

ADIRONDACK MOUNTAIN CLUB  
ONONDAGA CHAPTER

TALK OF THE TRAIL  
Fall 2021

*HIGHLIGHTS IN THIS EDITION*

- Slate of Nominees
- Fall Business Meeting
- Revised Bylaws
- Outings!



Adirondack  
**ADK**  
Mountain Club

# ADK ONONDAGA CHAPTER

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*Newsletter Proofreading  
Courtesy of Jerry Smith and  
Chris Kotula*

### ABOUT THE COVER

*One of the Black Mountain ponds. Black Mountain is a fire tower mountain near Lake George. Courtesy of Mike Ogden*



## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Nell & Nathan Bartkowiak, Donald Benedict, Michael Birklin & Claire Petersen, Stephen Boulden, Kelly Buck, Susan Considine, Bonnie Crist, John Cussen, Carin Featherly, Ed Flick, Theo & Shawn Gilmore, Deborah Hardy, Kenneth Hines, Kathy Kennedy, Patrick Knapp, John Kolb, Mark Lawrence, Debra Lemay & Joe Schneider, Cole & Monica Long, Stephanie Mahoney, Mary McAndrew, William Norum, Maureen Novak, Mihai Paraschiv, Hubert Parrow, Thomas & Carol Pinkowski, Jim Read, Meghan Riese, Edwin Roulston, Liz Stanton, Ronald Valerio, Steve Steinmetz & Larise Reinhard, Ronald Valerio, Bill Walter, Amy Williams, Connie Young, Jennifer Barber, Emily Bavier, Scott & Lynn Brann, William McGowan, Karen McMullen, Donna Metz, Tim Piedmonte, William Rudd, Rachel Turner, Katrina Blaskiewicz, Kevin & Amy Hart, Edward Levine, Brian & Laura McManus, Richard & Chris Moseson

As of June 2021, the ADK Onondaga Chapter now boasts a total of 1,490 members and 7 affiliate memberships. Adirondack Mountain Club overall membership stands at 28,889.

That is a decrease of 17 chapter members, no change in affiliate members and a decrease of 198 in total ADK membership since April 2021.

## FIND US ONLINE. REACH OUT. GET SOCIAL!

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

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

Instagram: Search for ADK Onondaga

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

### ADK ONONDAGA CULTURE

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

### MEMBERSHIP UPDATES

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



# NOMINEES FOR ELECTED POSITIONS



## **NOMINEE FOR CHAIR: LISA DRUKE**

Membership: 22 Years

Chapter Positions Held: Current Outings Chair, Past Outings Committee Member, Hike Leader

I volunteer in the ADK Outings Committee and as a leader to give others, who enjoy the outdoors, the opportunity to go with a group, to educate, and experience adventures in the back country, near and far, following safe and best practices to protect our environment. I have made a lot of friends along the way, and especially in light of Covid-19, the chapter outings have offered our members, including myself, the means to socialize outdoors, safely, through a

very difficult time. I feel blessed to live with family and friends in this beautiful area of central New York and look forward to more outdoor adventures ahead.



## **NOMINEE FOR VICE-CHAIR: BRUCE HOLLOWAY**

Membership: 27 Years

Chapter Positions Held: None

For me, the ADK is an organization that promotes outdoor activities through maintainable support from like-minded individuals. This extends to chapters located outside of the popular Adirondack and Catskill mountain areas. I stayed in central NY after completing college, married, and raised 4 children. I remained in CNY after retiring, enjoying the 4 seasons with outdoor human powered activities on land – water – snow (have not yet learned to fly), with active members of our local ADK chapter.



## **NOMINEE FOR SECRETARY: MARY NIEMI**

Membership: 18 Years

Chapter Positions Held: Current Secretary, Landowner Liaison Committee Co-Chair, Outings Committee Member, Hike Leader, Past Vice-Chair

I joined ADK to stay physically active during retirement and to offset my other sedentary hobbies of sewing and reading. The ADK Onondaga Chapter members have been very welcoming and so willing to share hiking tips. Amazingly, Tony and the trails crew make trail maintenance so much fun. The camaraderie we share gives me the motivation to come out to the woods, even on the not so great weather days. I didn't know about this resource when I was raising my daughter, but I am glad to be a part of it now.



