear hang, how to tie knots, filter water, carry what you need, taught me what I don't need, and it taught me how much fun a thru-hike is, despite rain.

We truly enjoyed everything about the hike and without Jeff's guidance, knowledge, and patience, we never would have thought we could do it. We can't wait to go on another thru hike!

BY MARY COFFIN



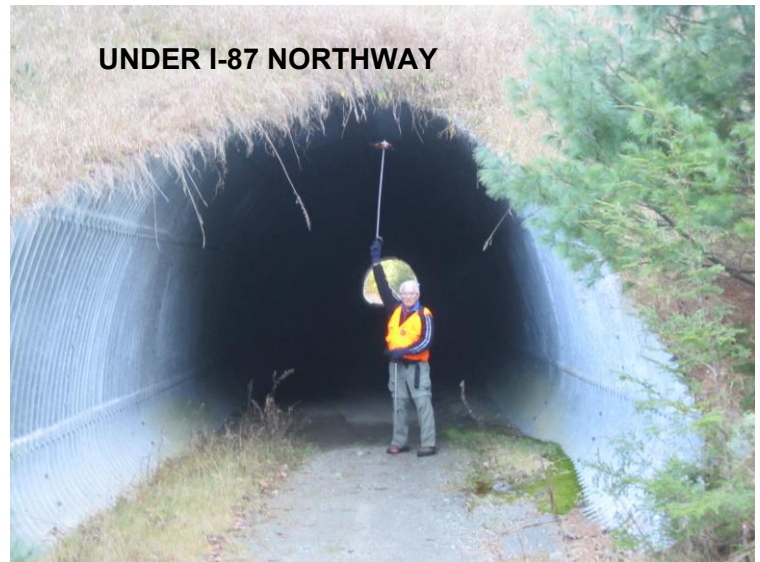
Moose! Photo Courtesy Mary Coffin

Development around the world is encroaching on natural environments and climate change is affecting habitats. This effects mammal, bird, amphibian and all animal seasonal migrations, climate change movements, mate seeking, predator avoidance, finding preferred food and every aspect of natural movements. In response the concept of preserving a corridor for wildlife to move safely from one place to another is growing. Animal corridors or “wildways” have been developed on every continent in the world.

A local example is the Algonquin to Adirondacks (A2A) corridor. The corridor spans from the central Adirondacks to Algonquin Provincial Park (Ontario, Canada). It is one of the “last large scale intact forest and wetland linkages left in Eastern North America,” says Jamieson Finlay. The greatest obstacles to animals moving north and south within this corridor are highways (I-81, I-87) and the St.

Lawrence River. The St Lawrence River is no longer freezing solid and animals are forced to swim island to island or sneak over bridges at night when there is little traffic.

A team of researchers have actually made scientific roadkill studies. A major concern are animals killed on highways such as deer, moose, small mammals, frogs and salamanders, snakes and turtles, according to evidence from these roadkill studies. You have probably noted the amount of roadkill this year. Preventions include animal overpasses, bridges, culverts and underpasses to assist safer animal crossings. Where we are building the Adirondack NCT near Schroon Lake our foot trail goes under both lanes of I-87 (The Northway) within a huge culvert a truck could fit through. It is intended to prevent fragmentation of populations. Movement in these corridors promotes diversity by mixing up the gene pool. They allow animals to migrate in response to climate change, habitat loss, predation, preferred food shortages etc.



Culvert Photo Courtesy Norm Kuchar

There is a shorter corridor from Lake Champlain, elevation 100 ft., to the summit of Jay Mt and access to the 4000 ft. High Peaks. Other animal corridors have been created in Asia, Africa and South America.

