

**ADIRONDACK MOUNTAIN
CLUB**

ONONDAGA CHAPTER

TALK OF THE TRAIL
Spring 2025

March 🌻 April 🌻 May

HIGHLIGHTS IN THIS EDITION

- From the Chair
- Wildflower Pictorial
- Looking for Trail Blazers
- Outings



Adirondack
ADK
Mountain Club

ADK ONONDAGA CHAPTER

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

EXECUTIVE COMMITTEE DIRECTORY

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Submissions for the spring edition accepted until May 1. Send to Jamie Condon.

ABOUT THE COVER

Pitcher Plant found in bogs, carnivorous.

Photo Courtesy Theresa Evans

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!

AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Susan Baldacci, Jamin Brown, Brian Koehler, Cassandra Laios, Andrea Martin & Richard Lewis, Ed & Morgan Moreira, Olive Sephuma, Sam Arnold, Michael Paige

Latest Membership Stats	Membership as of January	Change Since September
Onondaga Chapter	936	-390
Adirondack Mountain Club Overall	22,700	unknown

CHAPTER EMAIL UPDATES

Join our Google Group:

<https://groups.google.com>

Search for our group name.

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

SPRING TRAIL MAINTENANCE OPPORTUNITIES

Dates	Description	Leader(s)
April 2	Maintenance Wednesday	Dick Frio
April 19	Irish Hollow Reroute	Harold Kyle
April 25	Pigeon Lake Wilderness Trail Clearing	Sigi Schwinge, Dick Frio & Bob Rosati
April 29	Pigeon Lake Wilderness Trail Clearing	Sigi Schwinge, Dick Frio & Bob Rosati
May 3	"Boots on the Ground" Spruce Pond	Harold Kyle
May 7	Maintenance Wednesday	Dick Frio
May 24	DeRuyter State Forest Reroute	Harold Kyle

Check the Outings section for additional details!

BY BRUCE HOLLOWAY

Welcome to Winter!

With the arrival of the new year, we're being treated to an abundance of opportunities to embrace the beauty and joy of winter. Whether you're an avid snowshoer, skier, or just love a winter walk, the snowy conditions are perfect for all kinds of outdoor adventures.

Mid-January brought especially magical moments—there's nothing quite like stepping out onto the trails after a fresh snowfall. The world was transformed, with snow-dusted trees lining the path, each branch heavy with powder, creating a picture-perfect winter scene that felt straight out of a postcard.



As we move into February, let's hope the snow keeps falling and the trails stay pristine, inviting everyone to get outside and make the most of this wonderful season. If you haven't already, now is the perfect time to visit your favorite trail and take in the winter landscape before it changes.

Bundle up, lace up your boots, and make some memories on the snow this season!

Join the ADK Onondaga Chapter Committees!

Would you like to get more involved with the ADK Onondaga Chapter? We have a few open positions available on our committees, and we'd love to have new faces and fresh ideas to help guide our efforts.

If you're interested in supporting our mission, you could assist current Committee Chairs in their duties and contribute to the ongoing work we do for the chapter. Whether you're passionate about outdoor recreation, conservation, or community building, there's a spot for you!

If you have any questions or would like more details about available positions, please don't hesitate to reach out. We're eager to welcome new volunteers to the team and collaborate on exciting projects.

We look forward to hearing from you!

Location: [Collamer United Church, 6865 Fly Rd, East Syracuse, NY 13057](#)

Date: Saturday, April 12, 2025

Time: 2:00 pm – 6:00 pm

Event Schedule & Guest Speaker

Join us for an engaging afternoon at our upcoming Spring Potluck and Business Meeting!

Social Half-Hour: 2:00–3:00 PM

Enjoy drinks and hors d'oeuvres provided by the club while mingling with fellow attendees.

Guest Speaker: 3:00 PM – Len Sharp

Len Sharp, a former Earth Science teacher and adjunct professor for Science Education/Supervision at Le Moyne College, will be our distinguished guest speaker. Len will share his extensive knowledge of **Clark Reservation State Park**, discussing its geological history, the region's indigenous wildlife, notable trails and sights, and the impact of human activity on the park's ecosystems.

Business Meeting: 4:00 PM

Following the speaker presentation, we will hold our business meeting.

Potluck Dinner: After the Business Meeting

Bring a dish to share and your own place setting as we enjoy a meal together.

Reservations are required. Visit our website at www.adk-on.org for updates, registration links, and additional information about the event and our speaker.

