

ADIRONDACK MOUNTAIN CLUB  
ONONDAGA CHAPTER

TALK OF THE TRAIL  
Spring 2021

*HIGHLIGHTS IN THIS EDITION*

- Report From The Chair
- Education Committee Member Survey
- 2020 Volunteer Awards
- Conservation Committee: ADK Park Facts
- Outings Committee: Outings, Outings, Outings!



Adirondack  
**ADK**  
Mountain Club

# ADK ONONDAGA CHAPTER

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Alternate ADK Advisor/Director	Mike Ogden	315.418.0083	<a href="mailto:mogden317@gmail.com">mogden317@gmail.com</a>

#### ABOUT THE COVER

A trail on the Virgil Mountain Outing on December 8, 2020. Can't you feel the future? Photo courtesy of Marcia Skramko Kelley.

# FROM THE CHAIR, DICK FRIO



We certainly have a great team of dedicated volunteers who continue to guide our chapter despite the adversity of dealing with the pandemic. Our outings leaders, trail maintainers, and committee chairs continue to share their time and experience. Our chapter volunteers contributed thousands of hours in support of ADK mission in 2020.

Congratulations to Rick Bates who was awarded the Trail Master Award in 2020. Rick is a member of our sawyer team and is known to handle an axe better than Paul Bunyan.

Congratulations to Jon Bowen who was recognized for his many years of behind-the-scenes service to our chapter. Jon currently is our ADK Director and chair of the ADK Fall Weekend. He has also served as our statistician for many years.

Liz Herbolt has resigned as newsletter editor and we appreciate her many years of dedicated service. [Jamie Condon](#) will be our new newsletter editor and a voting member of our Executive Committee.

We are excited to have someone as skilled and enthusiastic as Jamie to chair this important committee. We hope you enjoy the new and improved look of Talk of The Trail.

Our Spring Business Meeting will be held on May 8. Our social chair, [Pat Zangari](#), and her committee are planning to reserve an outdoors pavilion that would comply with ADK and NYS COVID precautions. Plans are also being made for a virtual event. Our chapter currently needs a social co-chair. Contact [Dick Frio](#) if you are interested.

Trails chair, [Tony Rodriguez](#), is already preparing for this spring, our busy season for trail maintenance. We have three new trail stewards: Heather Adams (Shackham Brook/Hemlock-Glen Lean-to), Barb Kerker (Labrador Hollow), Kathy Way (Chippewa Falls Spur). We currently maintain 70 miles of trails and four lean-tos. Work statistics in 2020, compiled by Jon Bowen, tallied a total of 80 volunteers, who contributed a total of 1826 workhours. Volunteers are always needed and welcomed. Contact Tony if you are interested.

Our outings chair, [Lisa Druke](#), reports that our outings continue to be well attended. A variety of snowshoes, hikes, backpacks, and paddles are being offered in this edition. New leaders are needed and welcomed. Contact Lisa if you are interested.

Stay safe. *It's your chapter;* so get involved and take a hike.

## STOP THE SPREAD!

### Precautions for Covid-19 Safety

- Carpooling remains suspended.
- Group sizes are limited to 25.
- PPE required. Each participant must have a face mask and hand sanitizer.
- Mask must be worn if social distancing cannot be maintained.

*Wednesday Walkers,  
12/2/2020, Photo Courtesy  
of Dick Frio*



# HIKING SMART! BY JEFF SARGENT



I am asked frequently, by those not even carrying a daypack, why I carry such a large pack? My response grumbled under my breath; “I carry extra gear to take care of those that are unprepared!”

Hiking has inherent risks, with slips and falls being the most common. Disorientation or getting lost is the most frequent call for assistance to forest rangers. A common factor in these requests for assistance – no one thought they would need help that day (it will not happen to me syndrome) and rarely are those in need of rescue prepared with the 10 essentials.

Requests for assistance are not limited to the Adirondacks or large wooded tracks. Green Lakes,

Highland Forest, and Morgan Hill all see their share of incidents too. Rescuers rarely arrive quickly. Often it takes hours to Alert (call for help and have them arrive at the trailhead), Locate, Access, Stabilize and Transport. Do you carry items that keep you alive (or less miserable) until rescuers arrive?

So, what do smart hikers carry in their packs? The 10 essentials!

1. **NAVIGATION AIDS.** Anything that helps prevent disorientation: Map and compass, GPS, a smart phone with mapping App, and the training and experience to use them effectively.
2. **PERSONAL FIRST AID KIT.** Cravats for splinting and bandaging, blister aids, dressings for wound care and bleeding control at a minimum.
3. **FIRE STARTING SYSTEM.** A fire provides warmth, light, and signaling while waiting for help to arrive. Your system must work in inclement weather. A BIC lighter alone is not a system that is reliable.
4. **EXTRA CLOTHING.** Extra layers to limit hypothermia. Especially important if you or your injured party is unable to keep moving to stay warm or have gotten wet. Hat, socks, and extra insulated jacket are highly recommended. (Layering)
5. **EXTRA FOOD.** High energy, high fat foods provide an important energy boost, help maintain body temperature, and are a life saver for someone experiencing hypoglycemia.
6. **EXTRA WATER.** The body needs water for metabolism and generating heat and energy. Especially in cooler weather and in the absence of thirst, we need to remember to hydrate.
7. **SHELTER.** A tarp, heavy garbage bag, heavy emergency blanket, bivy, bothy bag etc. Anything to protect us from wind and precipitation.
8. **EMERGENCY ITEMS.** A length of duct tape, cordage such as “550” cord, a knife or multi tool, signaling, whistle.
9. **LIGHT SOURCE.** Important for that unexpected overnight or that delayed return to the trailhead.
10. **GEAR AND PROTECTION FROM THE ELEMENTS.** Sunscreen and glasses, especially in winter for snow glare. Insect repellent in season, (ticks are a major hazard while hiking). Snowshoes, skis, and traction aids for winter excursions.

I like to add 2 additional items:

**COMMUNICATION.** A phone if you are in an area with cell service or a personal locator beacon (PLB) that uses satellites to Alert and Locate (Spot or InReach are examples).