Date(s)	Outing	Leader(s)
Repeating	Walking Wednesday	Mary Niemi/Bruce Holloway
Wed, Sep 4	Walking Wednesday Trail Maintenance	Dick Frio
Sat, Sep 7	Gore Mountain Fire Tower via Schaefer Trail	Kathy Campbell
Sun, Sep 8	Beaver Lake	Theresa Evans
Mon, Sep 9	Pratt's Falls	Sigi Schwinge/Theresa Evans
Sat, Sep 14	Oak Mt NCT Work Trip	Mary Coffin
Sun, Sep 15	Fall Picnic at Land O' Pines	Mary Dineen/Mark del Pozzo
Sun, Sep 22	Camillus Unique Forest Area	Jon Bowen
Wed, Sep 25	Little Woodhull Lake	Kathy Campbell
Sat, Sep 28	Finger Lakes Land Trust - High Vista & Bahar Preserve	Mary Niemi
Sun, Sep 29	Chittenango Creek Walk	Kathy Disque
Wed, Oct 2	Walking Wednesday Trail Maintenance	Dick Frio
Sat, Oct 5	Walk Around Moss Lake	Mary Coffin/Brenda Veilleux
Sat, Oct 5	Spruce Pond Trail Maintenance	Harold Kyle
Sun, Oct 6	Howland Island Trail	Melanie Stevens
Mon, Oct 7	Highland Forest (south section)	Sigi Schwinge/Theresa Evans
Sat, Oct 12	Whetstone Gulf Hike	Mary Niemi
Mon, Oct 14	Cascade Lake Loop	Sigi Schwinge/Theresa Evans
Sun, Oct 20	Great Bear Springs	Jon Bowen
Fri, Oct 25-Sun Oct 27	ADK Fall Outing 2024, Ashokan Center, Olivebridge, NY	Albany Chapter Host
Sat, Nov 2	November Business Meeting and Highland Forest Hike	Pat Urban/Sandy Manca
Sun, Nov 3	Clark Reservation Hike	Lisa Druke
Mon, Nov 4	Going to Paradise	Sigi Schwinge/Theresa Evans
Wed, Nov 6	Walking Wednesday Trail Maintenance	Dick Frio
Sun, Nov 10	Sterling Nature Center	Jon Bowen
Sun, Nov 17	Baltimore Woods	Theresa Evans
Sat, Nov 23	Highland Forest	Mary Niemi
Sun, Dec 1	Green Lakes State Park	Lisa Druke

Hike Leader Ratings

Leader Level	Rating	Effort Level	Elevation Gain (ft.)	Miles	Time (hrs.)
1	C	Easy	Under 1,000	< 5	< 5
1	C+	Fairly Easy	1,000	5 to 8	4 to 6
2	B	Moderate	1,000	5 to 10	5 to 7
2	B+	Moderately Strenuous	2,000	5 to 10	6 to 8
3	A	Strenuous	3,000	5 to 10	8 to 10
3	A+	Very Strenuous	4,000	10	10

Notice to Participants

Choose only outings suitable to your abilities; call the leader if you are unsure. Outing leaders are not guides; they are volunteers willing to share their knowledge and experience with you. Please give them your cooperation and respect. Stay with the group at all times. Stay behind the leader unless permission is given to go ahead, and then stay within sight of the group. Make sure the leader is aware if you must leave the group. Dress properly for the type outing and the weather, and be prepared for changing weather conditions. The leader has the right to refuse anyone who is not prepared for the outing.

New hikers should call the leader before their first outing. Most outings starting in the morning are designed for a full day with return to the meeting place prior to dinnertime.

Hazardous weather or insufficient snow on snowshoe and/or cross-country ski trips may require a change of destination.

Transportation: Refer to Covid-19 table for carpooling guidance. Passengers are expected to contribute toward the cost of the transportation.

Risk: There are risks involved in our outings. Anyone participating does so at their own risk, and is required to sign the *Release of Liability Form* provided by the leader.

Overnight Outings: Overnight outings are open only to ADK members.

Dogs: Please contact the leader in advance if you would like to bring a dog. It is up to the leader to decide if a dog is allowed to join the hike.

Meeting Places

Participants gather at a meeting place as designated in the outing write-up. Primary meeting places are:

Thruway Exit 34: For outings to the east and northeast. Park & Ride Lot is on the left as you approach the toll plaza from N. Peterboro St (Canastota).

Thruway Exit 39: Park & Ride Lot (relocated to Jones Rd). Heading west on Rt. 690, the Jones Rd. exit is located just before the 690 exit for the Thruway entrance.

DeWitt Wegmans Park & Ride For outings to the southeast. Exit Route 481 at Fayetteville. Wegmans is on Route 5 east of the Route 481 exit. Meet at the Bus Park and Ride in front of the Hobby/Lobby.

Green Hills Plaza For outings to the south and southwest. Parking lot is on the east side of South Salina Street across from Green Hills Farms, just south of the Syracuse city line.