Clark Reservation State Park is a geologic wonder of the last ice age and a biologist's paradise. The park's natural features include rugged cliffs and rocky outcrops, woodland and meadow, a wetland and a **glacial plunge basin lake** in which the surface waters and bottom waters do not mix. Imagine massive amounts cascading over the fall's lip, near the height of the Niagara Falls circa 12,000 years ago carving out a magnificent plunge pool that we now call Glacial Lake. Come and share with me a 54-year association with Clarks SP through graduate work at Syracuse University, family outings, field trip for high school students as well as conducting field experiences for colleges and local gem and mineral clubs. - *Len Sharp*

KNOW BEFORE YOU GO

- √ Pre-Registration is required, check our [website](#).
- √ Bring your own place setting.
- √ Check our [website](#) before the event for any updates.

BY THERESA EVANS

As we shed the holiday décor and the temperatures fall low; we begin to look for more light, sunshine, and colors. We certainly love our outdoor activities, and so we have been breaking out our winter wear, snowshoes, skis and capturing special moments on the many varied trails. Yet, percolating under that snow/ice cover are many flowers waiting to begin their rebirth.

“Where flowers bloom, so does hope.” by Lady Bird Johnson

Some of these flowers are garden flowers that push up early. I get happy when I see the heads of daffodils, tulips coming up and bloomed crocuses out and around. I feel spring has officially arrived. Then there are flowers that really are “wild” as have no need of human cultivation year-to-year.

I thought I would share some photos of the various spring flowers including some more specialty flowers as a prelude to nature’s handiwork to come. Anyone who has hiked with me, including my better half, knows I get real excited with flowers on the trail and out comes the camera.



Garden Tulips and Lawn Dandelions



Crocuses – often found in lawns



Blood Root – bloom goes quick!



Snowdrops – garden pop-up in lawns



Dutchmen’s Breeches – same leaf as SC; pantaloons flowers



Squirrel Corn (SC) – heart shaped flowers with spurs

BY THERESA EVANS



Goldthread – in bogs & “yellow” roots



Skunk Cabbage – brown flower under or before leaves



Wild Ginger – fuzzy leaf leads to flower beneath



Spring Beauties – out before tree leafage



Round-leaved Hepatica – fuzzy stems



Trout Lily – like damp, nude forested areas



Violet – probably Sweet White, many varieties, usually grassy areas



Long-Spurred Violet – woods all over



Cuckoo Flower (pink or white)– wet meadows & swamps

BY THERESA EVANS



Marsh Marigold – loves wet areas!



False Solomon Seal – O1, FLT, CB



Foam Flower –Baltimore Woods (BW), Beaver Lake



Painted Trillium – local woods, High Peaks (HS)



Virginia Waterleaf – woods again!



Red Trillium – plentiful locally



Jack in the Pulpit –BW & BL+



Gaywings or Fringed Polygala – BL– Deep Woods Trail



Ram's Head Lady Slipper – very rare – seen only at Chaumont Barrens (CB)

BY THERESA EVANS



Wild Geranium – woods in many places



Clintonia – likes bogs/coolness – Pitch Pine



Bunchberry – usually climb to see



Star Flower – bog habitat



Pitcher Plant – in bogs, carnivorous



Prairie Smoke – flower & seed, ditto CB



Moccasin Flower or Pink Lady Slipper – Moore Trail, Pitch Pine



Prairie Smoke – flower & seed, ditto CB

If you would like to explore more information about wildflowers, some useful guides are:

- [Wildflowers of New York \(in Color\) by Chapman, Bessette, & Pens](#)
- [Peterson Field Guides – Wildflowers Northeastern North-central North America \(by color\)](#)
- [Newcomb's Wildflower Guide \(by flower parts\)](#)

Enjoy the trails this spring and check out the flowers along the way!

"The earth laughs in flowers." - Ralph Waldo Emerson.



TRAIL BLAZERS WANTED

Trail blazers are wanted so you don't get lost in the woods and to help keep the trails safe, especially during the winter with snow and fall leaves covering our trails.

Some people have asked, what does blazing mean? Trail blazing is painting blazes on trees so you are able to follow the trail and not get lost in the woods. We blaze in the spring and summer months. We provide the materials and show you how it is done. It is not hard, as a matter of fact it is fun when you do it with 2 or 3 other people. Blazing gives you a sense of accomplishment and takes you outside to enjoy nature on trails perhaps you have never been.

We will concentrate on blazing MO2 this year. So, grab a friend or 2 and join us.

Please contact Pat Urban: sabharp@att.net, 315-420-9382

TRAILS REPORT

As I write this in the middle of a long winter, it's hard to imagine our trails being clear of snow and ice. But once winter has receded and the mud re-emerges, there are several reroutes that the ADK Onondaga Chapter is planning for the spring. We could use your help so please mark your calendars for the following events.

