ADIRONDACK MOUNTAIN CLUB
ONONDAGA CHAPTER

TALK OF THE TRAIL

WINTER 2027
December 2026 – February 2027



Photo by Theresa Parkes. Ice dunes formed on the Lake Ontario shoreline at Sterling Nature Center.

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ADIRONDACK MOUNTAIN CLUB

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Adirondack Mountain Club — Onondaga Chapter

ADK ONONDAGA CHAPTER

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

EXECUTIVE COMMITTEE DIRECTORY

CHAPTER OFFICERS

Chair	Mary Niemi	315.751.7492	m.niemi.adk.on@gmail.com
Vice Chair	Beth Burghardt	315.677.9039	bburghardt+adkon@gmail.com
Secretary	Caroline Mann		carolinemann.adkon@gmail.com
Treasurer	Chris DeVoe	315.396.8335	cdevoe55555@gmail.com
Chapter Advisor	Bruce Holloway	315.760.6620	b.holloway.adk.on@gmail.com
Chapter Advisor	Open		
ADK Trustee	Mike Graser	315.569.2221	mgraser114@yahoo.com

COMMITTEE CHAIRS

Conservation	Kim Putnam	315.317.2350	kimputnam315@gmail.com
Education	Open		
Internet Communications Co-Chairs	Mike Graser	315.569.2221	mgraser114@yahoo.com
	Bob Rosati	315.766.7054	b.rosati.adk.on@gmail.com
Landowner Liaison	Mary Niemi	315.446.6725	m.niemi.adk.on@gmail.com
Membership	Peg Whaley	315.633.0154	pegw1909@gmail.com
Newsletter	Jamie Condon	315.726.3755	newsletter@adk-on.org
Outings	Kathy Campbell	315.427.3917	kathy.al.campbell@gmail.com
Publicity	Open		
Social	Pat Urban	315.420.9382	sabharp@att.net
Trails Chair	Harold Kyle	315.416.4619	trails@adk-on.org

ADDITIONAL POSITIONS

Alternate Trustee	Lisa Druke	315.447.4018	lisadruke@gmail.com
Finger Lake Trails Liaison	Harold Kyle	315.416.4619	harold@cnyhikes.com
NCT Trails Coordinator	Bob Rosati	315.766.7054	b.rosati.adk.on@gmail.com
Pigeon Lake Wilderness Coordinator	Sigi Schwinge	315.437.6906	sigischwinge@aol.com
Statistician	Lauren Wetterhahn	315.221.1214	lwetterhahn@gmail.com
Sunshine / Cheerleader	Mary Dineen	315.424.1284	

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SUBMISSIONS

Submissions for the spring edition accepted until February 1.

Send to: newsletter@adk-on.org

ANNOUNCEMENTS

FRESH TRACKS: WELCOME, NEW MEMBERS!

Eric Bartlett, Rishana Cohen, Stephen Daniels, Erick Erickson, Ruben Garcia, John Hart-Gorman, David Hull, Tyler Jones, Amanda Kingston, Thomas, Myra, Anna & Kira Middleton, Pat Rupert, Lucas, Patricia & Robert Stokes, Louis Therrien, Sean Walsh, Alice Wheatley, Kate Wolfe-Lyga

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/

CHAPTER EMAIL UPDATES

Join our Google Group:
https://groups.google.com
Search for our group name: ADK-On-Email

MEMBERSHIP

1,093	51	21,724
CHAPTER	AFFILIATES	CLUB

MEMBERSHIP UPDATES

To update your mailing address, phone number or email address, email membership@adk.org or call 800-395-8080

Have a family membership? Every member on the account can have their own email address added. Just email membership@adk.org.

TRAIL MAINTENANCE EVENTS

No trail maintenance outings are scheduled this winter. See you on the trails next year!

WHAT'S NEW IN TALK OF THE TRAIL

You'll notice a fresh look. We've updated the design to match ADK's new branding, and made it lighter on ink for those who print it at home. This issue is also going out as an email you can read on your phone, with tappable links and the outings calendar at a glance.

Want it by email instead of in the mail? Sign up at **https://adk-on.org/newsletters**. Past issues are there too. To make sure it reaches your inbox, add info@adk-on.org to your contacts or safe senders list.

We'd love to hear what you think: newsletter@adk-on.org.

– Jamie Condon, Newsletter Editor

GREETINGS FROM THE CHAIR

By Mary Niemi



Mary Niemi, Chapter Chair

It has been a busy year for the Adirondack Mountain Club. The administrative staff issued a revised Outing Leader Guide (OLG) which is to be finalized soon and are now proposing revised bylaws. Chapters throughout the state have provided constructive feedback for changes that were viewed as ill-conceived.

We remain committed to collaborating with the administration and statewide chapters to support the mission of ADK for responsible outdoor education and recreation along with stewardship of public lands. Our chapter has continued to put into practice ADK's mission locally with our trail maintenance projects, invasive-species-themed outings and educational newsletter articles.

We are grateful to live in an area so rich in natural beauty with public and private lands that are open to the public. Take advantage of these hiking opportunities. Share your experiences on our Facebook and Instagram pages and invite your acquaintances to join in on the fun.

