

Outings Spring 2010

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. Non-local outings may involve stopping for dinner.

Hazardous weather or insufficient snow on snowshoe and/or cross-country ski trips may require a change of destination and/or be converted into a regular 'boot' hike.

Leaders and participants are expected to: (1) show respect, cooperation and courtesy to others in the group, and show tolerance toward other people's views; (2) welcome others in a friendly, helpful manner, avoiding conflict and abusive language or behavior, and promote safe and enjoyable events; and (3) reflect ADK's mission at all times.

Transportation: The leader will arrange carpooling. 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

Ratings For Difficulty

<u>Rating</u>	<u>Effort</u>	<u>Elevation Gained (ft)</u>	<u>Miles</u>
E	Easy	≅ Level	< 4
M	Moderate	<1000 or	4 - 7
S	Strenuous	1000-2500 or	7 - 12
VS	Very Strenuous	>2500 or	>12
A	Adirondacks		

Meeting Places

Carpooling is the norm for hikes, backpacks, snowshoe hikes, and ski trips. Participants gather at a meeting place as designated in the outing write-up. Standard meeting places are as follows.

Thruway Exit 34A: For outings to the east and northeast. Park & Ride Lot on the left as you approach the toll plaza from I-481.

Thruway Exit 39: For outings to the west. Park & Ride Lot on the right as you approach the toll plaza as if you are entering the Thruway.

Jamesville: For outings to the southeast. Jamesville Town Square, off north side of NY173 between Jamesville Road and Apulia Road, about halfway back on the right, just before the old train station.

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

Gander Mountain Sports: Cicero. For outings to the north. From NY31 take access road for I-81 N. Gander Mountain in on the right just pass the on-ramp for I-81.

Other Meeting Places: As specified by the leader in the outing write-up.

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Day 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)
-

6737 Walking Wednesday

Every Wednesday

Rating: (E-M)

Leaders: Bill Coffin 687-3589

Every Wednesday some of our members take a hike, work on trails or explore new places in the CNY area. The first Wednesday of each month is devoted to trail maintenance or trail construction if weather permits. The Wednesday hikers welcome new participants. Please call a leader if you have Wednesday free and would like to hike.

6738 Heiberg Forest

Sat. March 6

Rating/Distance: (M) 4 miles

R/T Drive: 19 miles

Maps: DeLorme 61

Leaders: Theresa Evans tj_evans@verizon.net

We'll snowshoe some of the trails in Heiberg Forest visiting two or possibly three of the ponds. If there is little snow we will boot hike.

6739 Beaver Lake Snowshoe

Sun. March 7

Rating/Distance: (E-M) depends upon the group

R/T Drive: N/A

Maps: Beaver Lake Snowshoe Trails

Leader: Gail Opanhoske 342-2228 gopanhoske@yahoo.com

Joint outing with the Greater Syracuse YMCA.

Join us for a snowshoe through the woods at Beaver Lake. Bring a snack and water. If there is no snow, we will walk. Beaver Lake has snowshoes for rent if you do not have your own. Contact leader as bad weather or unsuitable conditions will cancel this trip.

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6740 Snowshoe Florence Woodlands

Sat. March 13

Rating/Distance: (M) 4-6 miles

R/T drive: N/A

Maps: Camden West & Florence, DeLorme 76

Group decision will determine the day's focus after reviewing two choices.

6741 Pancake Breakfast & Hike at Beaver Lake

Sat. March 13

Parking Fee: \$3 per car (to exit)

Rating/Distance: (E-M) 3-5 miles

R/T drive: N/A

Map: Onondaga County Parks

Leader: 424-1284

Join me for a delicious pancake breakfast and then walk some trails here.

6742 NCT Fairbanks Rd. to Smith Rd. Hike

Sun. March 14

Rating/Distance: (E) 3.5 miles

R/T drive: 20 miles

Maps: DeLorme 62, FLTC O2

Leader: Lisa Druke 637-6499

We will hike the North Country Trail from Fairbanks Road, near New Woodstock, to Smith Road on a new section of the NCT completed last year. There are nice views of Cazenovia Lake. We will spot cars. We will snowshoe if there is enough snow.