Camping World (old Gander RV) Cicero, NY. For outings to the north. From NY 31, take the access road for I-81 N. Camping World is on the right just past the on-ramp for I-81.

Hike Equipment Checklist

- ✓ Water (amount appropriate for outing/weather)
- ✓ Lunch and extra food
- ✓ Clothing appropriate for outing/weather
- ✓ Rain gear
- ✓ Map and compass
- ✓ Headlamp or flashlight (extra batteries)
- ✓ Whistle
- ✓ Waterproof emergency blanket
- ✓ First-aid kit
- ✓ Hiking poles (if you use them)
- ✓ Work gloves (for work hikes)
- ✓ Bright clothing (in hunting season)
- ✓ Snowshoes/skis (in winter)

9136 Walking Wednesday

Every Wednesday 9:00 AM

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby)

Rating: Level 1 C, Easy, 4-5 miles, ~4-6 hours

Long Distance Trail: FLT, NCT100

R/T Drive (miles): Less than 100 miles

Map Reference(s): DeLorme p. 60, DeLorme p. 61,

DeLorme p. 77, FLT-O1, FLT-O2, FLT-M21

Leader(s): Mary Niemi, [315-751-7492](tel:315-751-7492),
maryrwniemi@gmail.com and Bruce Holloway,
b.holloway.adk.on@gmail.com (for info).

Every Wednesday some of our members take a 3-6 mile hike on one of the many trails in CNY. The first Wednesday of each month during Spring, Summer and Fall is usually devoted to trail maintenance. The Wednesday hikes welcome new participants. Please bring lunch and sufficient water. Call or email the leaders if you have Wednesday free and would like to hike.

9137 Walking Wednesday Trail Maintenance

Wed, Sep 4 9:00 AM

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)

Hike Rating: Level 1 C, Easy, 4 - 5 miles

Est Hike Time: ~4 - 6 hours

Long Distance Trail: FLT, NCT100

R/T Drive: Less than 100 miles

Map(s): DeLorme p. 60, 61 & 77, FLT-O1, FLT-O2, FLT-M21

Leader(s): Dick Frio, [315-679-0622](tel:315-679-0622),
Richardfrioood@hotmail.com,

We will be doing maintenance on a portion of the Finger Lakes Trail / North Country Trail. Our chapter currently maintains 72 miles of the FLT and three lean-tos. 57 miles of our section are concurrent with the NCT. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing. Severely adverse weather conditions will cancel the hike.

9138 Gore Mountain Fire Tower via Schaefer Trail

Sat, Sep 7 7:00 AM

Meeting Place: Thruway Exit 34 (Canastota)

If you will meet the group at any other location along the route, please contact leader. Trailhead coordinates: 43.6927, -73.99059 Dump Road, North Creek, NY

Hike Rating: Level 3A, Strenuous, 9.4 miles (A)

Est Hike Time: ~6 hours

Long Distance Trail: Adirondack Fire Tower Challenge

R/T Drive (miles): 240 miles

Map Reference(s): DeLorme p.88

Leader(s): Kathy Campbell, [315-427-3917](tel:315-427-3917),
kathy.al.campbell@gmail.com

Gore Mtn is included in the ADK Fire Tower Challenge, and challenge it is! A strenuous climb to 3,595' with an elevation change of ~2,600'. Bring plenty of water, snacks, lunch and clothing layers/sturdy hiking boots for extreme weather changes the ADKs are known for. RSVP to trip leader by 9/5 to confirm your attendance.

9139 Beaver Lake

Sun, Sep 8 Contact Leader

Meeting Place: Beaver Lake, 8477 East Mud Lake Road, Baldwinsville, NY 13132

Meet at Beaver Lake unless contact leader for alternate option

Hike Rating: Level 1C, Easy, < 5 miles

Est. Hike Time: ~2-4 hours

Map Reference(s): See beaverlakenature.org/get-outdoors/take-a-hike

Leader(s): Theresa J. Evans, [315-414-0431](tel:315-414-0431),
tj_evans@verizon.net

Let's take a hike at this Onondaga County Park. We will hike a series of trails, starting on the Deep Woods then going off on Lake Loop. We can decide once on the other side of the lake of ways to extend the hike as wanted. Options are Three Meadows Trail and/or Hemlock/Bog/Lakeview trails. Given this is late summer, we can still be on the lookout for wild flowers in bloom. Bring snacks, water and/or appropriate footwear and poles. Call or email leader for time of hike and trail conditions and/or car pool option. Note: If not a member of Beaver Lake, there is a \$5.00 entrance fee paid on exit.