**TRAINING.** Carrying this stuff is meaningless if you have not learned how to use them!

The items listed do not have to be that bulky or heavy. I am not suggesting you need to carry a massive backpack for a simple day hike, but I do recommend always carrying the 10 essentials in a daypack. No one expects to have an accident. If the unexpected does occur to you or your hiking partner, these items are essential for “working the problem” and “embracing the suck”. Hike Safely!

# ADIRONDACK PARK FACTS BY MARY COFFIN

We all enjoy hiking and camping in the Adirondacks, an incredibly special place which is protected by Article XIV of our New York State Constitution. Here are some interesting statistics about the 6 million acre Adirondack Park we all love.

## The Adirondack Park:

- was created in 1892.
- is the largest [boreal forest](#) in the world.
- is the largest protected wilderness, with 9,000 square miles in the eastern US.
- is the “Highland” area between the Black River Valley and Lake Champlain.
- is part of the [Canadian Shield](#).
- is comprised of
  - About 3.1 million areas privately owned
  - About 2.8 million acres of publicly owned Forest Preserve
  - About 0.7 million acres of water
- includes 2,000 miles of trails including the 132 mile Northville-Placid Trail and the 160 mile North Country National Scenic Trail currently under construction.
- includes 11,000 lakes and ponds
- includes 30,000 miles of rivers and brooks, including the Hudson, Raquette, Sacandaga, Moose, Black, Saranac rivers and others totaling 14 major rivers.
- has 47 mountains over 4,000 ft.
- has 2 mountains over 5,000 feet: Algonquin at 5,115 feet and Marcy at 5,344 feet.
- has over 40 dams impounding water.
- had 57 original fire towers, 34 of which still exist.
- has over 5,000 miles of public roads. This is very few roads for the size.
- is home to 105 towns, villages and hamlets.
- hosts 7+ million tourists annually.
- is a one-day drive from home for 60 million people.
- is home of the natively reproducing heritage [Brook Trout](#), which serves as the NY State Fish.

*Part One of a Series, Sources: Miscellaneous websites, The Adirondack Atlas*





I am honored and excited to be the new Newsletter Editor for the Onondaga Chapter! Thanks to Dick Frio and the Executive Leadership Team for allowing me the opportunity to serve. I am looking forward to leveraging my technical skills along with my love of the

written word to give back to this organization that has given me so much over the past 10 years.

Building upon the work begun by Liz Herboldt, Bob Rosati and Mike Graser I have attempted to make this edition more digital friendly. In addition to color and pictures, you will find this edition littered with relevant clickable links including links to quickly email someone or take you to a mentioned web page. To make the newsletter more readable the links are purposely not spelled out. Underlined text indicates a link is available. For our members who receive the print edition, if you are looking to navigate to a link, you can do so by first navigating to the digital edition via the link on the back page of this newsletter. From that digital edition you will be able to click on the links. Soon we will have a newsletter archive available on our [website](#).

Together, let's make this Newsletter, *Talk of the Trail*, earn its name! Do you have a story you would like to share about an outing, trail maintenance event, personal experience in the great outdoors, a trip that you went on or another newsworthy event? Consider sending me a report for publication. Maybe you just have a really cool picture you took on an outing or trail maintenance job. I would love to publish it. [Email me!](#) I will be eagerly awaiting your submissions. 😊 You may also find your posts to our [Facebook Group](#) shared here in *Talk of the Trail*.

I look forward to seeing you on a future hike!

Jamie Condon

*PS: A special thank you to Jerry Smith and Chris Kotula for applying their proofreading skills to this newsletter!*

## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Steven & Heidi Axtell, Jacqueline & Stephen Beville, Samantha Bonnet, Eva Briggs, Charles Coon, Michael P. Daly, Benjamin Heckethorn, Cheryl Kardjian, Timothy McCall, Austin Patton, Ronald Preble, Warren Salo & Michaela Carnegie, Crystal & Jesse Weigand, Cindy Wild, Ronald & Margaret Woodruff, Robert Buzzelli, Tyler Desantis, Tom & Jan Fairhurst, Wendy Jensen & Harold Burgos, Mark Parrish, Robin Landers-Pignatti & Augustus Pignatti, Andrew Ross, Kristen Lindsay & Sriharsha Gowtham, Paul Weiskotten, Monica & Bill Austin, Sue & Tim Bingham, Mark & Liz Bremer, Robert Calnon, Ashley Czerkas Hundal, Jon & Antoinett Dufort, Rebecca & Laurel Flanagan, Julia Galipeau & Katheryn Dunn, Kevin Harper, Scott & Heather Taylor, Daniel Thompson, David & Michelle Ulm, Sheila Weed & Wayne Lavine, Brian Wood, Christopher & Angela Wratney, Zachary Zajdel

The ADK Onondaga Chapter now boasts a total of 1,444 members and 6 affiliate memberships. That is an increase of 26 members since November and a decrease of 2 affiliates. Adirondack Mountain Club overall membership stands at 28,254.

## MEMBER ACHIEVEMENTS

### CHALLENGES COMPLETED

46ER  
Barb Kerker  
Sam Curlew

LONG PATH  
Jeff Sargent

FIRE TOWER CHALLENGE  
Kathleen Way

CRANBERRY 50  
Jeff Sargent

FLT BRANCH TRAILS  
Jeff Sargent

# 2020 CHAPTER AWARDS



## 2020 TRAIL MASTER OF THE YEAR – RICK BATES

Since joining the Onondaga Chapter in 2014 Rick has been a volunteer who is making a difference on the trails we walk, markers we rely on and the lean-tos we rest our weary bodies in. Tony Rodriguez, Trails Committee Chair, says Rick is always ready to help when trail work is needed and has consistently contributed a significant number of hours in both routine trail work and major projects. Some major projects Rick has worked on include the construction of the Bucks Brook SF lean-to and renovations to the Hemlock Glen lean-to. Considered the Paul Bunyan of the trail maintenance crew for his proficiency with an axe, it is not uncommon for Rick to be tapped on the shoulder by a fellow volunteer when major axe work is needed in cutting and clearing downed trees. He has also been in the forefront to assist in establishing, clearing, and blazing necessary trail reroutes resulting from a couple of trail section closures. Rick, along with his maintenance partner, John Vormwald, completed re-blazing several miles of faded and missing blazes, in particular sections of Onondaga 1 and 2. Rick enjoys the work and says he finds satisfaction in being a part of the trails crew which by all accounts does an amazing job. When he is not busy wielding his axe and building lean-tos, Rick also volunteers for Habitat for Humanity.