6743 End of Winter Snowshoe

Fri. March 19

Rating/Distance: (E-M) 3-5 miles

R/T drive: N/A

Maps: DeLorme 76

Casual snowshoe following color coded trail loops around leaders' back acres. Lack of snow cancels outing.

6744 North Country Trail Team Work Hike

Sat. March 20

R/T drive: 5 miles

Leader: Mary Coffin maryccoffin@gmail.com 687-3589

Map: Delorme 62, USGS DeRuyter/New Woodstock

Join us as we construct, maintain and pick up branches delivered by winter on the new FLT/NCT Onondaga Trail extension. Recall that all of the Main FLT west of Cuyler to the PA line and the entire Onondaga Trail are part of the 4,600 mile North Country National Scenic Trail which starts in North Dakota. Bring gloves. We provide tools.

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6745 Link Trail Hike – Canastota to Nelson Rd.

Sun. March 21

Rating/Distance: (E-M) 3-4 miles

R/T Drive: 4 miles

Map: Delorme 76

Leader: Kathy Disque 656-3383

Celebrate the first full day of Spring with a hike through some nice wooded areas and on part of the Lehigh Valley Railroad.

6746 North Country Trail Team Open Meeting and FLT Trail Steward Refresher

Wed. March 24

Leaders: Mary Coffin 687-3589 and Tony Rodriguez

This slide presentation and open ADK-ON NCT Team meeting will review the progress made on the 22-mile FLT/NCT Onondaga Trail extension and 2010 work objectives. Also included is a brief trail construction and maintenance refresher for FLT trail stewards. It will be helpful to existing and potential trail stewards and of interest to all trail maintainers.

6747 Early Spring Hike

Sat. March 27

Rating/Distance: (M) 4 miles

R/T Drive: 40 miles

Maps: DeLorme 61

Leader: Dick Lightcap 637-3737

Like last year, this hike begins in Heiberg Forest, traverses through Kettebail Forest, and descends into Labrador Hollow on the Skyline Trail. The gorge and streams should be running vigorously so expect muddy conditions.

6748 Howland Island

Sun. March 28

Rating/Distance: (M) 5 miles

R/T Drive: 40 miles

Maps: DeLorme 74

Leader: Jon Bowen 638-8749, jkbowen@gmail.com

Hike a loop in this Wildlife Refuge near Port Byron. Bring water and a snack.

6749 Chenango County #1 FLT Butts Road to Searles Road

Thurs. April 1

Rating/Distance: (S) 10.8 miles

R/T Drive: 200 miles

Maps: DeLorme 48, FLTC M-26

Leader: Jon Bowen 638-8749, jkbowen@gmail.com

This series of 7 monthly hikes will traverse the FLT in Chenango County. Some trail work will be completed along the way.

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6750 Middle Settlement Lake Snowshoe or Hike

Sat. April 3

Rating: (M)(A) 7 miles

R/T drive: 150 miles

Map: Delorme 84

Leader: Kim Whitehead 529-5210 or kwhitehead@twcny.rr.com

A lovely isolated lake near Old Forge, New York. We'll try to make it to the lean-to for lunch.

6751 Erie Canal in the Spring #1

Sat. April 3

Rating/Distance: (M) 5.80 miles

Map: Erie Canal State Park Map

Leaders: Marilyn Rees and Ronald Overy 637-0236 or 877-7256

Join us in a walk along the canal. Enjoy the Spring flowers, the gosslings and the company. We will hike from Dewitt to Manlius Center and back. Bring a snack. People with disabilities are welcome. Path is accommodating to most wheel/power chairs. Call for more info.

6752 Taughannock Falls

Sun. April 4

Rating/Distance: (M) 4.3 miles

R/T Drive: 120 miles

Maps: DeLorme 60

Leader: Jon Bowen 638-8749, jkbowen@gmail.com

#6 in our Ithaca area hikes. We'll hike both rim trails as well as the gorge trail to this 215-foot falls.

6753 FLT Stoneybrook Rd to Paradise Hill Rd

Sat. April 10

Rating/Distance: (M) 5.5 miles

R/T Drive: 60 miles

Maps: FLT Map M22

Leader: Peg Whaley 633-0154

Join me for an enjoyable 5.5-mile hike on this section of the FLT south of DeRuyter.