## **NOMINEE FOR TREASURER: KATHY DISQUE**

Membership: 25 Years

Chapter Positions Held: Current Treasurer, Past Secretary, Vice Chair, Chair

The ADK has meant making lifelong friends with similar interests and has provided me the opportunity to visit places near and far that I never would have known about without the ADK. On a personal note, I prefer hiking to a waterfall over a peak with a view.



## **NOMINEE FOR ADVISOR: DICK FRIO**

Membership: 10 Years

Chapter Positions Held: Current Chair, Past Vice Chair

I believe in the mission of the ADK. Sharing time on the trails with like-minded individuals means a lot to me. I have developed friendships that will last a lifetime. I'm currently a trail steward and part of the sawyer team. I have participated in several ADK National Trails Day and have traveled to our Heart Lake LOJ for volunteer work weekends. I've led many local hikes and paddles and have led chapter hikes in the Adirondacks and Catskill mountains.

I'm a 46er and recently became a 3500 Catskill member. I'm an aspiring winter 46er and Catskill Mountain 3500. I guess my biggest claim to fame revolves around the construction of privies. My good friend Mike Ogden, who was Project Manager for the Bucks Brook Lean-To, immediately recognized my talents and handed me a shovel to dig that privy hole. I carried and installed a box toilet to the Cat Mountain Campsite on the Cranberry Lake Fifty. I also carried the heavy wooden privy sides from Marcy Dam to Avalanche Camp. So, I guess I'm full of crap.



## **NOMINEE FOR ADVISOR: GRETCHEN BARFOOT**

Membership: 10+ Years

Chapter Positions Held: Current Chapter Advisor and Statistician

The ADK has provided the opportunity to make long term friendships with a group of people who love being active outdoors like I do and are dedicated to teaching the public ways to preserve our beautiful Adirondacks as well as conserve other natural areas for the future. I enjoy seeing new trails and places to hike and paddle. I will be paddling the Adirondack Canoe Classic (The 90 miler) for the 9th time in September.



## **NOMINEE FOR ADK TRUSTEE ADVISOR: DICK HARPER**

Membership: 12+ Years

Chapter Positions Held: Current ADK Trustee, Past Chair, Vice Chair, Alternate Director, Trail Steward, Heart Lake Volunteer, Trail Maintenance Worker

When I retired from the education field 12 years ago my goal was to seek fun, adventure, camaraderie, and meaningful community service. ADK has been a wonderful means to achieve all of them-way beyond my expectations. The club's emphasis on education, conservation and responsible use of our natural environment provides a sustainable blueprint for all our members and the public to follow. I believe the club will continue to be a great advocate to protect the land inside and outside the Blue Line for generations to come. The ADK people I have met over the years at the club and chapter level are truly inspirational individuals dedicated to enjoying, sharing, and preserving the beauty found all over our state and beyond.



# FALL BUSINESS MEETING

WHEN: NOVEMBER 6, 2021

WHERE: [FELLOWSHIP HALL, COLLAMER UNITED CHURCH](#)

## Fall Business Meeting Agenda

3:00 pm	Social Hour Business Meeting
3:30 pm	<i>Including Nominations from the floor, Elections, Bylaws Vote and Awards</i>
4:00 pm	Dr. Bryan Popovici, DPM <i>Interactive Presentation with Boot/Foot Assessments</i>
5:00 pm	Dinner <i>Provided by chapter</i>

*Due to our uncertain times the agenda remains fluid. Stay on top of the latest by checking our [website](#) and our [Facebook group](#). Watch your inbox for the Fall Business Report!*

Please review the updated chapter bylaws on pages 16-19 which were approved in May by the Executive Committee. A vote to approve the bylaws will also be held at the meeting.