The fun begins on April 19 when we will work to build a new connection between Midlum Road and Irish Hollow near Cuyler. This will allow access to Moxon State Forest on the O1 during future hunting closures (annually between October and December). The new connection will also allow for some nice loop hikes during the rest of the year.

On May 3, we'll have our annual kickoff event at the Spruce Pond campsite. After a brief refresher on how to maintain trails, we will tackle a few projects in the woods nearby. We hope to install some puncheons, clean up the area, and check in on the substantial reroute we made last year heading from Spruce Pond to the hang glider launch.

Then on May 24, we're going to work on rerouting a steep and muddy section in Deruyter State Forest. Currently the trail is slippery and getting washed out, so we'll head to higher ground to make a more sustainable route.

On all these outings, no experience is necessary and we welcome all ages. I hope you'll be able to join to help us keep the trail open and safe. For all events, contact harold@cnyhikes.com to RSVP and find out the details on meeting up. - *Harold Kyle*

BY LISA DRUKE

Congratulations to our twenty-six chapter leaders completing certifications for levels 1, 2 and 3. Many of our leaders took advantage of the training courses offered by the ADK last year including map & compass, leadership, basic first aid / CPR, wilderness first aid and leave no trace awareness. ADK's roll out of the Outings Leader Guide requirements is complete as of January 31, 2025. Thanks to all of our leaders for participating in the training.

Outing Leader Guide (OLG) Certification

Level 1	Level 2	Level 3
Jamie Condon Joe Condon Kathy Disque Kathleen Eisele Dick Frio Ann Furze Michael Graser Harold Kyle Pete Libera Sandy Manca Mary Niemi Sigi Schwinge Patricia Urban Brenda Veilleux Melanie Stevens	Monica Aungier Lisa Druke Theresa Evans Jay Evans Bruce Holloway Bob Rosati	James Bristol Kathy Campbell Jack Coleman Mike Ogden Erin Potter



FLT100 / FLT50 and NCT100 Hike Challenges

The North Country National Scenic Trail and Finger Lakes Trail Conference hike challenges are underway in 2025! The hike challenges are FREE and must be completed within the calendar year. Hike your favorite trails on the NCNST and Finger Lakes trail system over and over again or total miles for out and back hikes on your favorite sections. You can hike, walk, backpack, snowshoe, or cross-country ski. Find your adventure!

FLT100/FLT50 Register: <https://fingerlakestrail.org/whats-happening/hiking-programs/flt50/>

NCNST Challenge Register: <https://northcountrytrail.org/hike-100-challenge/>

Date(s)	Outing	Leader(s)
Repeating	Walking Wednesday	Mary Niemi, Bruce Holloway
Sat, Mar 1	Black Bear Mountain Snowshoe	Lisa Druke
Mon, Mar 3	Rice Creek Station Exploration	Theresa Evans
Sat, Mar 8	Baltimore Woods Nature Preserve	Mary Niemi
Sun, Mar 23	Gorge Trail Hike	Lisa Druke
Sat, Mar 29	Jones Hill Loop	Kathy Campbell
Wed, Apr 2	Wednesday Trail Maintenance	Dick Frio
Sat, Apr 5	Great Bear Recreation Area Hike	Mary Niemi
Sun, Apr 6	Oak Mountain on the NCT	Kathy Campbell
Mon, Apr 7	Three Falls Woods with Woodchuck Nature Preserve option	Sigi Schwinge, Theresa Evans
Sat, Apr 12	Spring Potluck / Business Meeting	Pat Urban
Sat, Apr 19	Spanish Loop Trail NCT, FLT	Lisa Druke
Sat, Apr 19	Irish Hollow Reroute	Harold Kyle
Fri, Apr 25	PLWA Pigeon Lake Trail Clearing	Sigi Schwinge, Dick Frio, Bob Rosati
Sat, Apr 26	Go Finger Lakes Preserves	Theresa Evans
Sat, Apr 26	Onondaga Lake Walk	Brenda Veilleux
Sat, Apr 26 - Sun, Apr 27	Gull Lake Backpack	Jim Bristol
Tue, Apr 29	PLWA Pigeon Lake Trail Clearing	Sigi Schwinge, Dick Frio, Bob Rosati
Sat, May 3	"Boots on the Ground" Trail Kick-off at Spruce Pond	Harold Kyle
Sun, May 4	Onondaga Lake Walk	Brenda Veilleux
Mon, May 5	Green Lakes State Park - Spruce Hill Trail	Sigi Schwinge, Theresa Evans
Wed, May 7	Wednesday Trail Maintenance	Dick Frio
Sat, May 10	Skaneateles Conservation Area Hike	Mary Niemi
Sun, May 11	Filmore Glen State Park Five Falls Loop	Kathy Campbell
Sat, May 17 - Sun, May 18	Tirrell Pond Backpack	Jim Bristol
Sat, May 24	Chaumont Barrens Wildflower Hike	Kathy Disque, Theresa Evans
Sat, May 24	DeRuyter State Forest Reroute	Harold Kyle
Sat, May 31	Rome Sand Plains Unique Area	Theresa Evans

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)
- ✓ PPE Mask and hand sanitizer

9182 Walking Wednesday
Every Wednesday 9:00 AM

Meeting Place: Dewitt Wegmans' Park & 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, 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.