6754 Salmon River Falls

Sat. April 10

Rating/Distance: (E) 1-2 miles

R/T Drive: 20 miles

Map: DeLorme 83

Leader: Gail Opanhoske 342-2228 gopanhoske@yahoo.com

The Salmon River Falls should be spectacular this time of year with the high water we usually have in the Springtime. We will walk the short distance from the parking lot to view the falls on the excellent trail constructed by Oswego County. Additional side trip to the bottom of the falls is also possible depending upon the trail conditions. Contact leader as bad weather or unsuitable conditions will cancel this trip.

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6755 Oswego County Recreation Trail

Sun. April 11

Rating/Distance: (E) 3.5-4 miles

R/T drive: 45 miles

Maps: Oswego County

Leader: 424-1284

We will walk on the Ontario & Western Rail Trail from Route 33 to Route 10 and back. We will finish early so you have time to get ready for tonight's Pot Luck Dinner.

6756 Spring Pot Luck Dinner/Business Meeting

Sun. April 11

Leaders: 424-1284

Bring a dish to pass with serving utensil, your own plate, cup and silverware. We will have our Spring business meeting following dinner, followed by a program presented by Neil Woodworth of ADK. ADK will be bringing their store so bring money if you would like to purchase any ADK Logo merchandise.

6757 North Country Trail Team Work Hike

Sat. April 17

Rating/Distance: (E-M) 3 miles

R/T drive: 5 miles

Leaders: Mary and Bill Coffin 687-3589 maryccoffin@gmail.com

Map: DeLorme 62, USGS DeRuyter/New Woodstock

Join us as we construct/maintain the new trail (FLT and NCT) which extends the existing FLT/Onondaga Trail east of DeRuyter Lake as part of the 4,600 mile North Country National Scenic Trail. Bring work gloves. Tools are provided.

6758 The Eastern Shore of Lake Ontario

Sat. April 17

Rating/Distance: (E) 4 miles

R/T Drive: 120 miles

Map: DeLorme 87

Leader: Dick Lightcap 637-3737

Hike the easy, level trails in the Lakeview and Black Pond Wildlife Management Areas.

6759 Onondaga Lake Park Walk

Sun. April 18

Rating/Distance: (E) 1-5 miles

R/T Drive: N/A

Map: DeLorme 75

Enjoy a Sunday afternoon walk around the lake. Joint outing with ka-na-wa-ke canoe club. Must call to confirm place to meet.

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6760 NCT Cuyler Cemetery to Midlum Hill

Sun. April 18

Rating/Distance: (M) 6.6 miles

R/T drive: 50 miles

Maps: DeLorme 61, FLTC O1

Leader: Lisa Druke 637-6499

We will hike from the Cuyler Cemetery to Midlum Hill and back. This is a hilly trail with ~775 ft ascent and panoramic views on Midlum Hill. Bring a lunch. Call the leader with any questions.

EMS Club Days

Fri. April 22 – Sun. April 24

Show your ADK membership card and save 20% at EMS this weekend.

6761 FLT South of Ithaca

Sat. April 24

Rating/Distance: (M) 6.4 miles

R/T Drive: 110 miles

Maps: Delorme 46, FLT M18

Leaders: Theresa Evans tj_evans@verizon.net

Starting at the junction of Coddington Road and Ridgeway Road southeast of Ithaca, we will walk east, crossing White Church Road, through Shindagin Hollow, past the Shindagin lean-to and finish our hike where the FLT crosses South Road.

6762 Old Fly Marsh/optional Highland Forest

Sun. April 25

Rating/Distance: (E) 2+ miles

R/T Drive: 35 miles

Map: FLT 02, DeLorme 61 B7, Highland Forest Hiking Trails

Leaders: Sigi Schwinge 437-6906 or sigischwinge@aol.com and Gloria Mabie 682-6333

We'll walk along the 1/4 mile of trails in the wildlife refuge marsh to view migrating wetland birds and other wildlife. Bring binoculars and camera, if you wish.