VOLUNTEER OPPORTUNITY: EDUCATION CHAIR

Kathy Campbell has graciously accepted the open Outings Chair position replacing Lisa Druke who retired in 2026. The Education Chair is a voting member of the executive committee of the Onondaga chapter with responsibilities to attend all Executive Committee member meetings held the third week of the months of January, February, April, May, September, October and the Spring and Fall Business Meetings held in November and March. The Education Chair organizes education outings such as Intro to Hiking or Snowshoeing and may assist with identifying local leader training classes for Basic First Aid and Wilderness First Aid. Training classes for the public (held at a library or other venue) may include Leave No Trace and other topics related to hiking safely (Leave No Trace Level 1 Instructor Certification required). Please contact Mary Niemi, m.niemi.adk.on@gmail.com, if interested.

VOLUNTEER OPPORTUNITY: PUBLICITY CHAIR

Enjoy connecting our chapter with the wider community? The Executive Committee is looking for a volunteer for Publicity Chair to take over from Theresa Evans. Duties include attending Executive Committee meetings and helping get the word out about what our chapter is doing.

WHAT YOU'LL DO

- Maintain a list of media contacts across Central New York (TV, radio, newspaper, social media)
- Publicize ADK-ON activities that are open to the public, such as new member hikes, Education committee programs, ADK-ON open house, relevant awards presented to members, National Trails Day activities

INTERESTED?

If interested, contact Chapter Chair Mary Niemi at m.niemi.adk.on@gmail.com.

TRAILS REPORT

By Harold Kyle

WHAT HAPPENED IN 2026

It's been a busy year of small reroutes that will improve the hiking on the Finger Lakes Trail. The Chapter recorded 1,880 hours of work from 81 different volunteers, including 23 new volunteers this year. This adds up to 6% more hours than 2025, done by 15 fewer volunteers.

Here is a sampling of projects that trails volunteers helped make happen in 2026:

- Reroute on O2-6 Deruyter Access to use a new easement and parking area obtained. The trail now avoids a 0.25 mile roadwalk on East Lake Road.
- Reroute on O1-12.5 Heiberg East to go south of Pond 1, at the request of SUNY ESF Land Manager Mark Appleby.
- Reroute on O1-13.1 Fellows Loop West to avoid an area of persistent blowdowns.
- Slight adjustment on O1-16 Rowley Hill at Rowley Hill Rd to accommodate a new pedestrian bridge designed by SUNY ESF and built by DEC Operations.
- New trailhead for M22-7 Stage Coach Hill in Mariposa State Forest at Dublin Rd to avoid motorized vehicles on the trail.
- Informative signage during hunting season at trailheads with hunting activity

We gained some new trail stewards in 2026 to help patrol and maintain FLT sections. I'd like to thank Mike Connors, Tera Hecht, Larry MacArthur, Caroline Mann, Dave Reau, Stella Urbanski, and Lola Zinkievich for adopting trails this year. As always, I am seeking any volunteers who are interested in trail maintenance, so please reach out if you're curious what that entails.

WHAT'S PLANNED FOR 2027

There are several trail projects that we're considering for 2027:

- Building a new camping area and possibly a bridge on O2-6 Deruyter Access.
- Puncheons on O1-14 Spruce Pond near Shackham Rd.
- Puncheons on O2-8 Deruyter East between Tromp Rd and Fairbanks Rd.
- Possible reroute near Stoney Brook Rd to avoid a section that is frequently overgrown and subject to blowdowns.
- Possible reroute of O2-2 Highland West to avoid areas with significant ash tree loss.
- Better summertime brush cutting to deal with brambles throughout our entire trail network.

The Finger Lakes Trail has actively been preserving trails in our region. They are in the process of acquiring key parcels to maintain trail access in perpetuity and have also coordinated legal efforts to protect our existing easements. They pay for mapping software that shows the condition of our trails year-round. They are focused on fundraising in 2027 so that they can cover such costs in addition to their new professional staff. Please join or renew your membership with FLTC and consider donating to help their efforts.



Dick Frio and Bob Rosati examine a new puncheon on the Fellows Loop



Jasper Kyle and Lauren Wetterhahn bench new trail in Deruyter



Lauren Wetterhahn blazes new NCT trail in Deruyter



Our newest sawyer lives at the E Lake Rd trailhead in Deruyter

REMEMBERING MARY COFFIN

Memorial pavers at the Adirondack Loj | Thank-you letter from Bill Coffin



Memorial pavers for Mary Coffin, installed in the Phase II area of the Memorial Pathway overlooking Heart Lake.

Bill Coffin thanks everyone who contributed to the memorial pavers honoring his beloved wife, Mary Coffin. They are now installed on the Phase II area of the Memorial Pathway overlooking Heart Lake on the lawn of the Adirondack Loj. He also thanks the many volunteers Mary recruited during her years of NCTA trail building.

A LETTER FROM BILL COFFIN

To the Onondaga ADK Executive Committee

I sincerely appreciate the Mary Coffin memorial placed at the Adirondack Loj by Onondaga ADK. My thanks to those who worked on the project.