9183 Black Bear Mountain Snowshoe
Sat, Mar 1 8:30 AM (Contact Leader)

Meeting Place: Thruway Exit 34 (Canastota)

Hike Rating: Level 1 C, Easy, 5 miles (A)

Est Hike Time: 3.5 hours

R/T Drive: 168 miles

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

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

Black Bear Mountain (2448') has an open summit with nice views of the Fulton Chain of Lakes (Fourth Lake). In early March in the West-Central Adirondacks, there could be good snowshoe conditions that we can take advantage of and get a final snowshoe in before spring. Bring snowshoes and microspikes, hiking poles if you use them and dress in layers. We plan a counterclockwise loop with an elevation gain of 728' and will have lunch at the summit. Please contact the leader to confirm conditions and gear.

9184 Rice Creek Station Exploration
Mon, Mar 3 9:30 AM (Contact Leader)

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

Hike Rating: Level 1 C+, Fairly Easy, 2-5 miles

Est Hike Time: 3-4 hours

R/T Drive: ~100 miles

Map(s): DeLorme p. 46; Rice Creek Field Station map

Leader(s): Theresa Evans, 315-414-0431

tj_evans@verizon.net, or Sigi Schwinge,

sigischwinge@aol.com, 716-238-5347

Let's explore the trails at Rice Creek Field Station in Oswego, NY. This is an instructional and research unit of the State University of New York at Oswego. It is located about 1-1/2 miles south of the Oswego Campus on Thompson Road. The field station is open year-round to the public and has several trails that traverse meadows, farm ponds, trees and more. There are several trails to traverse. We can pick and choose to do a few or all of them (Red, Green, Blue, and Orange Trails). Please wear appropriate hiking footwear/clothing dependent on weather and to protect from potential ticks. Also, bring water, snacks/lunch, and hiking poles, if needed.

9185 Baltimore Woods Nature Preserve
Sat, Mar 8 9:30 AM

Meeting Place: Baltimore Woods main parking
4007 Bishop Hill Rd.

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

Est Hike Time: 4 hours

Map(s): DeLorme p. 60, Baltimore Woods trail map

Leader(s): Mary Niemi 315-751-7492

maryrwniemi@gmail.com

Let's get out for a hike in this lovely preserve in Marcellus owned by the Central New York Land Trust. Will it still be snowy or warming up for Spring? Let's see. Bring snacks and water.

9186 Gorge Trail Hike
Sun, Mar 23 11:00 AM

Meeting Place: Cazenovia Lake Parking Lot (near jct Rt 20 & Rt 92)

Hike Rating: Level 1 C, Easy, 5.4 miles

Est Hike Time: 3 hours

Long Distance Trail: NCT100

R/T Drive: 14 miles

Map(s): DeLorme p. 61

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

Join me for a walk on the Gorge trail hiking from the Freber Rd parking area to Bingley Rd and return. The trail parallels Chittenango Creek and is a gorgeous part of the NCNST. Bring water and a snack.

9187 Jones Hill Loop

Sat, Mar 29 8:30 AM

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby), Look for Black Subaru Outback

Hike Rating: Level 2 B, Moderate, 7.4 miles

Est Hike Time: 4-5 hours

Long Distance Trail: FLT, NCT100

R/T Drive: 42 miles

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

Leader(s): Kathy Campbell, 315-427-3917

kathy.al.campbell@gmail.com

A loop trail which utilizes ~5.8 mi. of the NCT/FLT Onondaga Branch Trail and 1.6 mi. of the paved Shackham Rd. within Morgan Hill SF and Labrador Hollow Unique Area. Overall elevation change is 1,336' with some steep sections along the way. We will cross just upstream of Tinker Falls, enjoy the views from Morgan Hill, and visit Spruce Pond on the new reroute of this trail section.