Optional is a 2-mile loop hike from Skyline Lodge in Highland Forest at a moderate pace, possibly in two groups. We'll walk along the Onondaga Trail for a while, then take the northern loop on the Main Trail back to our cars. All trails may be wet and muddy, depending on the weather (bring raingear).

Also bring water and a snack.

6763 Chenango County #2 FLT Searles Road to Route 12

Thurs. April 29

Rating/Distance: (S) 12.8 miles

R/T Drive: 190 miles

Maps: DeLorme 48, FLTC M-26/M-25

Leader: Jon Bowen 638-8749, jkbowen@gmail.com

This series of 7 monthly hikes will traverse the FLT in Chenango County. Some trail work will be completed along the way.

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6764 North Country Trail Team Work Hike

Sat. May 1

Rating/Distance: (E-M) 3-5 miles

R/T drive: 35 miles

Leader: Mary and Bill Coffin 687-3589 maryccoffin@gmail.com

Map: DeLorme 62 & 61, USGS DeRuyter/Fabius

Join us as we construct/maintain the new trail (FLT and NCT) to extend the existing FLT/Onondaga Trail east of DeRuyter Lake as part of the 4,600 mile North Country National Scenic Trail.

6765 Oswegatchie River – Inlet to High Falls and return

Sat. - Sun. May 1 - 2

Rating/Distance: (VS)(A) 14+ miles

R/T Drive: 240 miles

Map: DeLorme 94

Joint outing with the ka-na-wa-ke canoe club. A hard paddle to High Falls the first day, camp overnight, return downstream Sunday. Cold weather paddle and camping. It will be hard work.

6766 Whetstone Gulf

Sun. May 2

Rating/Distance: (M) 4.5 miles

R/T Drive: 145 miles

Maps: DeLorme 84, Whetstone Gulf State Park

Leader: Kathy Bowen 638-8749

We will hike around the rim of this 400-foot deep, 3-mile long gorge on a trail with occasionally steep pitches and outstanding views.

6767 Introductory to Spring Wildflowers

Sat. May 8

Rating/Distance: (E) 2-3 miles

Map: DeLorme 74, Beaver Lake Nature Trails

Leader: 424-1284

This will be an easy walk to find and identify wildflowers at the Nature Center. Please call leader to register.

6768 Cazenovia Gorge Trail

Sun. May 9

Rating/Distance: (E-M) 4-8 miles

R/T Drive: 2 miles

Map: DeLorme 62

Leader: Charlene Zebley 942-5176

Walk on the Lehigh Valley Rail bed along the Chittenango Creek. This is a level hike and distance is optional. Walk a few miles or many miles.

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6769 Presentation: Wildflowers of CNY

Thurs. May 13

Rating/Distance: N/A

R/T drive: N/A

Leader: Mary Coffin 687-3589 maryccoffin@gmail.com

The Mary's will present an informational and interesting slide show on wildflowers of Central New York. Mary will share her vast knowledge of local flora and prepare you for Spring and Summer observations on the trail.

6770 West Mountain Trail Clearing

Sat. May 15

Rating/Distance: (E-S)(A) 5-10 miles

R/T Drive: 200 miles

Maps: DeLorme 86, ADK West Central Guide

Leaders: Sigi & Horst Schwinge 437-6906 Sigi.schwinge@aol.com

We will clear our adopted West Mountain Trail, on the east side of the mountain to the summit, where we can enjoy a nice view of Blue Mountain across Raquette Lake. Walk and work a little or a lot. Please register with leaders.

6771 Exploring the Kopac Trail

Sat. May 15

Rating/Distance: (M) 5 miles

R/T Drive: 104 miles

Maps: DeLorme 62, FLT Map 24

Leader: Dick Lightcap 637-3737

From Bowman Lake State Park (653 acres) past Kopac Pond and Peg & Pat Whaley Pond in the McDonough State Forest (6,772 acres) to the Finger Lakes Trail. We'll also visit the Berry Hill Fire Tower (1,960'). You may need a head net or insect repellent if black flies join us.