Mary's work on trails, outings and conservation was the work of many people, the way she wanted it. The remarkable achievement with the North Country Trail in the Adirondacks and Finger Lakes Trail is the result of many contributing workers and why she left behind the Blue Liner List of nearly 70 ADK hikers.

Attached is a copy. This is compiled from hike reports and special trips. If some names are missing, we want them. A few are from other ADK chapters.

Bill Coffin
October 11, 2026

NCT BLUE LINE PIONEERS

ADK Tracker Hikers, Builders – compiled 10/10/2026

These members and friends helped build the North Country Trail across Central New York and the Adirondacks.

Marie Ateneau
Jon Bowen
Cathy Bowen
Scott Bowen
Bill Brosseau
Anne Brosseau
Chuck Caster
Cathy Chelemi
Joe Cobb
Bill Coffin
Mary Coffin
Sam Curlew
Chris Curlew
Tim Davis
Kathy Disque
Ruth Dorrough
Dan Dorrough
Lisa Druke
Theresa Evans
Dick Frio
Dave Grant
Steve Halleck
Patty Hart
Steve Hayes
Dick Harper
Walt Hayes
Bruce Holloway
Rhonda Hungerford
Lois Judd
Ken Kaufman
Norm Kuchar
Harold Kyle
Wah Lee
Dick Lightcap
Mary McDonald
Bob Michiel
Armond Minuti
Chuck Mitchell
Rhonda Morrison
Mary Niemi
Maria Naple
Ed O'Shea
Mike Ogden
Marilea Ogden
Kim Putnam
Tony Rodriguez
Bob Rosati
Horst Schwinge
Sigi Schwinge
Paul Sirtoli
Rick Slaski
Dan Smith
Diane Stone
Kim Talbott
Kathy Way
Paul Weinstein
Delia Weinstein
Peg Whaley
Pat Whaley
Jenna Weitzel
Joan Young
Pat Zangari

NORTH COUNTRY TRAIL

By Bob Rosati | Black River Wild Forest

FLAGGING THE FUTURE NORTH COUNTRY TRAIL IN THE BLACK RIVER WILD FOREST

The initial segment of the proposed North Country Trail (NCT) route through the Black River Wild Forest (BRWF) is flagged, and the next step is approval from the Department of Environmental Conservation (DEC) to begin construction. On a late August day that began sunny and humid and turned rainy, North Country Trail Association (NCTA) Executive Director Kate Hagner joined Kim Putnam and myself to walk the two-mile section near Forestport, NY, in the Adirondack Park.

We met at the Kayuta Drive-in, left one car at Lyons Camp Road, and drove the other to the Stone Dam Trailhead parking area on North Lake Road. After signing the trail register, we headed down the trail toward Little Woodhull Creek. Just before the creek, pink flagging marks where the future NCT will turn east. The creek provides the first Adirondack Park scenic view to hikers. The current temporary NCT route continues north taking hikers to Old Forge.

Finding this route took years of effort. ADK Onondaga volunteers Jon Bowen and the late Mary Coffin spent many days searching for the best path from the existing trail to the dirt road that provides access to private land in the forest. In 2024, DEC Foresters walked the potential route and suggested moving it north, away from some wetland areas. Jon kept scouting northward, and earlier this year NCTA Regional Trail Coordinator (RTC) Will Brazill jumped in to help. The route as currently flagged stays on high ground, passes several stands of large hemlocks, and offers a nice elevated view of an old beaver pond.

As luck would have it, the rain ended just as we reached the dirt road. We drove up to the end of North Lake so Kate could get a better sense of the area and see where the final NCT is planned. With the weather clearing, we returned to the drive-in, changed into dry clothes, and had dinner.

Over dinner, we discussed the challenges of establishing and maintaining trails in the Adirondack Park due to the amount of process required and remoteness. With the route flagged, the DEC Foresters must agree to it, and a work plan must be approved before any construction can begin. Meanwhile, Will is pursuing funding sources to hire crews who would work alongside our volunteers. Establishing the NCT route through the BRWF, into the North Lake Conservation Easement Tract and finally into the West Canada Lake Wilderness (WCLW) will eliminate approximately 40 miles of road walk. Given the lack of a permanent trail corridor in the easement which is in negotiations between DEC and the current easement landowners, and no Unit Management Plan (UMP) in place in the WCLW, it will be some time before the road walk can be avoided.

The following day, we stopped to see Bill Coffin, who shared the history of the NCT in Central New York and the Adirondacks with Kate, along with some good ideas for maintaining Adirondack trails once they are built. We discussed using a mix of volunteers and hiring crews to conduct periodic sweeps and conduct maintenance as required. Many of the trails are so remote that it requires multi-day overnight backpacking trips to complete the work.

It was a pleasure to host Kate and help her understand the status of the NCT “forever trail”, defined as permanently establishing, protecting, and maintaining the NCT, in New York.



Little Woodhull Creek



Kate on the “trail”



Kate and Bill

HIKING CLOTHES & TICKS

By Kim Putnam | Insect Shield

PROTECTING YOURSELF FROM TICKS: MY EXPERIENCE WITH INSECT SHIELD, A CLOTHING TREATMENT SERVICE

For hikers who spend a lot of time on the trail, treating clothing with permethrin can provide an extra layer of protection against ticks and other biting insects. Insect Shield offers a service that allows you to send in clothing you already own, have it professionally treated with permethrin, and then have it shipped back to you ready for the trail.