9188 Wednesday Trail Maintenance

Wed, Apr 2 9:00 AM

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

Hike Rating: Level 1 C+, Fairly Easy,

Est Hike Time: 4-6 hours

Long Distance Trail: FLT/NCT100

R/T Drive: 50 miles

Map(s): FLT-O1, FLT-O2, FLT-M21, FLT-M22

Leader(s): Dick Frio, 315-679-0622,

richardfrioood@hotmail.com

We will be doing maintenance on a section of the Finger Lakes Trail, North Country Trail. Our chapter currently maintains 72 miles on the FLT and three lean-tos. Fifty-seven miles are concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are clear and blazed for all hikers to enjoy. Bring a pair of work gloves, personal hand tools, water, lunch and wear appropriate clothing.

9189 Great Bear Recreation Area

Hike

Sat, Apr 5

9:30 AM

Meeting Place: Great Bear parking on Rt. 57 north of Phoenix

Hike Rating: Level 1 C, Easy, 5 miles

Est Hike Time: 4 hours

Long Distance Trail: Great Bear Recreation Trails

Map(s): DeLorme p. 46

Leader(s): Mary Niemi, 315-751-7492,

maryrwniemi@gmail.com

We will hike a loop through this park area bordering the Oswego River. It may be muddy in sections.

9190 Oak Mountain on the NCT

Sun, Apr 6

7:30 AM

Meeting Place: Thruway Exit 34 (Canastota)

Hike Rating: Level 2 B+, Moderately Strenuous, 10-12 miles (A)

Est Hike Time: 6 hours

Long Distance Trail: NCT100

R/T Drive: 175 miles

Map(s): DeLorme p. 87

Leader(s): Kathy Campbell, 315-427-3917

kathy.al.campbell@gmail.com

Let's explore the Oak Mountain section of the NCT which has been recently completed by our trail crew. We will continue across Rt 30 to follow the Jessup River Rd, turning back at Pole Brook (6 mi.) and retracing our route back to the parking at Oak Mountain. Terrain will be moderate to strenuous, but compensated with lovely scenery! Bring plenty of food and water. Be prepared for variable trail conditions. RSVP to leader by 4/4/25.

9191 Three Falls Woods with Woodchuck Nature Preserve option

Mon, Apr 7

9:30 AM

Meeting Place: Three Falls Woods parking on Sweet Road

Hike Rating: Level 1 C, Easy, 3 miles

Est Hike Time: 2 hours for Three Falls

Map(s): DeLorme p. 61

Leader(s): Sigi Schwinge, Sigi

Schwinge@aol.com Theresa Evans 315-414-

0431, tj_evans@verizon.net

We'll walk to the falls and continue on the preserve trails. Dress for the weather and bring water.

9192 Spring Potluck / Business Meeting

Sat, Apr 12 2:00 PM
Open to Non-Members-Bring a Friend

Meeting Place: Collamer United Church, 6865 Fly Rd., East Syracuse. (Enter from back of the Church), Take Rt. 481 North from Syracuse to Exit 7 (Rt. 298), take right onto 298 West to Fly Road, go south on Fly Road (left turn by Adirondack Furniture) the driveway to the church is on your right.

Leader(s): Pat Urban, sabharp@att.net, Sandy Manca, smank777@aol.com

Social half-hour at 2:00-3:00 pm. Drinks and hors d'oeuvres will be provided by the club. Our guest speaker at 3:00 pm is Len Sharp. Len was an Earth Science Teacher and adjunct Professor for Science Education/Supervision at LeMoyne College. He will be speaking on the geological development of Clark Reservation SP, wildlife indigenous to the region, its natural history, selected trails and sights unique to the park and the impact of humans upon the site's ecosystems.

The business meeting will follow at 4:00. A potluck dinner will follow the business meeting. Please bring a dish to share and your own place setting. Reservations are required.

Please check our website at www.adk-on.org for updates, to access the link for registration and additional information about our speaker's presentation.

9193 Spanish Loop Trail NCT, FLT Sat, Apr 19 Contact Leader

Meeting Place: McDonald's 5961 Rt 20 Lafayette, NY

Hike Rating: Level 1 C+, Fairly Easy, 5.9 miles

Est Hike Time: 3 hours

Long Distance Trail: FLT, NCT100

R/T Drive: 70 miles

Map(s): DeLorme p. 77

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

Join me on a hike on the FLT, NCT in the Kennedy State Forest. The Spanish Loop is an interesting hike with hardwoods, hills, birds and wildflowers.

This is a moderate loop with an elevation gain of ~784 feet and includes a half mile road walk at the end. There may be some muddy spots. Bring lunch, water, raingear and hiking poles if you have them.