## AWARD NOMINATIONS

### CALL FOR DISTINGUISHED VOLUNTEER NOMINATIONS!

The Awards Committee is accepting written nominations for the 2021 Chapter Distinguished Volunteer Award.

ADK-ON recognizes an individual who makes contributions to the Onondaga Chapter either through a specific project or for many years of service and who has demonstrated outstanding volunteerism, leadership or is a role model for the membership. The committee will select an individual to recognize, and the presentation of the award will be made at the annual meeting and banquet in November.

Past recipients comprise the committee and are not eligible:

Ann & Bill Brosseau, Mary & Bill Coffin, Dick Lightcap, Kathy Disque, Tony Rodriguez, Mary Dineen, Mary Niemi, Peg Whaley, Ken Kaufman, Jon Bowen, Sigi Schwinge, Marg Ong, Lisa Druke, Missy Ethridge and Mark del Pozzo.

Nominations must be in writing, but emails are acceptable, and must be received by [Peg Whaley](#) no later than September 30, 2021.



BY Dick Frio



I hope your summer has been spectacular. Thanks to all our outings leaders, our summer trail maintenance season and outing schedule has been very busy. Lisa Druke, our Outings Chair has arranged for another great selection of outings for the fall calendar.

On September 24-26 our chapter will be hosting the ADK Fall Weekend in Old Forge. Jon Bowen has done a wonderful job organizing this event. Mary Coffin has arranged for a variety of hikes, bikes, and paddles for everyone to enjoy. Volunteers are still needed so contact Jon if you're interested.

The Finger Lakes Trail Conference Festival will be held September 17-19 at the Greak Peak Resort. The festival will recognize end-to-end hikers and hikers who have completed the county series. Sigi Schwinge, leader of the Cortland County Series, has done a fantastic

job organizing the county hikes. Many of our chapter members will be leading hikes at the Fall Weekend. Registration is open on the FLTC website.

Our Nominating Committee of Ken Kaufman, Pat Urban and Bruce Holloway did a fine job selecting a proposed slate of qualified officers for 2022. I would like to thank Sandy Manca who chaired the committee in 2020 for her assistance. Sandy does a lot of behind the scenes work for our chapter.

Elections will be held at our November Business Meeting and nominations will be accepted from the floor. Social Chair, Pat Zangari, has reserved the Collamer United Church on November 6<sup>th</sup> for our annual business meeting. Dr. Bryan G. Popovici DPM will be our guest speaker. We can all learn more about proper selection of footwear on the trails from a podiatrist with an interest in hiking.

We are very excited that our Education Team of Jeff Sargent and Kathy Way will be offering our first Wilderness First Aid class on October 16-17. There will also be a Map and Compass course on October 2<sup>nd</sup>. Congratulations to Kathy who just completed the Leave No Trace Trainer Course. Jeff plans to take the Leave No Trace Masters Course in August.

Our Trails Chair, Tony Rodriquez, will be retiring after this trail season. Tony's commitment to and knowledge of our trails is legendary. If you see Tony, please thank him for his many years of dedicated service. We have a core group of over 60 dedicated volunteers who will continue to maintain our trails until we find a suitable replacement.



## A BIG THANK YOU TO OUR NOMINATING COMMITTEE!

BRUCE HOLLOWAY  
KEN KAUFMAN  
PAT URBAN

## TRAIL RUNNER VOLUNTEER

On September 25 the Salt City Trails Club will be hosting the Morgan Hill Grinder in Morgan Hill State Forest. The running event includes a 50-mile ultra-event along with a marathon and 1/2 marathon race. The racecourse is on the Finger Lakes Trail and our chapter maintains all those trails. We need a volunteer, preferably someone with trail running experience, to serve as a liaison between the Race Director and the Finger Lakes Trail Conference. Contact Dick Frio for details if you're interested.