## 2020 BEHIND THE SCENES/STATS AWARD – JON BOWEN

If you have been involved in any great outdoors club in New York State, you have been impacted by Jon Bowen's work. Jon's been an active member with our Chapter for 30 years during which time he has held many positions including Chapter Chair, Vice Chair, Advisor, ADK Director, Hike & Paddle Leader and Trail Steward. Most recently Jon has been the Onondaga Chapter's Statistician. The Statistician, in case you did not know it, performs the tireless tracking of the numbers of hikes members have been on, numbers of hikes that leaders have led, hours that trail stewards spend on their trail section, NCT volunteer hours and many more data points. Jon currently serves on our Chapter's Executive Committee as ADK Director and is the Chair of the [2021 ADK Fall Weekend](#). In addition to working for the Onondaga ADK Chapter, Jon has led many Adventure Travel Trips in the US and Ireland and been a member of the Heart Lake Property Committee as well as an active member of the Finger Lakes Trail Conference and North Country Trail Association. Jon is also a trained musician and enjoys performing with the Striking Strings Hammered Dulcimer Ensemble! A big THANK YOU to Jon for all his contributions that make it possible for the rest of us to enjoy the perks of being a Chapter Member.

IF YOU RUN ACROSS EITHER OF THESE GUYS GIVE THEM A BIG PAT ON THE BACK (FROM SIX FEET AWAY OF COURSE) AND THANK THEM FOR THEIR CONTRIBUTIONS TO OUR CHAPTER!

# OUTINGS SPOTLIGHT

## UPCOMING OUTING – CHAUMONT BARRENS, MAY 29<sup>TH</sup>

HOSTED BY KATHY DISQUE

For all of our botany fans and wanna be botany fans, on May 29<sup>th</sup> we will be making our annual pilgrimage to [Chaumont Barrens](#) for a wildflower hike. This Nature Conservancy Preserve, in Jefferson County, has unusual wildflowers that bloom in late May or early June. Bring your camera!



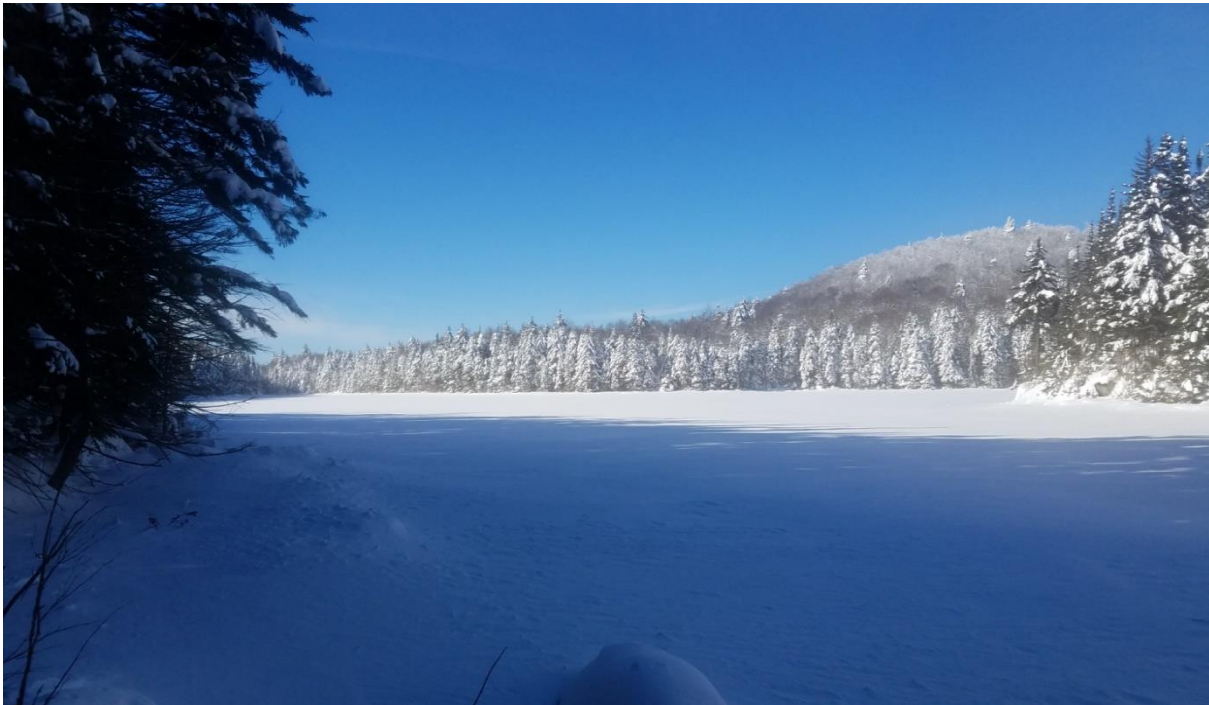
*Yellow Lady Slipper Orchids*



*Prairie Smoke*

## OUTING REPORT – T LAKE, JANUARY 24<sup>TH</sup>, BY LISA DRUKE

Leaders: Lisa Druke and Sandy Manca



The T Lake snowshoe began on a crisp, Sunday morning with 5-degree temperatures. We did not meet our objective last year because the snow was so deep, so, we were all relieved, when we saw that the trail was broken in by others before us. The elevation gain in the first mile was ~600' and our group of eight quickly spread out in groups of 2 and

3 as we paced ourselves to keep our body temperatures just right. A woodpecker persistently worked at a dead tree; otherwise it was a very quiet snowshoe to T Lake. We were greeted with blue skies and sun and beautiful treetops covered with snow that reminded me of a scene in a Christmas globe. Thanks to all for a memorable hike to T Lake: Jerry Smith, Chris Kotula, Dick Frio, Sandy Manca, Nancy Morey, Colleen Armani, Kathy Way and myself.