9194 Irish Hollow Reroute Sat, Apr 19 10:00 AM

Meeting Place: Contact Leader

Hike Rating: Level 1 C, Easy, 2 miles

Est Hike Time: 6 hours

Long Distance Trail: FLT

Map(s): DeLorme p. 61, FLT M21

Leader(s): Harold Kyle (harold@cnyhikes.com) & Erin Potter (erin.potter@fingerlakestrail.org)

We're building new trail to allow year-round access to Irish Hollow and Muncy Hollow in Maxon Creek State Forest. In 2024, hunting closures on private land made access much more difficult during hunting season. We will be building new trail on state land together. No experience necessary, but there will be some heavy lifting and tool use. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch, and wear appropriate clothing.

9195 PLWA Pigeon Lake Trail Clearing Fri, Apr 25 Early start, contact leaders

Meeting Place: Thruway Exit 34 (Canastota)

Hike Rating: Level 2 B+, Moderately Strenuous, 4-7+ miles (shorter-n-longer distances offered) (A)

Est Hike Time: 6 - 8 hours

R/T Drive: 200 miles

Map(s): DeLorme p. 36, ADK West Central Guide
Leader(s): Sigi Schwinge, SigiSchwinge@aol.com, Bob Rosati, b.rosati.adk.on@gmail.com, Dick Frio, richardfrioood@hotmail.com, 315-679-0622

Actual date will depend on snow melt/rain conditions, but we also want to beat the black flies. Contact Sigi the week before to sign up. We'll decide on Windfall Pond or Higby Rd./Constable Pond trail (the new bridge is in place) with the forester shortly before. A shorter version is available for the Higby Rd. in and out section. Well decide which side trail, if any, we can also do, but need a good turn-out. Bring water and food, but a stop on the way home is possible. Pack rain gear,

work gloves and hand tools if you have them. We also provide hand tools. Bad weather alternate day is earlier, Tuesday 4/22.

A second work hike is scheduled the following week on Tuesday 4/29 with rain date of Wednesday 4/30.

9196 Gull Lake Backpack
Sat, Apr 26 – Sun, Apr 27 8:00 AM
Meeting Place: Contact Leader
Hike Rating: Level 2B, Moderate, 9 miles (round trip) (A)
Est Hike Time: 2 - 3 hours (one way)
R/T Drive: 200 miles
Map(s): Delorme p. 49
Leader(s): Jim Bristol 315-952-3623
Let's take a walk to picturesque Gull Lake in the Black River Wild Forest. We will backpack to the Gull Lake leanto where we will spend the night. Trip size is limited to 8 participants. Head nets and bug dope are advisable as it will be bug season. Inclement weather will cancel. Call leader for details and to confirm gear requirements.

9197 Go Finger Lakes Preserves
Sat, Apr 26 10:00 AM
Meeting Place: Green Hills Plaza (across from Green Hills parking lot)
Hike Rating: Level 1 C, Easy, 2-4 miles (dependent on trails we do)
Est Hike Time: 2-4 hours
R/T Drive: 50-60 miles
Map(s): DeLorme p. 60, Go Finger Lakes Land Trust Trail map
Leader(s): Theresa Evans, 315-414-0431 or tj_evans@verizon.net
We will start our exploration of these preserves on the Hinchcliff Family Preserve. We will veer right to a connector trail to the High Vista Nature Preserve and complete that loop. We will return via the connector trail and complete the Hinchcliff Trail. We will stop for snack/lunch, water as our group need dictates. We will arrive back at the parking area for Hinchcliff. We can take another walk across Rt 41 to Ripley Hill Preserve (on looking back to Hinchcliff, there is a great view of Skaneateles Lake), which would be an in/out hike (the alternative is to drive to the parking area for Ripley Hill Preserve and then do the walk in/out). Please come join me in exploring these beautiful

preserves not too far from home. Please bring snacks/lunch and water as we explore these preserves.

9198 Onondaga Lake Walk
Sat, Apr 26 1:00 PM

Meeting Place: Contact Leader
Hike Rating: Level 1 C, Easy, 2-3 miles
Est Hike Time: 2 hours
Map(s): DeLorme p. 61
Leader(s): Brenda Veilleux 315 463 9103
Easy spring stroll along Onondaga Lake at the park. Please call leader at least 1 day in advance and before 8:00 pm, for meeting place.

9199 PLWA Pigeon Lake Trail
Clearing
Tue, Apr 29 Early start, contact leaders

Meeting Place: Thruway Exit 34 (Canastota)
Hike Rating: Level 2 B+, Moderately Strenuous, 4-7+ miles, (shorter-n-longer distances offered) (A)
Est Hike Time: 6 - 8 hours
R/T Drive: 200 miles
Map(s): DeLorme p. 36, ADK West Central Guide
Leader(s): Sigi Schwinge, SigiSchwinge@aol.com, Bob Rosati, b.rosati.adk.on@gmail.com, Dick Frio, richardfrioood@hotmail.com, 315-679-0622
Actual date will depend on snow melt/rain conditions, but we also want to beat the black flies. Contact Sigi the week before to sign up. We'll decide on Windfall Pond or Higby Rd./Constable Pond trail (the new bridge is in place) with the forester shortly before. A shorter version is available for the Higby Rd. in and out work section. We'll decide which side trail, if any, we can also do, but need a good turn-out. Bring water and food, but a stop on the way home is possible. Pack rain gear, work gloves and hand tools if you have them. We also provide hand tools. Bad weather alternate day is Wednesday 4/30.