HOW IT WORKS

The process is pretty simple. You order an Insect Shield Easy Pack, which is a prepaid shipping pouch. Once it arrives, fill it with eligible clothing and send it back using the included prepaid shipping label. Insect Shield professionally treats the clothing and returns it to you with an Insect Shield identification label sewn into the garment.

There are three basic steps:

1. Order your Easy Pack – Choose how many packs you need.
2. Fill and send it – Pack your eligible clothing and use the included prepaid shipping label.
3. Get your treated clothing back – Insect Shield treats your clothing and ships it back to you.

Each Easy Pack can hold approximately 10–15 lightweight clothing items, although the actual number depends on the size and bulk of the clothing.

WHAT DOES THE TREATMENT PROTECT AGAINST?

The permethrin treatment is designed to repel ticks, mosquitoes, ants, flies, chiggers, and midges. Insect Shield says the treatment can remain effective for up to 70 washings, which is longer-lasting than many do-it-yourself permethrin sprays.

For hikers who spend a lot of time in areas where ticks are a concern, having treated hiking clothes can be another tool to add to your tick-prevention routine.

COST

The current Easy Pack prices are:

- 1 Easy Pack: $124
- 2 Easy Packs: $239
- 3 Easy Packs: $329

After Insect Shield receives your clothing, the company typically treats and ships it back within 5 business days. Shipping time to and from the company is additional.

A FEW THINGS TO KNOW

Not all clothing can be treated. Items that cannot be accepted include shoes, waterproof or water-resistant clothing, terry cloth, and dry-clean-only items. There are additional restrictions, so it is a good idea to check Insect Shield's current list before packing your Easy Pack.

The company also cautions against overfilling the bags, since this could result in damage or loss of items during shipping. The treatment may cause some shrinkage, slightly more than what you might experience with a first wash.

MY EXPERIENCE

I found the Insect Shield process to be **simple and easy from start to finish**. When I ordered the Easy Pack I was able to use a coupon code for a first-time customer. The Easy Pack arrived with everything I needed to send my clothing in, including the prepaid shipping label.

I was able to fit 3 shirts, 8 pairs of pants, and 2 pairs of socks into my 14-by-19-inch bag.

As an extra precaution, I reinforced the edges of my bag with packing tape before sending it back. I wanted to reduce the chance of the bag ripping during shipping, especially since I had packed quite a few items inside.

Insect Shield also provides tracking information, so I could follow my package from the time it was shipped until it was returned.

Another feature I liked is that Insect Shield sews a small Insect Shield label into the treated garments. This makes it easy to tell which clothing has been treated and helps keep track of what still needs to be treated.

Overall, I found it to be a convenient option for having clothing I already own professionally treated. Did it work? This was the first time in years that I did not find one tick! Was it luck or the treated clothes? I can't say for sure but the peace of mind knowing I had an extra layer of protection was well worth the cost.

For hikers looking for an additional layer of protection against ticks and other biting insects, the Easy Pack service is worth considering.

Insect Shield Easy Pack Link

A GIFT OF MEMBERSHIP

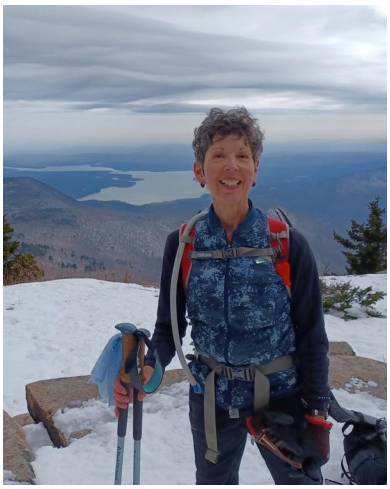
Sigi Schwinge has a one-year gift membership to give to a person who has never been a member before. She hopes you can help her find a deserving person who might stick around for a while.

The offer must be confirmed by the end of 2026.

To suggest someone, contact Sigi Schwinge at sigischwinge@aol.com or 315-437-6906.

HIKE LEADERS

By Kathy Campbell | Attributes of a Good Hike Leader



Kathy Campbell, Outings Chair

The ADK Onondaga Chapter is eager to recruit new hike leaders to broaden the activities offered in our quarterly newsletter. The training requirements are set by the Adirondack Mountain Club organization as defined in the Outing Leader Guide (OLG). While currently under revision, the latest **Outing and Trip Leaders Guide (3.4.2024)** can be reviewed for a basic understanding of the commitment required. If interested in becoming a hike leader, contact Kathy Campbell at kathy.al.campbell@gmail.com.

ATTRIBUTES OF A GOOD HIKE LEADER

Keeps an eye on everyone. A good leader pays attention to how folks are doing, whether they're tired or just not having a great day. Every group has a mix of fast walkers and slower ones, and the leader keeps track of both. They always know where the last hiker is and stays in contact with the sweep.

Knows the trail and comes prepared. Before heading out, a good leader checks the weather, checks the trail condition report (mud, ice, washouts), and gets to know the route. They carry a map, compass, or GPS and knows how to use them.