Setting goals can be fun and motivating. Getting a friend in on the action can add another layer of enjoyment and challenge to the goal. This year how about trying a hiking challenge? There is something for everyone. Whether you opt for the grueling and rewarding [ADK 46er](#) goal or something slightly milder, get out there and get involved! Here's information on two popular challenges that are often referenced in our Outings.

## NORTH COUNTRY TRAIL - HIKE 100 CHALLENGE



For the sixth year in a row the North Country Trail Association is challenging YOU to hike 100 miles of the North Country Trail during the 2021 calendar year. Whether you walk, run, skip, dance, snowshoe, ski, backpack or day hike, log 100 miles by foot on the North Country Trail and you have completed the 2021 challenge! With over 4,700 trail miles you are sure to discover new favorite hikes along the way. Or you can hike your favorite NCT mile a hundred times!

Do it alone or get a group together and get social with distance! Fido can get in on the fun as well and earn a collar tag for his or her achievement. Have children? Don't leave them out either! Get your kids involved in learning to love the outdoors and develop healthy interests that will stay with them throughout their lifetime.

Look at our outings with the NCT notation for our events that traverse the North Country Trail and qualify toward the Hike 100 Challenge. Please remember to ask your outing leader before bringing Fido.

Though you don't have to sign up ahead of time to qualify for the patch and bragging rights, doing so offers some perks! Sign up as early as possible in your quest to get in on exclusive resources and monthly giveaways by the NCTA.

Visit the North Country Trail Association [website](#) for more information and to join the challenge.

## FINGERLAKES TRAIL – FLT50



The FLT50 hiking challenge is back in 2021 for its second year as well. The idea is this: hike, walk or run 50 miles of the Fingerlakes Trail System in 2021. Keep track of your mileage including date, location and miles. Once you hit 50 miles submit the log to the FLT50 folks via email or fax. Completing the challenge earns you a FLT50 patch, sticker and certificate. To encourage participation in these unusual times the FLT will allow mileage from any outdoor hike during the first three months of 2021 to count towards your 50.

For you overachievers out there, put in 50 miles *each month* for any six months and you'll earn yourself a little extra FLT50 swag as well!

The Fingerlakes Trail System covers 992 of the most beautiful miles in Western New York State. It's a great opportunity to get to know all the little nooks and crannies that the Fingerlakes Region has to offer. Why not make a point to visit a new town in the Fingerlakes region before or after your hike and get a feel for the local vibe and enjoy a treat at a local joint that was probably hit hard financially in 2020? Help the rest of us with our planning, share your finds with us on our [Facebook Group](#)!

As with the NCT100, our outings that qualify for this patch will be noted with FLT50 in the description. Visit the Finger Lakes Trail [website](#) for more details and to register for the challenge.

### CHALLENGE DIRECTORY

<a href="#">ADK 46er</a>	<a href="#">ADK-9</a>	<a href="#">Fire Tower Challenge</a>	<a href="#">Fulton Chain Trifecta</a>	<a href="#">NCT Hike 100</a>
<a href="#">ADK 6 Pack</a>	<a href="#">Cranberry Lake 50</a>	<a href="#">FLT 50</a>	<a href="#">Lake George 12ster</a>	<a href="#">Saranac Lake 6er</a>

What challenge did we miss? [Email](#) the Editor so we can add it to our directory.

# ANNOUNCEMENTS

## THE EDUCATION COMMITTEE NEEDS YOUR HELP!

Help us help you! Please take this [three-minute survey](#) and let us know what training topics you might be interested in!

## SOCIAL CO-CHAIR OPPORTUNITY

We are currently seeking a co-chair for our Social Committee. Have you always wanted to get involved with the Adirondack Mountain Club but didn't know how? Do you have a knack for planning and enjoy the outdoor lifestyle? Can you see yourself planning social events and enjoying a more active role in the Chapter? We could use your help! Contact [Dick Frio](#) for more information.

## SAVE THE DATE!

### SPRING BUSINESS MEETING

MAY 8, 2021

LOCATION: TBD

Join us at the Spring Business Meeting to hear from Chapter Leaders and get in on the know. At this time, we are not sure if this will be an in-person meeting or Zoom meeting. Either way we hope to see you there. Keep tabs on the status by checking our [website](#).

## SAVE THE DATE!

### ADK FALL OUTING SEPTEMBER 24-26, 2021

The Onondaga Chapter will be hosting the ADK Fall Outing in Old Forge at the George T Hildebrant Recreation Center. Join us for hiking, paddling, biking and mountain biking. Our outings will feature hiking in old growth forests, mountain biking on professionally built trails at [McCauley Mountain](#), climbing fire towers that are part of the [ADK Challenge](#), and paddling on the Moose River and several lakes. We will also enjoy catered evening meals and programs. Check our [website](#) for additional details as they become available!



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](#) to reserve.