9200 "Boots on the Ground" Trail
Kick-off at Spruce Pond
Sat, May 3 10:00 AM

Meeting Place: Spruce Pond Campsite, Spruce Pond, Herlihy Rd, Tully, NY 13159

Hike Rating: Level 1 C, Easy, 1 mile
Est Hike Time: 6 hours
Long Distance Trail: FLT/NCT100
Map(s): DeLorme p. 61, FLT-O1
Leader(s): Harold Kyle (harold@cnyhikes.com)
Start the season off with a bang. We will review trail steward maintenance criteria and reporting procedures before a "boots on the ground", "hands on the tool" hike on a section of the FLT and NCT. Bring gloves, lunch and water and dress for the weather. Tools are supplied. No experience needed. We'll meet at a campsite location near Spruce Pond off Herlihy Rd in Morgan Hill State Forest. After a quick refresher, we will begin various cleanup and construction work around the area, including some puncheon installation.

9201 Onondaga Lake Walk
Sun, May 4 12:00 PM

Meeting Place: Contact Leader
Hike Rating: Level 1 C, Easy, 2-3 miles
Est Hike Time: 2 hours
Map(s): DeLorme p. 61
Leader(s): Brenda Veilleux 315-463-9103
Easy spring stroll along Onondaga Lake at the park. Please call leader at least 1 day in advance, before 8:00 pm, for meeting place.

**9202 Green Lakes State Park -
Spruce Hill Trail**
Mon, May 5 9:00 AM

Meeting Place: Green Lakes SP Meadowview Picnic Area
Hike Rating: Level 1 C+, Fairly Easy, 3-5 miles
Est Hike Time: 2-3 hours
Map(s): DeLorme p. 61, Green Lakes SP Trail Map
Leader(s): Sigi Schwinge sigischwinge@aol.com,
Theresa Evans 315-4140431,
tj_evans@verizon.net
We'll walk up the steep but short section and cross Pierson Rd, walk some of the older and new (last year) loops to return to cars at Meadowview picnic area. Bring water and snack and good cheer. Monday walk-n-talk group walk almost every Monday. Contact a leader to join.

9203 Wednesday Trail Maintenance
Wed, May 7 9:00 AM

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)
Hike Rating: Level 1 C+, Fairly Easy, 4-6 miles
Est Hike Time: 4-6 hours
R/T Drive: 50-75 miles
Map(s): FLT-O1, FLT-O2, FLT-M21, FLT-M22
Leader(s): Dick Frio, 315-679-0622,
richardfrioood@hotmail.com
We will be doing maintenance on a section of the Finger Lakes Trail, North Country Trail. Our chapter currently maintains 72 miles on the FLT and three lean-tos. Fifty-seven miles are concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are clear and blazed for all hikers to enjoy. Bring a pair of work gloves, personal hand tools, water, lunch and wear appropriate clothing.

**9204 Skaneateles Conservation Area
Hike**

Sat, May 10 9:30 AM
Meeting Place: Skaneateles Conservation parking on Gully Rd.
Hike Rating: Level 1 C, Easy, 3-4 miles
Est Hike Time: 3 hours
Map(s): DeLorme p. 60, Skaneateles Conservation Area trail map
Leader(s): Mary Niemi, 315-751-7492
maryrwniemi@gmail.com
We will hike to the Guppy Falls overlook following the looping hilly trails and then cross Guppy Rd. to the Bob Sykes trail by the pond.

**9205 Filmore Glen State Park Five
Falls Loop**

Sun, May 11 12:00 PM
Meeting Place: McDonald's, 5961 Rt 20, Lafayette, NY, Meet in the semi paved lot behind McDonald's
Hike Rating: Level 1 C, Easy, 5 miles
Est Hike Time: 2-3 hours
R/T Drive: 70 miles
Map(s): DeLorme p. 60
Leader(s): Kathy Campbell, 315-427-3917
kathy.al.campbell@gmail.com
Enjoy a lovely Mother's Day walk along the scenic Five Falls Loop trail which includes both the North and South Rim plus .6 mi of the Gorge Trail. If open we will hike the full 1.3 mi. of the Gorge Trail to extend the hike to 5 mi. There are some steep sections which can be slippery. Sturdy footwear

and trekking poles are recommended. Elevation gain is less than 700'. Bring water and snack.