Lets people know what to expect. A good leader posts a clear hike description ahead of time so people can decide if it's right for them. At the trailhead, they take a minute to go over the plan: how fast you'll go, where you'll stop and regroup, and how long the breaks will be.

Makes the tough calls. Sometimes plans have to change because of a storm rolling in or a trail that's flooded out. A good leader stays calm, looks at the situation, and puts everyone's safety first, even if it means skipping the summit or turning around early. The mountain will still be there the next time.

Makes everyone feel welcome. A good leader sets a friendly, upbeat tone. They take breaks as needed for rest, hydration, and snacks to keep the group together, building camaraderie so that beginners and pros alike want to come back.

PROMOTING HIKING AND TRAILS

By Bob Rosati

Sometimes the best way to find new hikers is to bring the trail to them.

GENESEE VALLEY EXPO

Kim Putnam, Mary Niemi and Diane Bassette Nelson (pictured) and Kathy Campbell, staffed the chapter's table at the ADK Genesee Valley Expo in Mendon Ponds just outside of Rochester in June, talking with attendees about the Finger Lakes Trail and the North Country Trail.

NATIONAL PUBLIC LANDS DAY

I supported this event on September 26 by setting up a table at the REI in Rochester.

National Public Lands Day is the nation's largest single-day volunteer event for public lands, held each year on the fourth Saturday in September. This year, REI provided extra support through the Partnership for the National Trails System to support events on National Scenic and Historic Trails. North Country Trail Association Chapters and Affiliates set up tables at REI stores and hosted hikes and workdays.



The chapter's table at the ADK Genesee Valley Expo in Mendon Ponds, June.



Bob Rosati at the REI table in Rochester on National Public Lands Day, September 26.

GIVE BACK: HELP PROMOTE THE CHAPTER

Looking for a way to give back? We need volunteers to help promote the chapter, the Adirondack Mountain Club, the Finger Lakes Trail and the North Country Trail at events like these. Interested? Contact Bob Rosati at b.rosati.adk.on@gmail.com.

REMEMBERING DICK LIGHTCAP

A REMEMBRANCE BY PAT URBAN

Dick was the first person I met when I started hiking with the ADK Wednesday group. I showed up in Jamesville and didn't know who was with ADK. I knocked on Dick's car window and asked if he knew anything about the hiking group. He welcomed me to the group, and I hiked with Dick, Tony Rodriguez and Ed O'Shea that day. They all assured me it was not an all-male group. Dick drove, and we went to the hike one way and came back a different way. This happened on several hikes. I thought I would never find my way back with all the routes we took. However, each ride with Dick was a history lesson. Dick was a remarkable, kind, caring man. He will be missed.

– Pat Urban

A MEMORY FROM SIGI SCHWINGE

When Dick was still leading local hikes and driving a carpool, on the way to a FLT trailhead we came to a crossroad and he turned left. We said, "Shouldn't we have gone right?" He said, "I'm taking you the scenic route."

– Sigi Schwinge

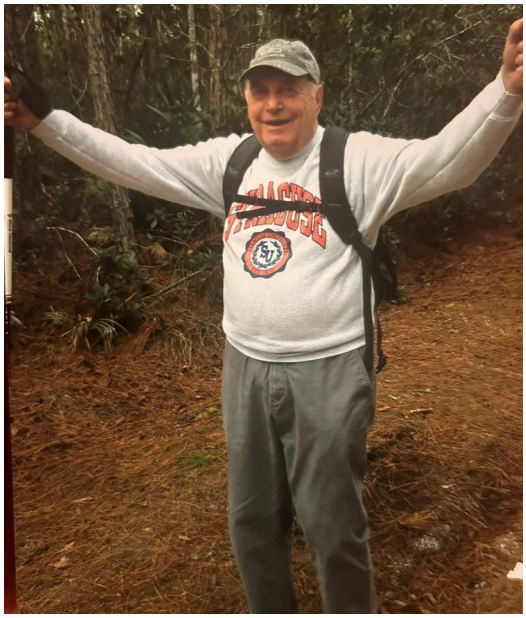
A MEMORY FROM KELLY LIGHTCAP-DALEY

While we were growing up our Dad frequently took us on hikes and connected History with the location whenever relevant. Some of our favorite spots included Chittenango Falls, Green Lakes and the Erie Canal. He especially loved telling us about the history and significance of the canal.