## FIND US ONLINE, REACH OUT AND GET SOCIAL!

Web Site: <https://adk-on.org>

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

Email: Join our Google Group to receive emailed chapter updates. Go to: <https://groups.google.com>  
Search for our Group Name: ADK-On-Email

Update your address, phone number or email address, email [membership@adk.org](mailto:membership@adk.org) or call 800-395-8080

# CALENDAR OF EVENTS

Date	Day	Outing	Leader
Repeating	Wed	Walking Wednesdays	S.Schwinge/M. Niemi
Mar. 1	Mon	Erie Canal & Green Lakes Loop	S. Schwinge
Mar. 4	Thur.	Introduction to Backpacking	J. Sargent
Mar. 6	Sat	Moss, Bubbs & Sis Snowshoe	S. Manca
Mar. 7	Sun	Nelson Swamp Unique Area Snowshoe, NCT100	L. Druke
Mar. 13	Sat	Map & Compass Basics	J. Sargent
Mar. 14	Sun	Fellows Hill Loop, NCT100/FLT50	M. Niemi
Mar. 20	Sat	Creek Walk to Onondaga Lake	B. & M. Coffin
Mar. 27	Sat	Gorge Trail (Freber Rd to Bingley Rd), NCT100	L. Druke
Mar. 28	Sun	Cayuga Trail Eastern Section: Ithaca	A. Furze
Apr 3	Sat	Onondaga Lake-West Shore Trail Extension	M. Niemi
Apr 5	Mon	Highland Forest Loop, FLT 50	S. Schwinge
Apr 10	Sat	Moxham Mountain	D. Frio
Apr 11	Sun	Dam Road to Tromp Rd, NCT100/FLT50	L. Druke
Apr 17	Sat	Link Trail Mt. Pleasant to Nelson Rd, NCT100	K. Disque
Apr 18	Sun	Onondaga Lake Park	B. Veilleux
Apr 24	Sat	Inspect Highland Forest, NCT100/FLT50	M. Coffin
Apr 24-25	Sat-Sun	Chub Pond Backpack	J. Bristol
Apr 25	Sun	Skaneateles – Go Fingerlakes Preserve	T. Evans
May 1	Sat	Cayuga Trail Western Section: Ithaca	A. Furze
May 2	Sun	Baltimore Woods Nature Center	K. Kaufman
May 3	Mon	Skyline Trail Heiberg, FLT50	S. Schwinge
May 3	Mon	Millsite Lake	J. Smith
May 7	Fri	Onondaga Lake Park	B. Veilleux
May 8	Sat	Spring Gathering / Business Meeting	P. Zangari
May 9	Sun	Cowles Settlement Rd to Highland, NCT100/FLT50	P. Whaley
May 12	Wed	Highland Park – Lilac Walk	J. Smith
May 15	Sat	Little Woodhull Trail Clearing, BRWF, NCT100	M. Coffin
May 21	Fri	Kayaking Seneca River	J. Smith
May 22	Sat	FLT Maintenance Hike	T. Rodriguez
May 22-23	Sat-Sun	Sand Lake Backpack (via North Lake Rd)	J. Bristol
May 23	Sun	Howland Island Hike	M. Niemi
May 27	Thur.	Paddle South Sandy Creek	D. Frio
May 29	Sat	Chaumont Barrens	K. Disque
May 30	Sun	Rome Sand Plains Unique Area	T. Evans

# OUTINGS SPRING 2021

## 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:** Carpooling is temporarily suspended during Covid-19. Members from the same household may ride together.

**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.

## RATINGS FOR DIFFICULTY

Rating	Effort	Elevation Gained (ft)	Miles
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

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 on the left as you approach the toll plaza from N. Peterboro St (Canastota).

Thruway Exit 39: For outings to the west. 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 Wegman's 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 on the east side of South Salina Street across from Green Hills market, just south of the Syracuse city line.

Gander Outdoors Cicero, NY. For outings to the north. From NY 31, take the access road for I-81 N. Gander Outdoors 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

# OUTINGS SPRING 2021

## June 1, 2020 Covid-19 Reopening Guidelines (Stop the Spread):

**Notice: All participants including persons vaccinated to prevent Covid-19, must continue to follow the safety guidelines. Thank you.**

### Outing Safety Guidelines:

1. Trip leader screening – Are you feeling well today? Do you have your PPE?
2. Group size less than 25
3. No carpooling for now
4. PPE required – Each group member must carry mask and soap/hand sanitizer; generally, must use the mask if social distancing cannot be maintained

## **8690 Erie Canal and Green Lakes Loop Mon. Mar. 1 9:00 AM**

Meeting Place: Rt. 290/Minoa Rd. Canal parking lot in Manlius Center

Rating/Distance: (M) 5 miles, or turn back on the canal

Map(s): DeLorme 61

Leader(s): Sigi Schwinge 315-437-6906,  
[sigischwinge@aol.com](mailto:sigischwinge@aol.com)

We start along the canal, where you can turn back any time, cross the bridge to Green Lakes and return via the Quarry Trail.

## **8691 Walking Wednesday Every Wednesday 9:00 AM**

Meeting Place: Dewitt Wegman's Park & Ride  
Rating: (E-M)

Leader(s): Mary Niemi 315-751-7492  
[maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com) and Sigi Schwinge 315-437-6906, [sigischwinge@aol.com](mailto:sigischwinge@aol.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.

## **8692 Introduction to Backpacking (ZOOM) Thur. Mar. 4 7:00 – 9:00 PM**

Meeting Place: ZOOM Meeting

Leader(s): Jeff Sargent, [sargentjj@netzero.com](mailto:sargentjj@netzero.com) for invite.

Discussion and demonstrations to prepare hikers for backpacking trips. Topics will include gear selection, navigation and trip guides, physical preparations, food selection and storage, water purification and Leave No Trace principles. Please contact leader for an invite to the zoom meeting.

## **8693 Moss, Bubb & Sis Snowshoe Sat. Mar 6. 8:30 AM**

Meeting Place: Canastota Thruway 34

Rating/Distance: (A) (M) 5 miles

R/T Drive: 180 miles

Map(s): DeLorme 36

Leader(s): Sandy Manca, 315-807-9442

Will there still be snow? We will plan to hike/snowshoe to Bubb and Sis, returning on Moss Lake. Given the time of year microspikes may be appropriate. Bring lunch and water. Inclement weather cancels.

## **8694 Nelson Swamp Unique Area Snowshoe NCT100**

**Sun Mar 7 10:00 AM**

Meeting Place: Caz Lake Rt. 20 Parking Lot

Rating/Distance: (E) 4 miles

R/T Drive: 6 miles

Map(s): DeLorme 61

Leader(s): Lisa Druke 315-447-4018,  
[ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com)

Enjoy a leisurely snowshoe (or hike if no snow) on an old rail-trail near Cazenovia. Bring snacks and water. Call leader to confirm conditions.