9140 Pratt's Falls

Mon, Sep 9 8:30 AM

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)

Contact leaders if meeting at 9 at the park

Hike Rating: Level 1C, Easy, 3 miles

Est. Hike Time: ~2-3 hrs

R/T Drive (miles): 20 miles

Map Reference(s): DeLorme p.61, Pratt's Fall map

Leader(s): Sigi Schwinge, sigischwinge@aol.com,

Theresa Evans [315-414-0431](tel:315-414-0431) tj_evans@verizon.net

Forest bathing and waterfalls gazing - that sums it all up. Just order good weather and we should have a great day. Bring a snack and we'll socialize some more at a picnic bench in the shade. We will get an early start to beat the summer time heat. Monday walk-n-talkers hike pretty much every Monday. Contact Sigi for more info.

9141 Oak Mt NCT Work Trip

Sat, Sep 14 8:00 AM (Contact Leader)

Meeting Place: Thruway Exit 34 (Canastota)

Hike Rating: Level 1C+, Fairly Easy, 3 - 4 miles, (A)

Est. Hike Time: ~4 hours

Long Distance Trail: NCT100

R/T Drive (miles): 180 miles

Map Reference(s): DeLorme p. 51

Leader(s): Mary Coffin, [315-657-0229](tel:315-657-0229),
maryccoffin@gmail.com

We will be working on clearing blowdown and establishing tread on a section of the North Country National Scenic Trail on Oak Mt. Ski Area property in Speculator. Wear work gloves, dress for the weather and pack the 10 essentials, including lunch, snacks and extra water. No experience is needed. Tools will be supplied but you are welcome to bring your own saws and loppers. Contact leader if you are planning to join.

9142 Fall Picnic at Land O' Pines

Sun, Sep 15 10:00 AM (Hike), 1:00 PM (Lunch)

Meeting Place: Land O' Pines (Camden, NY) 8644 Preston Hill Rd.

Hike Rating: Level 1C, Easy, 3 miles

Est. Hike Time: ~1- 1.5 hour

Map Reference(s): DeLorme p. 47

Leader(s): Mary Dineen, [315-424-1284](tel:315-424-1284) & Mark del Pozzo, [315-245-0772](tel:315-245-0772)

Come out and join us for our annual fall picnic. We will meet at 10:00 am at Land O' Pines to carpool (a few miles) to Forest Park in Camden for a hike. Lunch is at 1:00 pm - meat and beverages will be provided - bring a dish to pass. Take Mulholland Rd. out of North Bay - R. on Preston Hill. Look for ADK signs just past Preston Hill Gravel. **Please RSVP by Sept 13 if you plan to attend.**

9143 Camillus Unique Forest Area

Sun, Sep 22 12:00 PM

Meeting Place: Camillus Forest Parking Lot

Hike Rating: Level 1 C, Easy, 4 miles

Est. Hike Time: Approx. 2 hours

Map Reference(s): DeLorme p. 60

Leader(s): Jon Bowen, jkbowen@gmail.com, [315-638-8749](tel:315-638-8749)

We'll walk the perimeter trails of this unique forest area.

9144 Little Woodhull Lake

Wed, Sep 25 9:00 AM

Meeting Place: Thruway Exit 34 (Canastota)

Hike Rating: Level 1 C+, Fairly Easy, 6.4 miles, (A)

Est. Hike Time: ~3 hours

R/T Drive (miles): 112 miles

Map Reference(s): DeLorme p.86, Trailhead coordinates: 43.50538, -74.9661

Leader(s): Kathy Campbell, [315-427-3917](tel:315-427-3917),
kathy.al.campbell@gmail.com

Explore a portion of the Black River Wild Forest as it enters the Adirondack Park northeast of Woodhull off North Lake Rd. The trail is relatively flat with an elevation gain of only 367'. There should be ample time to enjoy the changing leaves and solitude of this area on a trail our chapter has recently maintained. Expect some muddy or wet sections. Bring water, lunch, snacks, and appropriate clothing layers. Please RSVP to trip leader by 9/22 to confirm participation.