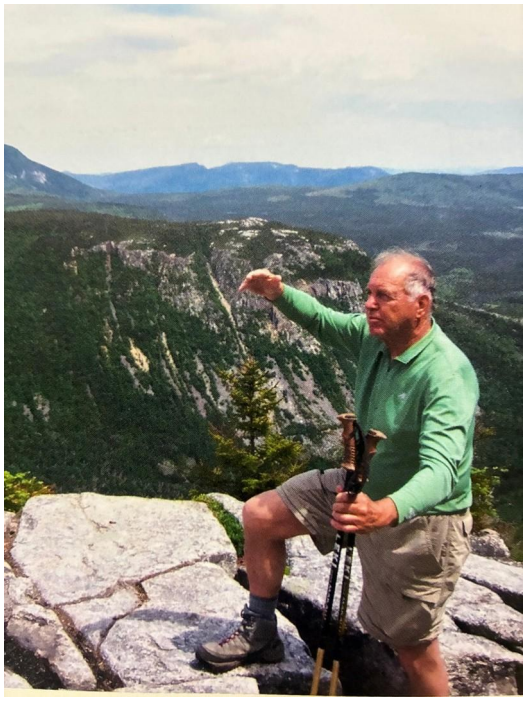
He took all of his grandchildren on hikes, as well- Montezuma, Highland Forest, Labrador Hollow and Baker Schoolhouse Forest to name a few. It instilled in them a love and appreciation for nature early on. He would take along a disposable camera and print pictures for each of the kids as a memory. He loved exploring trails with them...and letting them "lead" the way with a walking stick. Now a few of them are researching hikes to some of the Adirondack High Peaks to follow in "Pop-Pop's" footsteps.

He inspired all of us to take time out of our busy schedules to enjoy hikes with surrounding waterways and listen to the rushing water and the quiet of the woods. We also learned how to plan and research and prepare. There were so many life lessons learned along the way- and we are all so grateful that he shared his passion of the outdoors with us.

– Kelly Lightcap-Daley, Dick's daughter



Dick Lightcap



Dick Lightcap, White Mountains, 2007

"Each ride with Dick was a history lesson."

– Pat Urban

ADK WINTER OUTING 2027

Hosted by the Black River Chapter

SAVE THE DATE

FEBRUARY 26–28, 2027

Massawepie Scout Camp, Tupper Lake, NY

Snowshoeing, cross-country skiing and a brand-new camp: mark your calendar for February 26–28!

WHEN	WHERE	HOSTED BY
Friday–Sunday Feb 26–28, 2027	**Massawepie Scout Camp** Tupper Lake, NY	**Black River Chapter** Adirondack Mountain Club

WHAT'S PLANNED

- Guided and self-led snowshoeing and cross-country skiing
- Winter skills sessions on navigation, layering and cold-weather safety
- Evenings around the woodstove
- Nature walks and photography

LODGING

Indoor lodging will be available in heated camp buildings, with shared spaces for meals and evenings. This is a new venue for the ADK Winter Outing.

REGISTRATION

Registration fees and sign-up information have not been announced yet. A detailed agenda, planned trips, and information about how to register will be posted soon.

QUESTIONS?

Black River Chapter: blackriveradk@gmail.com

MORE INFORMATION

Details and updates are on the ADK event page:
adk.org/programs-events/chapter-events

CHAPTER FALL PICNIC HIGHLIGHTS

By Lisa Druke

Our annual fall picnic was held on a beautiful day in September in Camden, NY at Land O'Pines. A small group enjoyed a nice hike at Forest Park in Camden followed by a delicious bar-b-que lunch. Thanks to our hosts Mark del Pozzo and Mary Dineen for putting on this event.



Mark del Pozzo and Mary Dineen



Bill Coffin and Jenna Weitzel



Theresa Evans and Brenda Veilleux

CALENDAR

December 2026 – February 2027

DATE	OUTING	LEADER
Every Wednesday	Walking Wednesday	Mary Niemi, Bruce Holloway, Dick Frio
Sun, Dec 6	Carpenter Falls via White Trail and Bahar Nature Preserve	Melanie Stevens
Mon, Dec 7	Green Lakes State Park Spruce Ridge Trail	Sigi Schwinge / Theresa Evans
Sat, Dec 19	Middle Settlement Lake Snowshoe	Bob Rosati
Mon, Jan 4	Baltimore Woods Nature Center	Theresa Evans, Sigi Schwinge
Sat, Jan 9	Stoney Pond Snowshoe	Sandy Manca
Sat, Jan 16	Cascade Lake Loop Snowshoe	Bob Rosati
Sat, Jan 23	Blue Mountain Fire Tower Snowshoe	Bob Rosati
Sat, Jan 30	Great Bear Recreation Area	Mary Niemi
Mon, Feb 1	Green Lakes Park (Amble or Snowshoe)	Theresa Evans / Sigi Schwinge
Sat, Feb 6	Camillus Unique Forest Snowshoe	Mary Niemi
Sat, Feb 13	Pratts Falls Snowshoe	Mary Niemi
Fri-Sun, Feb 26 - 28	ADK Winter Outing - Massawepie Camp in Tupper Lake	ADK Black River Chapter Host

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

NOTE: Trip Ratings in some cases will not fit precisely into the multiple criteria shown above (e.g., where elevation gain compared to miles or time indicate different levels). In such cases the leader or chapter outings chair may use discretion in assigning a rating. Elevation gain and other data are understood to be estimates. Winter hikes may also imply greater preparedness and safety considerations (not accounted for solely by estimated duration) and should be classified accordingly.

OUTINGS

December 2026 – February 2027

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: The leader will organize carpooling at the meeting location. 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.

Brewerton Park & Ride Lot, 5594 Kathan Rd, Brewerton, NY. For outings to the north. Exit 102 off Rt 81, Head west on Bartell Rd from the 81 off ramp and then immediate right on Kathan Rd (lot is on the right).