9206 Tirrell Pond Backpack
Sat, May 17 – Sun May 18 8:00 AM

Meeting Place: Contact Leader
Hike Rating: Level 2B, Moderate, 7 miles (A)
Est Hike Time: 2.5 hours
Long Distance Trail: NPT
R/T Drive: 260 miles
Map(s): Delorme p. 37
Leader(s): Jim Bristol 315-952-3623
Let's take a walk to picturesque Tirrell Pond on the flank of Blue Mountain in the Blue Mountain Wild Forest. We will spend the night at the Tirrell Pond leanto on the north shore of Tirrell Pond. Rumor has it that there is a beautiful sandy beach nearby the leanto. Trip size is limited to 8 participants. Bug nets and bug dope are advisable. Inclement weather will cancel. Call leader for details and to confirm gear requirements.

9207 Chaumont Barrens Wildflower Hike
Sat, May 24 10:00 AM

Meeting Place: Camping World (old Gander RV) (Cicero)
Hike Rating: Level 1 C, Easy, 2 miles
Est Hike Time: ~ 3 hours
R/T Drive: 150 miles
Map(s): DeLorme p. 25
Leader(s): Kathy Disque 315-656-3383
kathydisque@yahoo.com, Theresa Evans 315-414-0431 tj_evans@verizon.com
Hike the unique Alvar landscape at this Nature Conservancy property in Jefferson County. There are many unusual flowers that bloom in this area. The orchids and prairie smoke should be blooming at this time. We will hike slowly with many opportunities to explore the area and take pictures.

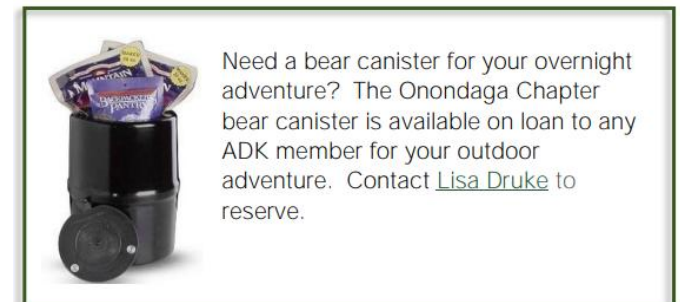
9208 DeRuyter State Forest Reroute
Sat, May 24 10:00 AM

Meeting Place: Contact Leader for location
Hike Rating: Level 1 C, Easy, 2 miles
Est Hike Time: 6 hours
Long Distance Trail: FLT, NCT100
Map(s): DeLorme p. 61, FLT O2

Leader(s): Harold Kyle (harold@cnyhikes.com)
Not everyone enjoys the muddy Slip-n-Slide between Tromp Rd and Stanton Rd in DeRuyter State Forest, so we are rerouting the trail to drier land. No experience is necessary, and we'll provide the tools. This area is slippery and has uneven footing, so make sure to wear sturdy footwear. We'll work until the mid-afternoon. Bring pair of work gloves, water, lunch, and wear appropriate clothing.

9209 Rome Sand Plains Unique Area
Sat, May 31 10:00 AM

Meeting Place: Thruway Exit 34 (Canastota)
Please contact leader to confirm your attendance.
Hike Rating: Level 1 C+, Fairly Easy, 3-5 miles (dependent on which trails we do)
Est Hike Time: 2-4 hours
R/T Drive: 100 miles
Map(s): DeLorme p. 48;
https://dec.ny.gov/sites/default/files/mapromesa_ndplains.pdf or CNY Hiking Website - hiking in Onedia County
Leader(s): Theresa Evans, 315-414-0431 or tj_evans@verizon.net
Join me for a walk on some of the trails in this unique area of Rome. We will start the hike at 7989 W. Thomas St. at Pitch Pine Bog. This is a unique area with oversight of the DEC and funding by the Nature Conservancy. The trail at Pitch Pine is sponsored by Izaak Walton League. This is a bog area and usually is full of spring flowers. Next, we will drive over to the usual trailhead for Wood/Creek/Sand Dune Trails. The lupines should be in bloom. Please call or email leader if plan to attend. There is parking at both Hogsback and W. Thomas St., but is limited. Bring lunch/snack, appropriate footwear and poles, if used.



Need a bear canister for your overnight adventure? The Onondaga Chapter bear canister is available on loan to any ADK member for your outdoor adventure. Contact [Lisa Druke](mailto:Lisa.Druke@adk.org) to reserve.

Mailing Address:

Adirondack Mountain Club
Onondaga Chapter
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Kirkville, NY 13082

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