# OUTINGS SPRING 2021

## **8695 Map & Compass Basics**

**Sat. Mar. 13 9:00 AM – 4:00 PM**

Meeting Place: Contact Leader

Map(s): DeLorme 61

Leader(s): Jeff Sargent, [sargentjj@netzero.com](mailto:sargentjj@netzero.com)

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

Maps will be provided but attendees should bring their own compass and GPS (GPS not required, bring it if you have one).

Class size is limited; so please contact leader if you would like to attend. This class will be outside and under cover, but participants must have masks. Hand washing station is available.

## **8696 Fellows Hill Loop (NCT100/FLT50)**

**Sun. Mar 14 9:30 AM**

Meeting Place: Herlihy Rd. shoulder parking near snow plow turn-around.

Rating/Distance: (M) 3.5 miles

Map(s): DeLorme 61, FLT 01

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

We will snowshoe or hike this loop in Morgan Hill State Forest. Bring water, snack/lunch.

## **8697 Creek Walk to Onondaga Lake**

**Sat. Mar 20 10:00 AM**

Meeting Place: Kirkpatrick St. Inner Harbor Parking Lot, Syracuse

Rating/Distance: (M) 3-5 miles

Map(s): DeLorme 60

Leader(s): Bill & Mary Coffin, 315-687-3589

[maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)

We will hike to Onondaga Lake and check out the eagles and waterfowl and return with the option of also hiking through Franklin Square to a turn-around time and back.

## **8698 Gorge Trail – Freber to Bingley (NCT100)**

**Sat. Mar 27 12:00 PM**

Meeting Place: Cazenovia Lake Lot

Rating/Distance: (M) 5.4 miles

R/T Drive: 16 miles

Map(s): DeLorme 62

Leader(s): Lisa Druke 315-447-4018

[ldruke@twcnny.rr.com](mailto:ldruke@twcnny.rr.com)

Join me for an early spring walk on the Gorge trail hiking from the Freber Rd parking area to Bingley Rd and return. The trail has gorges and is part of the NCNST. Bring water and a snack.

## **8699 Cayuga Trail Eastern Section: Ithaca**

**Sun. Mar 28 9:00 AM**

Meeting Place: contact leader

Rating/Distance: (M) 8 miles

R/T Drive 100 miles

Map(s): DeLorme 76, Cayuga Trails Club

Leader(s): Ann Furze 315-263-6719 ( call/text)

[annfurze49@gmail.com](mailto:annfurze49@gmail.com)

Hike this rolling wooded and open trail that follows Fall Creek from the Cornell campus Flat Rock to Rt. 13, returning on the opposite side of the creek. Bring water, snack & lunch. Please contact leader for details and participation.

## **8700 Onondaga Lake-West Shore Trail**

### **Extension**

**Sat. Apr 3**

**9:30 AM**

Meeting Place: Long Branch parking for West Shore - North Entrance

Rating/Distance: 10.5 miles

Map(s): DeLorme 60, Onondaga Park Map

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

We will walk the West Shore Trail from Long Branch to the new bridge in the Harbor Brook Area and back. Bring water, lunch.

# OUTINGS SPRING 2021

## **8701 Highland Forest Loop (FLT50) Mon. Apr 5 9:00 AM**

Meeting Place: Wegman's Park & Ride, or later at the dam

Rating/Distance: 4-5 miles

R/T Drive: 40 miles

Map(s): FLT O2

Leader(s): Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906

We'll walk up from DeRuyter Dam, looking for a little waterfall along the way, and return with a little lollipop loop via the lean-to and view from the lodge. Interested in our other Monday hikes? email Sigi.

## **8702 Moxham Mountain Sat. Apr 10 7:30 AM**

Meeting Place: Contact Leader Group Size Limited / Parking limited

Rating /Distance: (S) (A) 5.4 miles 1152' ascent R/T Drive: 300 miles

Map(s): DeLorme 38/ Nat Geo 744

Leader(s): Dick Frio [richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com) 315 679-0622

The trail to Moxham Mountain was constructed in 2012. It's an easy grade most of the way with a few stretches of moderate grade. The summit (2418') affords views of Gore Mountain, Mud and Clear ponds to the south and on a clear day Snowy and Blue Mountain to the west. Dress in layers and be prepared for all weather conditions at the summit. It's April, but trails could still be snow covered and icy. Contact leader for trail and weather conditions.

## **8703 Dam Rd to Tromp Rd (NCT100/FLT50) Sun. Apr. 11 10:00 AM**

Meeting Place: Caz Lake Lot (Rt. 20)

Rating/Distance: (M) 4.6 miles

R/T Drive: 20 miles

Map(s): DeLorme 61, FLT O2

Leader(s): Lisa Druke, 315-447-4018

[ldruke@twcnny.rr.com](mailto:ldruke@twcnny.rr.com)

Enjoy a leisurely hike on the NCT starting from Dam Rd (east side of DeRuyter Lake) and hike to Tromp Rd and return. The spring flowers and leeks will be

popping up this time of year. Bring water and a snack. This hike qualifies for the NCT100/FLT50 challenge(s).

## **8704 Link Trail Mt. Pleasant to Nelson Rd (NCT100)**

**Sat. Apr 17 10:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)

Rating/Distance: (M) 4.5 miles

R/T Drive: 4 miles

Map(s): Delorme 61

Leader(s): Kathy Disque 315-656-3383 / email [kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)

We'll hike this combination of wooded trails and rail-bed near Canastota. Let's see what early spring flowers are blooming.

## **8705 Onondaga Lake Park Walk**

**Sun. Apr 18 1:00 PM**

Meeting Place: Call Leader

Rating/Distance: (E)

Map(s): DeLorme 60

Leader(s): Brenda Veilleux, 315-463-9103

Easy going walk along Onondaga Lake Park. Call for meeting place the night before and please call before 8:30 PM. Bad weather cancels.