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)

9330. Walking Wednesday

Every Wednesday **9:00 AM**

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

Region: Central New York

Rating: Level 1, C+, Fairly Easy, 4-8 miles

Elevation Gain: less than 1000 feet

R/T Drive: 80 miles

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

Leader(s): Mary Niemi, 315-751-7492, m.niemi.adk.on@gmail.com, Bruce Holloway, b.holloway.adk.on@gmail.com, Dick Frio, richardfriood@hotmail.com (for info).

Our Wednesday hikes are informal, and left to the decision of those that show up. The participants decide where to go, based on weather and individual schedules. Unless raining, or bad weather, there is usually someone going. The first Wednesday of each month during spring, summer and fall is usually devoted to trail maintenance. We meet at 9 AM, in front of the Hobby Lobby at the DeWitt Wegmans Park & Ride on Rt 5, carpool and try to leave for our selected location by 9:10. The trails are south of Syracuse, below Rt 80 in general. The Onondaga Trail, FLT, and NCT trails give us a variety to choose from. Things to bring along would be to dress for the terrain/weather, and capable to shed a layer in case you get too warm hiking, water and food (light lunch/snack), and any necessities such as raingear are best carried in a small daypack. Walking/hiking poles might be good for balance on rocks and tree roots we encounter, traction spikes and/or snowshoes taken as needed seasonally. Our group is very flexible and we love to be out in the woods for a nice social hike. Contact leaders if there are any questions, hope to see you on a Wednesday hike.

9331. Carpenter Falls via White Trail and Bahar Nature Preserve

Sun, Dec 6 **9:00 AM**

Meeting Place: DeWitt Wegmans Park & Ride (in front of Hobby Lobby)
Region: Finger Lakes Region
Rating: Level 1, C, Easy, 3.4 miles
Elevation Gain: 413 feet
R/T Drive: 31 miles
Leader(s): Melanie Stevens, msteve39@gmail.com,315-278-2787,
Carpenter Falls and Bahar Nature Preserve sit side by side near Skaneateles Lake, but they offer two different experiences: a dramatic waterfall visit and a quieter walk through the woods. At Carpenter Falls, Bear Swamp Creek drops over a 90-foot Upper Falls into a steep, wooded gorge. A short, accessible boardwalk leads from the parking area to an overlook. There's also a trail with stone steps down the ravine for another view of the falls. We will continue to the lake on White Trail. We will do a side trip to Bahar Nature Preserve to see an old-growth forest. If anyone is interested, we could stop on the return in Skaneateles for the annual Dickens Christmas and do a small stroll in town.

9332. Green Lakes State Park Spruce Ridge Trail

Mon, Dec 7 **1:30 PM**

Meeting Place: Green Lakes State Park, Pierson Rd. parking
The small parking lot is on Pierson Road across from the GLSP golf course, with GPS coordinates 43.05189, -75.95895
Region: Central New York
Rating: Level 1, C, Easy, 2 - 3 miles
Elevation Gain: 250 feet
Map(s): Green Lakes State Park hiking map
Leader(s): Sigi Schwinge, sigischwinge@aol.com, C 716-238-5347, H 315-437-6906, Theresa Evans, tj_evans@verizon.net, 315-414-0431.
We'll walk the "Lollipop" trail and - depending on weather - maybe another loop. Contact the leader if there is snow and to confirm conditions and gear required.

9333. Middle Settlement Lake Snowshoe

Sat, Dec 19 **8:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)
Region: Adirondacks
Rating: Level 1, C+, Fairly Easy, 6.4 miles
Elevation Gain: 491 feet
R/T Drive: 162 miles
Map(s): DeLorme 85, ADK West Central Guide
Leader(s): Bob Rosati, b.rosati.adk.on@gmail.com, 315-766-7054,
We will snowshoe to Middle Settlement Lake and stop at the lean-to for lunch before turning around. Bring snowshoes and micro-spikes, dress in layers, bring food and water. This is a nice beginner snowshoe.

9334. Baltimore Woods Nature Center

Mon, Jan 4 **10:00 AM**

Meeting Place: Baltimore Woods in Marcellus; Note: To carpool from the east side, please contact leaders
Contact leader(s) if to meet on east side
Region: Central New York
Rating: Level 1, C, Easy, 3 - 4 miles
Elevation Gain: Under 500 feet
Map(s): Delorme p.60
Leader(s): Theresa J. Evans, tj_evans@verizon.net,315-414-0431,Sigi Schwinge, sigischwinge@aol.com
We'll pick a few loops in the park to hike or snowshoe and listen to the sounds of nature.
Afterwards, we'll warm up inside, look at the center's offerings and/or relax and mingle. Bring something to drink in and a snack. Please dress for weather conditions and bring appropriate footwear/snowshoes. Our walk-n-talk group hikes every Monday. Find out about other Monday walks from the Sigi or Theresa.