9145 Finger Lakes Land Trust - High Vista & Bahar Preserve

Sat, Sep 28 9:00 AM

Please contact Leader by Sept 27

Meeting Place: Green Hills Plaza (across from Green Hills parking lot)

Hike Rating: Level 1 C+, Fairly Easy, 4 - 5 miles

Est. Hike Time: ~4 hours

Long Distance Trail: Finger Lakes Land Trust - High Vista & Bahar Preserve maps

R/T Drive (miles): 80 miles

Map Reference(s): DeLorme p. 60 - 61

Leader(s): Mary Niemi, [315-751-7492](tel:315-751-7492),
maryrwniemi@gmail.com

These two Finger Lakes Land Trust Preserves are located on the southern end of Skaneateles Lake (on the east and west sides). Bahar Preserve includes the newly accessible Carpenter Falls overlook bridge. Let's check out the fall foliage on these short hikes. Bring snacks and water. Contact leader by Sept 27 if you are planning to join.

9146 Chittenango Creek Walk

Sun, Sep 29 1:00 PM

Meeting Place: Tops Plaza Chittenango (Rt. 5)

Note: Please Park in the spaces closest to Rt. 5

Hike Rating: Level 1 C, Easy, 2-3 miles

Est. Hike Time: ~2 hours

R/T Drive (miles): 2 miles

Map Reference(s): DeLorme p. 61

Leader(s): Kathy Disque, [315-656-3383](tel:315-656-3383),
kathydisque@yahoo.com

Enjoy a leisurely fall hike starting in the Village of Chittenango along the Creek Walk trail to its end at Russell Street. From there we walk about 3 blocks to Sullivan Park and hike the "healthy heart trail" through the woods in this village park.

9147 Walking Wednesday Trail Maintenance

Wed, Oct 2 9:00 AM

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)

Hike Rating: Level 1 C, Easy, 4 - 5 miles

Est Hike Time: ~4 - 6 hours

Long Distance Trail: FLT, NCT100

R/T Drive: Less than 100 miles

Map(s): DeLorme p. 60, 61 & 77, FLT-O1, FLT-O2, FLT-M21

Leader(s): Dick Frio, [315-679-0622](tel:315-679-0622),
Richardfrioood@hotmail.com

We will be doing maintenance on a portion of the Finger Lakes Trail / North Country Trail. Our chapter currently maintains 72 miles of the FLT and three lean-tos. 57 miles of our section are concurrent with the NCT. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing. Severely adverse weather conditions will cancel the hike.

9148 Walk Around Moss Lake

Sat, Oct 5 9:00 AM (Contact Leader)

Meeting Place: Thruway Exit 34 (Canastota)

Hike Rating: Level 1 C, Easy, 2.5 miles, (A)

Est Hike Time: ~2.5 hr.

R/T Drive: 180 miles

Map(s): DeLorme p. 36

Leader(s): Mary Coffin, maryccoffin@gmail.com, [315-657-0229](tel:315-657-0229),
Brenda Veilleux [315-463-9103](tel:315-463-9103)

Stroll around this lovely Adirondack Lake and enjoy the remaining Fall colors. Bring lunch and water and dress for Fall weather. Contact leader if you are planning to join.

9149 Spruce Pond Trail Maintenance

Sat, Oct 5 10:00 AM (Contact Leader)

Meeting Place: Spruce Pond Campsite, Morgan Hill State Forest

Hike Rating: Level 1 C, Easy, 0.25 miles

Est Hike Time: ~4 hours

Long Distance Trail: FLT, NCT100

Map(s): DeLorme p. 61, FLT-O1

Leader(s): Harold Kyle, harold@cnyhikes.com

We're finishing up the reroute of the climb from Spruce Pond. The old trail is deeply rutted and too steep, so we are installing a short switchback to make the climb more gradual. No experience is necessary, and we'll provide the tools. This area is steep and has uneven footing, so make sure to wear sturdy footwear. We'll work until the mid-afternoon. Contact leader if you are planning to join.