BY JEFF SARGENT



As I sit down to write this article, I am fresh off the New Mexico and Colorado sections of the Continental Divide Trail and the Trans Adirondack Route. In those 1,000 miles, I have seen where a little more trip preparation would have made for more enjoyable trips for more than one hiker. In this edition of Hiking Smart, I would like to discuss hiking preparations and the upcoming hunting season.

Hopefully it goes without saying that we all hike with our [10 Essentials](#) and are taking steps to learn and be proficient in outdoor skills such as navigation, wilderness first aid and [Leave No Trace \(LNT\) Principles](#). One of the first LNT principles is trip planning and preparation. On day 1 on the Continental Divide Trail (CDT), I met a new hiker that had recently purchased new ultra-light gear for the trip.

Unfortunately, the hiker had only watched videos of how to set up the new tent so the first night and first time setting up the tent in high winds and sandy soils, was quite interesting. On the Trans ADK Route I used a hammock. Unlike the CDT, the Trans ADK has plenty of trees to set up on and very few camp sites (flat and dry spots for a tent). Had I not done my homework and brought a hammock on the CDT I would have been hard pressed to find a spot to sleep at night.

Learning about the expected conditions and special area requirements are important components of pre-trip planning. A visit to the trail's website can provide a wealth of knowledge on weather, terrain, and what conditions to expect. Is your sleeping bag and pad adequate for the expected conditions? Do you need to carry out your human waste? Do you need a permit? Are micro spikes or an ice axe required? Will your heavy leather/Gore-Tex hiking boots ever dry out while hiking the Northville Placid trail?

Always test and know how to use your gear before venturing out on a trip. Can you make a dead man anchor or sand /snow anchor? Is your stove working properly? Do you know how to care for your water filter (flush and protect from freezing)? I'm not an ultra-light fanatic but do you really need to carry a heavy camp chair and cooler? Lighter gear selection and only carrying what you need (the 10 essentials) will make for more enjoyable miles and lessen the chance of overuse injury.

Carry the most up to date map set for the trail and refresh your map and compass skills. Trails are constantly changing so that an old map may no longer be correct. We cannot always rely on trail markers and signs to direct our way (bears, vandals, and weather all love to damage signage). Knowing how to use a map will show you which fork in the trail to take, and a GPS unit can help you find your way on that overgrown path. You know it, the one with many herd paths made by other "disoriented" hikers. If using a GPS device, do you know how to match your map's datum with the GPS unit?

Time of year is another trip planning consideration. Not only does our weather change, so does the type of "trail user". During the spring, the primary trail occupants are biting insects. Summer season brings in horses, bikes, and trail runners. Trail right of ways??? Winter adds snowmobiles and XC skiers. The fall and month of May are hunting seasons.

Generally hunting season starts Sept 1 and runs to Jan 1, this is a new change for this year. Turkey season falls in the month of May.

## MAP & COMPASS CLASS OCTOBER 2, 2021

Starting from square one or need a refresher on map and compass navigation? Be an informed, safe, and confident hiker. Join us on October 2 for a discussion and field practice using maps and compass. See our Outings section for additional details.



More information on actual hunting season dates can be found on the NYS Dept. of Environmental Conservation's [website](#).


Plan where to go. Many landowners, who normally allow hiking throughout the year, close their land during hunting season. PLEASE, PLEASE, PLEASE...check to make sure the path you intend to hike doesn't have a hunting season closure. Each year we lose trails because hikers trespass on trails closed for the hunting season!!

Trails on public land are still open for hikers during hunting season but must be shared with hunters. Leave No Trace Principle – be considerate of others. Often hunters frequent the woods in the early and late daylight hours. A mid-day hike is less apt to disturb hunters. While it is illegal to harass hunters or disturb game animals, wearing bright clothing such as hunter's orange and alerting hunters to our presence, a friendly wave or making noise, is recommended. To be considerate, loud voices and noise should be kept to a minimum and only used to alert our presence.