9335. Stoney Pond Snowshoe

Sat, Jan 9 **10:00 AM**

Meeting Place: Cazenovia Lake Parking Lot (near jct Rt 20 & Rt 92)
Region: Central New York
Rating: Level 1, C, Easy, 5 miles
Elevation Gain: 561 feet
R/T Drive: 16 miles
Map(s): Stoney Pond State Forest Map
www.cnyhiking.com/StoneyPondStateForest.htm
Leader(s): Sandy Manca, smank777@aol.com,315-807-9442,
An old favorite of Mary Coffin's, let's snowshoe to the lean-to overlooking the farm lands of Madison County in this "close to home" state forest. If there is a lack of snow, we will hike. Bring lunch. Rain cancels, if in doubt, call the leader to confirm. We will plan to stop at the Blue Canoe for lunch on the way home.

9336. Cascade Lake Loop Snowshoe

Sat, Jan 16 **8:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)
Region: Adirondacks
Rating: Level 1, C+, Fairly Easy, 6 miles
Elevation Gain: 193 feet
R/T Drive: 164 miles
Map(s): Delorme 36, C-2; Nat. Geo. 745
Leader(s): Bob Rosati, b.rosati.adk.on@gmail.com, 315-766-7054.
We'll carpool and head up to the Old Forge area. About halfway on this loop trail, we'll break for lunch and checkout the nearby Cascade Falls which will hopefully be running. On the north side of the lake, we'll be walking through the former Lake Cascade Camp, and we may see some concrete remnants. Hopefully, we'll have good snowshoe conditions! Dress in layers for winter conditions, bring snowshoes and micro-spikes and lunch and water.

9337. Blue Mountain Fire Tower Snowshoe

Sat, Jan 23 **7:30 AM**

Meeting Place: Thruway Exit 34 (Canastota)
Region: Adirondacks
Rating: Level 2, B+, Moderately Strenuous, 4.2 miles
Elevation Gain: 1555 feet
R/T Drive: 260 miles
Map(s): DeLorme 37
Leader(s): Bob Rosati, b.rosati.adk.on@gmail.com, 315-766-7054,
This is a great winter snowshoe. It's a popular trail so it is often broken out. The trailhead is on Route 30/28N just past the Adirondack Experience Museum. The trail heads east and is gradual & moderate for the first mile. The second mile is steeper on rock face and can be icy. There is a fire tower with good views at the 3752 foot summit. Mountaineering style snowshoes recommended. Micro spikes or crampons required. Dress in layers. Be prepared for the summit. It can be cold and windy. Bring food and water.

9338. Great Bear Recreation Area

Sat, Jan 30 **9:30 AM**

Meeting Place: Great Bear Rec. Parking- Rt. 57 and Hawthorne Rd., Phoenix, NY
Region: Central New York
Rating: Level 1, C, Easy, 3 - 5 miles
Elevation Gain: under 500 feet
Map(s): Great Bear Recreation Area trail map
Leader(s): Mary Niemi, m.niemi.adk.on@gmail.com, 315-751-7492,
Join us as we snowshoe on these popular trails near Phoenix and Fulton to start the new year off on a healthy path.

9339. Green Lakes Park (Amble or Snowshoe)

Mon, Feb 1 **10:00 AM**

Meeting Place: Green Lakes State Park west beach parking by bathrooms
N/A
Region: Central New York
Rating: Level 1, C+, Fairly Easy, 3 - 4 miles
Elevation Gain: 200 to 1000 feet dependent on trail
Map(s): Delorme p. 61
Leader(s): Theresa J. Evans, tj_evans@verizon.net,315-414-0431,Sigi Schwinge, sigischwinge@aol.com
We'll pick a loop going up-n-down around the lake(s) according to weather and trail conditions. Please bring water, snack, and appropriate footwear. Monday's walk-n-talk group hikes every Monday in decent weather. Please contact leaders for more info and to join the e-list.

9340. Camillus Unique Forest Snowshoe

Sat, Feb 6 **9:30 AM**

Meeting Location: DEC parking 6119 Thompson Rd., Camillus
Region: Central New York
Rating: Level 1, C, Easy, 3 - 4 miles
Elevation Gain: under 500 feet
Camillus Unique Area trail map
Mary Niemi, m.niemi.adk.on@gmail.com,315-751-7492
We will follow the loop trails through forest and open fields. On clear days, there are nice views of Onondaga Lake. It can be muddy if there is minimal snow cover. Dress for the weather. Bring water, snacks.

9341. Pratts Falls Snowshoe

Sat, Feb 13 **9:30 AM**

Meeting Place: Pratts Falls Parking (in front of gate which is closed in winter)
Region: Central New York
Rating: Level 1, C, Easy, 3 - 5 miles
Elevation Gain: under 500 feet
Map(s): Pratts Falls map
Leader(s): Mary Niemi, m.niemi.adk.on@gmail.com,315-751-7492,
It's always nice to check out the ice formation on the falls each winter after we hike the scenic trails in this pretty county park.

ADK Winter Outing – Massawepie Camp in Tupper Lake

Fri-Sun, Feb 26-28 Save the date for ADK Winter Outing! Hosted by the Black River Chapter, Winter Outing will take place at Massawepie Camp in Tupper Lake on February 26–28, 2027.

A detailed agenda, planned trips, and information about how to register will be posted soon.

ADK Events: adk.org/programs-events/chapter-events

Link to ADK Winter Outing 2027 - Massawepie Camp in Tupper Lake

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