9150 Howland Island Trail

Sun, Oct 6

Meeting Time/Place: Contact Leader

Hike Rating: Level 1 C, Easy, 4.6 miles

Est Hike Time: ~2 hours

R/T Drive: 88 miles

Map(s): DeLorme p. 59

Leader(s): Melanie Stevens [315-278-2787](tel:315-278-2787)

We will explore this 4.6-mile loop trail near Port Byron, New York. Howland Island is part of the Northern Montezuma Wildlife Management Area and the trails are generally flat with some hills and well maintained trail (dirt roads/trails). There should be no bugs this time of year. Bring water and a snack.

9151 Highland Forest (south section)

Mon, Oct 7 8:30 AM

Meeting Place: Contact Leader

Hike Rating: Level 1C+, Fairly Easy, 4-5 miles

Est Hike Time: ~3-4 hrs

Long Distance Trail: FLT, NCT100

R/T Drive: 30 miles

Map(s): DeLorme p. 61, FLT-O2

Leader(s): Sigi Schwinge sigischwinge@aol.com, Theresa Evans [315-414-0431](tel:315-414-0431)

We start our hike at the trailhead on Cowles Settlement Rd. and walk north creating a loop for our return

downhill to the trailhead. Pack raingear, bring water and maybe some fruit or snack. Contact leader if you are planning to join.

9152 Whetstone Gulf Hike

Sat, Oct 12 9:00 AM

Note: Please contact leader by Oct 11

Meeting Place: Thruway Exit 34 (Canastota)

Hike Rating: Level 1 C+, Fairly Easy, 5 miles

Est Hike Time: ~4 hours

R/T Drive: 145 miles

Map(s): DeLorme 34, Whetstone Gulf State Park map

Leader(s): Mary Niemi, [315-751-7492](tel:315-751-7492), maryrwniemi@gmail.com

We will hike the Whetstone Gulf loop trail around the rim of this 400 ft. deep gorge to enjoy the fall foliage. There is an 882' elevation gain. Bring lunch and water. Contact leader by Oct 11 if you plan to join.

9153 Cascade Lake Loop

Mon, Oct 14 Contact Leader

Meeting Place: Thruway Exit 34 (Canastota)

Hike Rating: Level 1 C+, Fairly Easy, 6-8 miles, (A)

Est Hike Time: approx. 5 hrs

R/T Drive: 200 miles

Map(s): DeLorme 36, ADK West Central Guide

Leader(s): Sigi Schwinge sigischwinge@aol.com, Theresa Evans [315-414-0431](tel:315-414-0431)

We loop the loop around Cascade Lake, refresh ourselves at the waterfall and admire the changing foliage color. This hike is fairly level. We'll take care of small blowdowns and do some side cutting, so bring work gloves and hand tools if you want to help. Just walking is fine. We'll get an early start for the ride to the Adirondacks on Big Moose Rd. We'll have some ice cream after the hike.

9154 Great Bear Springs

Sun, Oct 20 12:00 PM

Meeting Place: Great Bear Parking Lot

Hike Rating: Level 1 C, Easy, 4-5 miles

Est Hike Time: Approx. 2 hours

Map(s): DeLorme p. 46

Leader(s): Jon Bowen, jkbowen@gmail.com, [315-638-8749](tel:315-638-8749)

We'll walk down to the river and the well house, out to the north end of the property and return.

ADK Fall Outing 2024, Ashokan Center, Olivebridge, NY, October 25-27

The annual ADK Fall Outing, hosted by the Albany chapter, will be held October 25–27 at the Ashokan Center in Olivebridge, New York. The Center (www.ashokan.org) is an event space on a 385-acre preserve. It is located twenty minutes from the Kingston exit of the New York State Thruway and within thirty minutes of Catskill trailheads. On-site events start Friday at 5 PM (note: check-in as early 12:00 PM, hiking other events available). Hikes, outings, and other activities in the Catskills, Shawangunks, and other local sites are planned from Friday afternoon through Sunday morning. To register go to the ADK website: <https://members.adk.org/fall-outing>

9155 November Business Meeting & Highland Forest Hike(s)

Sat, Nov 2 2:00 P.M. (New Time)

Open to Non-Members-Bring a Friend

Meeting Place: (Note New Venue): Highland Forest County Park, Highland Park Road, off RT. 80, Fabius, NY.

Leader(s): Pat Urban 315-420-9382, Sandy Manca 315-807-9442

Hiking opportunities available in the morning. See information below.