A great option is to plan the hike for an area that is not open to hunting. There are many state and local parks as well as private land game sanctuaries that do not allow hunting.

While on the topic of being considerate - keep your dog on a leash at all times! I encountered numerous loose dogs in the Adirondack High Peaks and on the Northville Placid section of the Trans ADK route. Owners frequently tell me the dogs are "friendly". That's funny because I've been bitten twice by "friendly" dogs and witnessed more than one dog "fight" due to unleashed "friendly" animals. More and more trails and parks are prohibiting dogs. Could this be because owners aren't keeping the animals on leash or aren't picking up after them? Additionally, during hunting season, a loose dog in the woods may look like a target to a hunter and have tragic consequences.

Finally, I'd like to bring attention to and thank our Trails Chair, Tony Rodriguez, for the outstanding job he, and his team of stewards, have done. This year I've hiked over 1,000 miles and none of the trails were in as good a condition as our trails (I might be a bit biased). If you are planning a hike, I recommend one of the trails maintained by the Onondaga Chapter!

I hope to see you on trail or at one of our training events 

## 16-HOUR WILDERNESS FIRST AID COURSE

OCTOBER 16-17, 2021

Brought to you by the ADK-ON Education Committee in cooperation with the New York State Office of Parks, Recreation and Historic Preservation- Central Region. The 16-hour course will teach members how to recognize and deal with medical emergencies in remote and difficult environments, with few resources and no immediate access to professional medical care.

The course registration application can be found here. There is a fee to attend. <http://www.adk-on.org/wilderness-first-aid>

Application deadline is October 1, 2021.

Please reach out the course facilitator, Kathy Way, at [bkpt103@aol.com](mailto:bkpt103@aol.com) with any questions.



# THE NORTH COUNTRY SCENIC TRAIL ADIRONDACK ROUTE

BY Mary Coffin



Little Woodhull Lake



Crown Point SHS



Pillsbury Lake from Lean-to



Brooktrout Lake

The 4700-mile North Country National Scenic Trail (NCNST) spans from North Dakota to Vermont where it connects with the Appalachian Trail. At present about 3300 miles are off-road. It enters New York in Allegany State Park from Pennsylvania and for 422 miles is concurrent with the Finger Lakes Trail, including the Onondaga Section which ADK-ON maintains. The Central New York Chapter of the North Country Trail Association maintains the route from the Onondaga terminus to the Adirondack Park Blue line on North Lake Road. The Adirondack route of the NCNST (about 158 miles) crosses the Central Adirondacks from Blue Line to Blue Line, starting on the west end with the Stone Dam Lake and Little Woodhull Lake sections and leaving NY for VT at Crown Point State Historic Site. Most of it is on NYS Forest Preserve land with just a few private parcels and lumber company Conservation Easements.

The Adirondack NCNST route is a combination of existing trails and temporary road walks which need to be replaced by about 38 miles new trail construction. Most of these potential new trail areas have been scouted, ground truthed and GPS'd by a crew of ADK members and reported to NY State Department of Environmental Conservation (DEC). I am grateful to those who endured bushwhacking and exploring with big packs, bugs, and rain with me to scout the route.

As we continue east, eventually the NCNST will connect the Stone Dam Lake section to the Little Woodhull section then cross a private lumber company easement and enter West Canada Lakes Wilderness. Until we have permission to construct this connection, a NCNST end to end must use alternate trails and Route 28 to hike to Old Forge, South Shore Road and Moose River Plains dirt road to access West Canada Lakes Wilderness. Continuous NCNST sections across this wilderness include Brooktrout Lake, West Lake, a mile of the Northville Lake Placid Trail, Pillsbury Lake/French Louis Trails and Perkins Clearing dirt logging Road to Route 30.

One can cross Route 30 and pick up a snowmobile trail which connects to a new section of NCNST around Oak Mountain Ski Center to Elm Lake Road (dirt logging road) which is the access to Siamese Ponds Wilderness and continuous foot trail with some logging roads to Route 28 and North Creek. Eagle Bay to North Creek via Speculator would make a nice backpack but any of the segments would make a great day hike.