6772 James B. Kennedy State Forest – Virgil Mountain Loop

Sun. May 16

Rating/Distance: (M) 4.7 miles

R/T Drive: 85-90 miles

Maps: Delorme 61 & 47. FLT Map 19

Leader: Theresa & Jay Evans tj_evans@verizon.net

A walk that combines the white-blazed Finger Lakes Trail, a spur trail, and the orange-blazed Virgil Trail. This will be a woodland hike. Hopefully, along the way, we will be able to spot and perhaps identify some Spring (early) flowers. The terrain is noted to be rugged. Take a Hike, Rich & Sue Freeman, pg. 184-185. (Note: our pace could be slower to take in the Spring Beauties).

6773 Lakeview Wildlife Area Paddle

Sun. May 16

Rating/Distance: (M-S) 6-8 miles

R/T Drive: 80 miles

Map: DeLorme 87

Cold weather conditions. 6-8 mile paddle on flat water.

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Fri.-Sat. May 21-23 Finger Lakes Trail Conference Spring Weekend and Annual Meeting: Check *Finger Lakes Trail News* or www.fingerlakestrail.org for details

6774 Onondaga Lake Park Walk

Fri. May 21

Rating/Distance: (E) 1-5 miles

R/T Drive: N/A

Map: DeLorme 75

Come and walk off the week's stress with enjoyable company and pleasant views. Joint outing with ka-na-wa-ke canoe club.

6775 Erie Canal in the Spring #2

Sat. May 22

Rating/Distance: (M) 5.70 miles

R/T Drive: N/A

Map: Erie Canal State Park Map

Leader: Marilyn Rees and Ronald Overy 637-0236
or 877-7256

This is the second hike on the canal trail eastbound. We will hike from Manlius Center to Kirkville Road and back. The flowers are just coming up and the carp are busy. Bring your camera and a snack. People with disabilities are welcome. Path is accommodating to most wheel/power chairs. Call for more info.

6776 Link Trail Hike – Carpenter Rd. to Rte 80

Sun. May 23

Rating/Distance: (M) 5 miles

R/T Drive: 25 miles

Map: Delorme 76

Leader: Kathy Disque 656-3383

We'll hike the link trail from Carpenter Road to Route 80 and return. A few years ago we saw a newborn baby fawn next to the trail on this section. Let's keep our eyes open and see what we can find this time.

6777 NCT Adirondack Route #1: Stone Dam Lake, Black River Wild Forest - Day Trip Option

Sat. May 29

Rating: (M-S) (A) 7 miles

R/T drive: 150 miles

Leaders: Mary and Bill Coffin 687-3589
maryccoffin@gmail.com

Maps: Delorme 77, ADK West Central Guide

This day hike is the first in the series of trips on the proposed North Country National Scenic Trail route in the Adirondack Park. We will hike from the trailhead on North Lake Road east of Forestport Station. To Stone Dam Lake. Watch for other hikes in the series in the western Adirondacks.

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6778 NCT Adirondack Route #1B: Stone Dam Lake to Little Woodhull – Backpack Scouting Option Sat.-Sun May 29-30

Rating: (S)(A) not fast paced 14 miles over 2 days

R/T drive: 150 miles

Leaders: Mary Coffin 687-3589

maryccoffin@gmail.com

Maps: Delorme 77, ADK West Central Guide

Carrying overnight packs we will join the day hikers into Stone Dam Lake (3.5 mi.) on marked trail. Then we will continue on bushwacking toward Little Woodhull Lake (2-4 mi) on the proposed North Country Trail Route and make camp along the way. The following morning we will continue to Little Woodhull Lake and follow marked trail (3 mi.) out to spotted car on North Lake Rd. Watch for other scouting trips in the series in the western Adirondacks.

6779 Erie Canal Bike Ride

Sun. May 30

Rating: (M) 15 miles

R/T drive: N/A. We will start our bike ride from the Park & Ride parking lot

Map: Delorme 74

Leader: Kim Whitehead 539-5210 or

kwhitehead@twcny.rr.com

We'll follow the canal towpath from Weedsport to Jordan and back. Hybrid or mountain bike are fine. Bring helmet. Inclement weather (rainy, windy, or cold) cancels, so call leader before noon if the weather looks doubtful.