Social Hour: 2:00-3:00 pm. This hour will give us time to relax after hiking, if you choose to hike, and visit with friends. Drinks and hors-d'oeuvres will be provided. At 3:00 pm we will hold our business meeting. At 4:00 p.m. we will have a potluck dinner. Please bring a dish to share and your own place setting. Please note the kitchen does not have large ovens to cook and keep food warm. We will have power strips for crock pots. **Reservations are**

required. Please check our website at www.adk-on.org for updates and to access the link for reservations.

We will not have a speaker for this fall meeting.

*****We appreciate any feedback on the venue and the earlier time of events.**

Note: Registration is not required for hike(s). Contact leader(s) in the event of severe inclement weather.

Short Hike Option Meeting Time/Place: Highland Skyline Lodge at noon (**12:00 PM**)

Hike Rating: Level 1C+, Fairly Easy, 4-5 miles

Est Hike Time: 2 hours

Leader(s): Ann Furze, [315-263-6719](tel:315-263-6719) (call/text), annfurze49@gmail.com

Hike a 4-5 mile loop on the Main, Kirnan and Tolbert trails. Bring water, snacks, and poles. Probably muddy in places. Please contact leader with any questions.

Long Hike Option Meeting Time/Place: Highland Skyline Lodge at **10:00 AM**.

Hike Rating: B+ Moderately Strenuous, 8.8 miles

Est Hike Time: ~4 hrs. With an average pace of a little over ~2 mi/hr expect to complete hike in ~4 hours.

Leader(s): Kathy Campbell, [315-427-3917](tel:315-427-3917), kathy.al.campbell@gmail.com

Enjoy this moderately strenuous hike on the Phil Suters Memorial Main Trail at Highland Forest. This loop trail of approx. 8.8 mi. includes an elevation gain of ~1,200'. You will wind through peaceful forests with a few easy stream crossings. There can be muddy sections during wet weather so wear sturdy hiking boots and bring trekking poles (optional). Bring snack and water. Please contact leader with any questions.

9156 Clark Reservation Hike

Sun, Nov 3 12:00 PM

Meeting Place: Clark Reservation Parking Lot

Hike Rating: Level 1 C, Easy, 3-4 miles

Est Hike Time: ~1.5 - 2 hours

Map(s): DeLorme p. 61

Leader(s): Lisa Druke, [315-447-4018](tel:315-447-4018),
lisadruke@gmail.com

Clark Reservation is known for interesting geologic formations, including fossils formed in layers of limestone and a small lake that was once a plunge basin formed by a waterfall. We will enjoy the views and uniqueness of the trails in this park. Bring water and a snack.

9157 Going to Paradise

Mon, Nov 4 9:00 AM (Contact Leader)

Meeting Place: Contact Leader

Hike Rating: Level 1 C, Easy, < 5 miles

Est Hike Time: ~3 hours

Long Distance Trail: FLT

R/T Drive: 52 miles

Map(s): DeLorme p. 77, FLT-M22

Leader(s): Sigi Schwinge sigischwinge@aol.com,
Theresa Evans [315-480-0022](tel:315-480-0022)

Join a hike on the Finger Lakes Trail in the Mariposa State Forest near DeRuyter. After spotting car(s) on Rt. 12, we shuttle up to the trailhead on Paradise Hill Rd. and walk (mostly downhill) to Rt. 12, visiting and relaxing a bit at the Paradise Garden lean-to. Pack raingear, water and a snack.

9158 Walking Wednesday Trail Maintenance

Wed, Nov 6 9:00 AM

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)

Hike Rating: Level 1 C, Easy, 4 - 5 miles

Est Hike Time: ~4 - 6 hours

Long Distance Trail: FLT, NCT100

R/T Drive: Less than 100 miles

Map(s): DeLorme p. 60, 61 & 77, FLT-O1, FLT-O2, FLT-M21

Leader(s): Dick Frio, [315-679-0622](tel:315-679-0622),
Richardfriood@hotmail.com

We will be doing maintenance on a portion of the Finger Lakes Trail / North Country Trail. Our chapter currently

maintains 72 miles of the FLT and three lean-tos. 57 miles of our section are concurrent with the NCT. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing. Severely adverse weather conditions will cancel the hike.