BY Mary Coffin



Puffer Pond

In Siamese Ponds Wilderness the NCNST follows these segments from Speculator at the end of Elm Lake Road: Cisco Creek, Kunjamuk, Wakley Crossover, Puffer Pond Brook, Puffer Pond, Botheration, Halfway Brook and Raymond Brook trailhead on Route 28. Sections are marked as NCNST or NCT with emblems and or blue 2" x 6" markers from Rt 30 east to Rt 28. The DEC only permits NCNST marking if two conditions are met: the NCNST is in the UMP (Unit Management Plan) and is complete road to road with no non-NCNST accesses. Siamese Pond meets both requirements. West Canada Lakes meets the road-to-road requirement, but no UMP has ever been written for this unit, thus only trailhead markers.



Kunjamuk River

The next obstacle is crossing the Upper Hudson River which is accomplished by the Route 28N highway bridge in the hamlet of North Creek. North Creek is becoming an official NCTA Trail Town. It has a grocery store, post office, eateries, and other amenities to support the hiker. Between North Creek and Hoffman Notch Wilderness there is series of temporary road walks until an established route is approved in a UMP for Vanderwhacker Mt. Wild Forest. Future foot trail connections may include Moxham Mt., Stony Pond, Irishtown Trail, and others. The NCNST enters Hoffman Notch Wilderness from Loch Muller, Bailey Pond, Southern Hoffman, and Big Pond sections. Currently volunteers and ADK procrew with NPS and NCTA funding are building a trail to connect the Big Pond section to Route 9, north of Schroon Lake. This section goes over the summit of a small mountain, Jones Hill, with a fantastic view. It is a multi-year project, a mile or two at a time as volunteer time and funding permit. The route goes under I-87, The Northway, in a giant culvert through which a truck could drive. No ducking your head here.



Jones Hill

The next Forest Preserve unit as the route continues east across Route 9 is Hammond Pond Wild Forest. The NCNST crosses Route 9 and the Schroon River and heads north and east. This unit will require the newest trail construction, about 14 miles, but also incorporates some existing trail along Berrymill Flow and Moose Pond and over the summit of Bloody Mountain. From here to Crown Point State Historic site and the Lake Champlain Bridge will be road walk for a few years as negotiations with private landowners and conservation easements progress.



Moxham Mountain

For DEC Adirondack maps with the NCNST route designated check our chapter website:

<https://www.adk-on.org/stewardship/nct/adir-route/>






## TRAILS REPORT, TONY RODRIGUEZ

Despite all the COVID restrictions, mandates, and protocols our dedicated group of volunteers managed to diligently respond to keeping our trails clear for all hikers to safely enjoy their outdoor adventures. We have cut and cleared many blowdowns, weed-whacked several areas of heavy briar and brush growth, rerouted and blazed sections where necessary, and benched an extensive area along the upper Tinkers Falls trail.


We also want to acknowledge the trail stewards who vigilantly maintain their respective trail section and report to us any action required by our work crews.

We also wish to welcome aboard two new trail stewards: Kathy Way for the Chippewa Falls spur trail, who has already been there a couple of times performing maintenance; Barbara Kerker for the Skyline spur rail from Markham Hollow Rd. to the Labrador crossroad.

As most of you have already become aware, I will be retiring as Trails Chair at the end of this season, but it does not mean I will completely vanish, as I will continue to participate whenever circumstances and time permit. My work with the Trails Committee has been one of the more significant and pleasurable experiences of my life, especially working with all the dedicated volunteers. It has been a team effort! 