## **8706 Inspect Highland Forest (NCT100/FLT50)**

**Sat. Apr 24 10:00 AM**

Meeting Place: Highland's Skyline Visitor Center

Rating/Distance: (M) 4-6 miles

Map(s): DeLorme 61, USGS DeRuyter/Fabius, FLT02

Leader(s): Mary Coffin, [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com), Phone#: 315-687-3589

We will inspect and do minor pick up and limb removal on the FLT/North Country National Scenic Trail. Tools are supplied. No experience necessary.

# OUTINGS SPRING 2021

## **8707 Chub Pond Lean-to Backpack**

**Sat.-Sun Apr 24-25**

Meeting Time/Place: Contact Leader

Rating/Distance: (A) (M) 9 miles

R/T Drive: 180 miles

Map(s): DeLorme 49

Leader(s): Jim Bristol, [jim.bristol@twcnny.rr.com](mailto:jim.bristol@twcnny.rr.com)

Chub Pond lean-to from Woodgate is a 4.5-mile hike from the trail head to a beautiful lean-to on the shore of Chub Pond. There should be no bugs this early in the spring. Group size limit is 8. Contact leader to reserve a spot and discuss gear requirements.

## **8708 Skaneateles - Go Finger Lakes Preserve**

**Sun. Apr 25 9:00 AM**

Meeting Place: Green Hills Plaza

Rating/Distance: (E) - 2-4 miles dependent on what trails we do

R/T Drive: 50-60 Miles

Map(s): DeLorme 60, [www.gofingerlakes.org](http://www.gofingerlakes.org)

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

or [tj\\_evans@verizon.net](mailto:tj_evans@verizon.net)

Join me for short hike(s) on preserves(s) in Skaneateles. We will start our exploration at Hinchcliff Family Preserve. There is another preserve nearby of Otisco Lake but does involve a climb up a steep incline to a cliff (per site description). We will choose dependent on weather conditions and group preference. Please bring snacks/lunch and water as we explore preserve(s) in our own backyard.

## **8709 Cayuga Trail Western Section: Ithaca**

**Sat. May 1 9:00 AM**

Meeting Place: Contact Leader

Rating/Distance: E/M 5-6 miles

R/T Drive: 100 miles

Map(s): DeLorme 76, Cayuga Trails Club

Leader(s): Ann Furze 315-263-6719 (call/text)

[annfurze49@gmail.com](mailto:annfurze49@gmail.com)

Hike east from Freese Rd. through Cornell Plantations proper, visiting the wild flower garden and the Newman Arboretum. By crossing suspension bridges to view various waterfalls and gorges, we will return via Beebe Lake. Wild flowers may still be sighted! Contact leader for details and participation.

## **8710 Baltimore Woods Nature Center**

**Sun. May 2 10:00 AM**

Meeting Place: Baltimore Woods Nature Center, Main Parking Lot

Rating/Distance: (M) 5 miles

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

Leader(s): Ken Kaufman, 315-263-3037,

[KenKaufmanPE@gmail.com](mailto:KenKaufmanPE@gmail.com)

The spring woodland wildflowers should be in peak bloom along the wooded, hilly trails of this nature center on Bishop Hill Road, just south of the Village of Marcellus. We can cover all the trails in about two hours, and then have lunch at a picnic table in the pavilion.

## **8711 Skyline Trail Heiberg FLT50**

**Mon. May 3 9:00 AM**

Meeting Place: Wegman's Park & Ride, or later at Labrador Pond

Rating/Distance: (M) 4 - 5 miles

R/T Drive: 40 miles

Map(s): DeLorme 61, FLT O1

Leader(s): Sigi Schwinge,

[sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906

We'll drive up to and walk in Heiberg and Kettlebail Forests along the Skyline Trail, then go back to our cars. Email Sigi for other May Monday hikes.



## **8712 Millsite Lake Birthday Picnic** **Mon. May 3 10:30 AM**

Meeting Place: DEC boat launch on Cottage Hill Rd. in Redwood

Rating/Distance: (E)

R/T Drive: 180 miles

Map(s): DeLorme 25

Leader(s): Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

This has become an annual event – my birthday and a picnic at my camp on Millsite Lake in Redwood. Covid-19 spoiled it in 2020. Let's try again in 2021. You will have your choice of activities: kayaking, walking, fishing, relaxing, loon-watching, picnicking. Bring your own sandwich and drinks. The walk can be at the Grass Lake Reserve or the shorter Redwood overlook of The Butterfield Lake.

## **8713 Onondaga Lake Park** **Fri. May 7 6:00 PM**

Meeting Place: Call Leader

Rating/Distance: (E) < 4 miles

Map(s): DeLorme 60

Leader(s): Brenda Veilleux, 315-463-9103

Easy after work stress relief walk. Come and enjoy spring at Onondaga Lake. Call for meeting place the night before and please call before 8:30 PM. Bad weather cancels.

## **8714 Spring Gathering / Business Meeting** **Sat. May 8**

Meeting Time/Place: TBA

Leader(s): Pat Zangari 315-677-3394

[paz52@yahoo.com](mailto:paz52@yahoo.com)

At the time of this writing (in January), New York is slowly re-opening and allowing larger group gatherings. However, a venue could not be reserved for this event as of yet. Stay tuned. Please check our website for updates at [www.adk-on.org](http://www.adk-on.org).

## **8715 Cowles Settlement Rd to Highland Forest** **NCT100/FLT50**

**Sun. May 9 10:00 AM**

Meeting Place: Dewitt Wegman's Park & Ride

Rating/Distance: (M) 4-5 miles

R/T Drive: 35 miles

Map(s): DeLorme 61

Leader(s): Peg Whaley, 315-633-0154

We will walk from Cowles Settlement Road to Highland Forest and return.

## **8716 Highland Park – Lilac Walk** **Wed. May 12 10:00 AM**

Meeting Place: Thruway exit 40 (Weedsport Park & Ride)

Rating/Distance: (E) < 4 miles

R/T Drive: 130 miles

Map(s): DeLorme 44

Leader(s): Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

We don't have to attend the "Lilac Fest" to walk-on-our-own in Highland Park. Let's just wander, admire and smell the flowers. Bring a full picnic lunch to enjoy in the park.