9159 Sterling Nature Center

Sun, Nov 10 12:00 PM

Meeting Place: Sterling Nature Center

Hike Rating: Level 1 C, Easy, 4-5 miles

Est Hike Time: ~2 hours

Map(s): DeLorme p. 45

Leader(s): Jon Bowen, jkbowen@gmail.com, [315-638-8749](tel:315-638-8749)

We'll walk one of the least used trails, along the lake and to the rookery. If you haven't been here in a while, you can visit the new nature center building. This past spring there were only 5 nests in the rookery. It won't last much longer.

9160 Baltimore Woods

Sun, Nov 17 Contact Leader

Meeting Place: Baltimore Woods, 4007 Bishop Hill Road, Marcellus (the large parking area at top of hill).

Hike Rating: Level 1 C, Easy, < 5 miles

Est Hike Time: ~2-4 hours

Map(s): web: baltimorewoods.org/visit/interpretive-center-trails

Leader(s): Theresa J. Evans, [315-414-0431](tel:315-414-0431),
tj_evans@verizon.net

Let's take a late fall hike on these trails in Marcellus. This is a nature preserve under the Central New York Land Trust. We will hike a series of trails, which encompass some ups and downs in these woods. Speed will be moderate. Bring snacks/lunch/water. Note the trail conditions could be variable at this time. Leader suggests good hiking footwear and/or poles to navigate trails along with snowshoes or micro spikes as needed if early snowfall or icy trail conditions. Bring snacks, water too! Call or email leader for time of hike and trail conditions.

9161 Highland Forest Hike

Sat, Nov 23 9:00 AM

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)

Hike Rating: Level 1 C+, Fairly Easy, 6 miles

Est Hike Time: ~4 hours

Long Distance Trail: FLT, NCT100

R/T Drive: 40 miles

Map(s): DeLorme p. 61, FLT-O2

Leader(s): Mary Niemi, [315-751-7492](tel:315-751-7492),
maryrwniemi@gmail.com

We will hike the FLT/NCT trail from Cowles Settlement Rd to the Skyline Visitor Center in the park and return. Bring lunch and water.

9162 Green Lakes State Park

Sun, Dec 1 10:00 AM

Meeting Place: Green Lakes West Beach parking lot

Hike Rating: Level 1 C+, Fairly Easy, 5 miles

Est Hike Time: ~3 hours

Map(s): DeLorme p. 61, Green Lakes State Park Map

Leader(s): Lisa Druke, [315-447-4018](tel:315-447-4018),
lisadruke@gmail.com

We will hike the trails south and west of Round and Green lakes and work off the Thanksgiving feast! The terrain is hilly and conditions could be muddy so be prepared for variable conditions. The pace will be moderate. Bring water, lunch/snack. Contact leader if bad weather.

Mark Your Calendar.

Map and Compass Basics

Sept 17, 18 and 21

Dates: Tue Sept 17, Wed Sept 18, and Sat Sept 21

Time: Tue/Wed 5:30-8 PM, Sat – 9 AM – 2 PM.

Meeting Place(s): Classwork (Tues/Wed) at Fayetteville

Free Library, Field Exercise (Saturday) at Pratt's Falls

Rating Distance: Pratt's Falls Easy < 2 miles

Discussion and field practice using maps and compass.

Topics include: resection, determining your position, terrain features, pace determination, dead reckoning and following a bearing, topographic map features, and using Lat/Long/UTM. Time permitting, we will also use GPS in conjunction with map and compass.

Class size is limited so please register on the Fayetteville Library website:

<https://onlib-fayetteville.libcal.com/event/12806943>

Just click on event from calendar and this will bring you to a registration page.

The course work is presented in 3 sections. Map and compass basics, GPS / understanding UTM, and a practical field exercise using topographic maps to navigate an orienteering course at Pratt's Falls Park. All 3 sessions are required for course completion. There is also an exercise on downloading a navigation app (Caltopo) for use on your cell phone and using on-line mapping programs. Attendees should bring their own base plate compass and a ruler or scale will also be helpful. Saturday's fieldwork will include a discussion of the importance of preparation and the 10 essentials.

This course is an ADK approved Leader Certification Class meeting Outing Leader Guide (OLG) requirements. The certificate is available upon completion of the course.

Class Instructor: Jeff Sargent. Please contact me on sargentjj@netzero.com if you have questions.

Mailing Address:

Adirondack Mountain Club
Onondaga Chapter
8729 Bridgeport Kirkville Rd
Kirkville, NY 13082

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