## **8717 Little Woodhull Clearing, BRWF, NCT100** **Sat. May 15 8:00 AM (Contact Leader)**

Meeting Place: Thruway exit 34 (Canastota)

Rating/Distance: (A) (M-S) 5 – 8 miles

R/T Drive: 200 miles

Map(s): DeLorme 49

Leader(s): Mary Coffin, [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)

We will hike to Little Woodhull Lake from North Lake Rd. inspecting the yellow trail, cross the inlet stream and start work on the overgrown red trail where we left off in the fall. Part of the yellow trail and all of the red trail is on the North Country National Scenic Trail. We will be mostly cutting through blowdowns and side cutting, leaving all seedlings and saplings in the tread until the tree cutting case is resolved in the court.

## **8718 Kayak Seneca River** **Fri. May 21 5:30 PM**

Meeting Place: Grenadier Village rental office

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

Map(s): DeLorme 60

Leader(s): Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

In the past (pre-Covid) I offered this paddle – a total of 2 hours – followed by fresh strawberries and ice

# OUTINGS SPRING 2021

cream. This year? We can paddle together, but we might not have our deserved dessert.

## **8719 FLT Maintenance Work Hike**

**Sat. May 22 9:00 AM**

Meeting Place: Dewitt Wegman's Park and Ride

Rating/Distance: (E) Less than 4 miles

R/T Drive: Less than 100 miles (**no carpooling**)

Map(s): Depends on location

Leader(s): Tony Rodriquez 315-446-3586

[boricua1037@verizon.net](mailto:boricua1037@verizon.net)

We will be doing maintenance on a portion of the Finger Lakes Trail/North Country Trail for which our Chapter has responsibility. Please attend and support this important activity. No special skills are required, just a genuine desire to ensure that trails are kept clear and marked for all hikers to enjoy. Bring a pair of work gloves, a lunch, water, and wear appropriate clothing. To prevent the spread of Covid-19, it is recommended that you bring your own tools if you have them. If not, the Chapter can furnish tools if necessary. Will be cancelled in case of severely adverse weather conditions. Bring mask and hand sanitizer.

## **8720 Sand Lake Backpack (via North Lake Rd)**

**Sat - Sun. May 22-23**

Meeting Time/Place: Contact Leader

Rating/Distance: (A) (M) 9 miles

R/T Drive: 180 miles

Map(s): DeLorme 49, Nat'l Geo 745

Leader(s): Jim Bristol, [jim.bristol@twcny.rr.com](mailto:jim.bristol@twcny.rr.com)

Leaving from North Lake Rd the trail traverses 4.5 miles to Sand Lake lean-to which is on the bank of Woodhull Creek. Black flies may be out; bring a bug net. A hike without packs may be an option depending on group interest. Group size is limited to 8. Contact the leader to reserve a spot and discuss gear requirements.

## **8721 Howland Island Hike**

**Sun. May 23 9:30 AM**

Meeting Place: Exit 39 (Commuter Lot is now on Jones Rd. We will NOT be carpooling.)

Call leader for meeting time, if driving directly to Howland Island, Carncross Rd. which leads to a bridge over the Seneca River to parking lot.

Rating/Distance: (M) 5 - 6 miles

R/T Drive: 60 miles

Map(s): DeLorme 59

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

We will hike a loop on Howland Island which is in the Northern Montezuma Wildlife Management Area between Port Byron and Savannah. Bring water, lunch, bug spray. For more info go to: [www.friendsofmontezuma.org](http://www.friendsofmontezuma.org). Click: "Visit the MWC" then click on "Northern Montezuma" for info & map.

## **8722 Paddle South Sandy Creek**

**Thur. May 27 9:00 AM**

Meeting Place: Gander Outdoors

Rating /Distance: (M) 5mile paddle/ 3+miles hike

R/T Drive: 105 miles

Map(s): DeLorme 32

Leader(s): Dick Frio 315 679-0622

[richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com)

We will put in at the DEC launch site on Route 3 and paddle out to Lake Ontario and takeout at the estuary. You can relax on the beach or hike the shoreline with the group in the Lakeview Wildlife Management Area. PFD required. Bring lunch, snacks, water, sunscreen. Bad weather cancels.

## **8723 Chaumont Barrens Hike**

**Sat. May 29 10:00 AM**

Meeting Place: Gander Outdoors

Rating/Distance: (E) 2 miles

R/T Drive: 150 miles

Map(s): DeLorme 25

Leader(s): Kathy Disque 315- 656-3383

[kathydisque@yahoo.com](mailto:kathydisque@yahoo.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 now. We will hike slowly with many opportunities to explore the area and take pictures.

## 8724 Rome Sand Plains Unique Area

**Sun. May 30 10:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)

Rating/Distance: (E-M) 3-7 miles depending on what trails we do

R/T Drive: 100 miles

Map(s):

[www.dec.state.ny.us/website/reg6/dlf/romesand.htm](http://www.dec.state.ny.us/website/reg6/dlf/romesand.htm); CNY Hiking Website - hiking in Oneida County

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

or [tj\\_evans@verizon.net](mailto: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 of Pitch Pine is sponsored by Izaak Walton League. This is a bog area and should be full of spring flowers. Next, we will drive over to usual trail head for Wood Creek/Sand Dune Trails and a Blue Trail all off of the Hogsback Road. 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 it is limited. Please bring lunch, water and PPE.

## MARK YOUR CALENDAR:

.....  
**National Trails Day, June 5, 2021** – details coming soon...

## ADK FALL OUTING 2021

**Sept. 24-26, 2021 Fri. – Sun.**

The Onondaga Chapter will be hosting the ADK Fall Outing in Old Forge at the Recreation Center. We'll have hikes, paddles, biking and mountain biking, evening dinners and programs. Watch for more details in 2021.

**Sept 25-26, 2021 -North Country National Scenic Trail Day Hikes**

Mailing Address:

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



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