## OUTINGS REPORT, LISA DRUKE

Great Range Adventure at Johns Brook Lodge  
July 5 – 7, 2021

For many of us, this was our first trip to Johns Brook Lodge (JBL) located at the base of the Great Range in the High Peaks Wilderness and it was a spectacular trip. The group met at the Garden Parking Lot and hiked into JBL on the afternoon of Monday, July 5. With two nights planned at JBL, our goal for the trip was the lower Great Range on the second day and Big Slide on the third day (optional) on our way back to the Garden. After a good night's sleep in the Upstream Bunkroom and a tasty breakfast, the group got an early start with promising weather in the forecast. The day did not disappoint. The final 700' ascent up Gothics proved the most challenging with cables for assist. First time ADK High Peak hiker, Brian Woods, described his first five peaks with one word, "Epic"! The counterclockwise loop included Saddleback, Gothics, Armstrong, and Upper and Lower Wolf Jaws. All returned safely to JBL and a delicious dinner of enchiladas and corn bread was served family style. Our final day started with sunshine and ended with warm, misty rain. A pine martin briefly appeared at the peak of Big Slide just as the clouds were rolling in. The hike down the Brothers was another adventure with challenging cliffs between the Second and First Brother. 

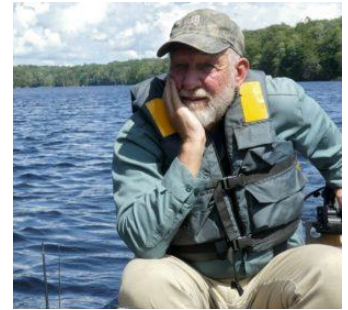


Left to Right: Gemma Bateman, Amy Bateman, Lisa Druke, Jim Bristol, Marcia Kelley, Brian Woods, Lisa Robertson

## 2021 ADK FALL WEEKEND IS ON!

SEPTEMBER 24-26, 2021

We have three days of outings planned for you. Choose an outing each day from a [full list](#) of hiking, kayaking, biking, led by your own Onondaga Chapter leaders. For all you goal setters we have included the opportunity to complete the [Fulton Chain Trifecta](#) challenge. There are also some fire towers for those of you working on the [ADK Fire Tower Challenge](#). Or maybe you will choose to hike a section or two of the North Country Scenic Trail or explore Pigeon Lake Wilderness for which Onondaga Chapter is the unofficial caretaker.



Gary Lee, Naturalist,  
Friday night at 7pm

Pre-Registration for this event is required. Visit our website to [register](#) today!

### Agenda at a Glance Friday, September 24

Noon to 6:00 pm	Registration
Noon to 2:30 pm	Outings Depart
5:00 pm to 6:00 pm	Social Hour
6:00 pm to 7:00 pm	Dinner
7:00 pm	Gary Lee, Naturalist Presentation

### Saturday, September 25

7:30 am to 9:00 am	Breakfast and Make Your Own Lunch
8:00 am to 12:00 pm	Registration for late arrivals
8:00 am to 9:00 am	Outings Depart
5:00 pm to 6:00 pm	Social Hour
6:00 pm to 7:00 pm	Dinner
7:00 pm to 8:30 pm	Annie and the Hedonists Perform

### Sunday, September 26

7:30 am to 9:00 am	Breakfast and Make Your Own Lunch
8:30 am to 9:30 am	Outings Depart
10 am	Check Out

*All agenda items begin at event headquarters.*



Annie and the Hedonists, acoustic  
music, Saturday night at 7pm

### EVENT HEADQUARTERS

[GEORGE T HILTEBRANT](#)  
RECREATION CENTER  
201 North Street  
Old Forge, NY 13420



## FLT FALL WEEKEND FESTIVAL AT GREEK PEAK RESORT

SEPTEMBER 17-19, 2021

Are you an ADK-ON and FLT member? The FLT Fall Weekend is also happening in September. The weekend features your choice of more than a dozen area hikes on Friday, Saturday, and Sunday. We'll gather for a Friday night Happy Hour with trail-related entertainment followed by dinner with your best trail friends. Stay after dinner for live entertainment and socializing. More hiking on Saturday, followed by our Annual Membership Meeting in the afternoon and an evening celebration of all things FLT.



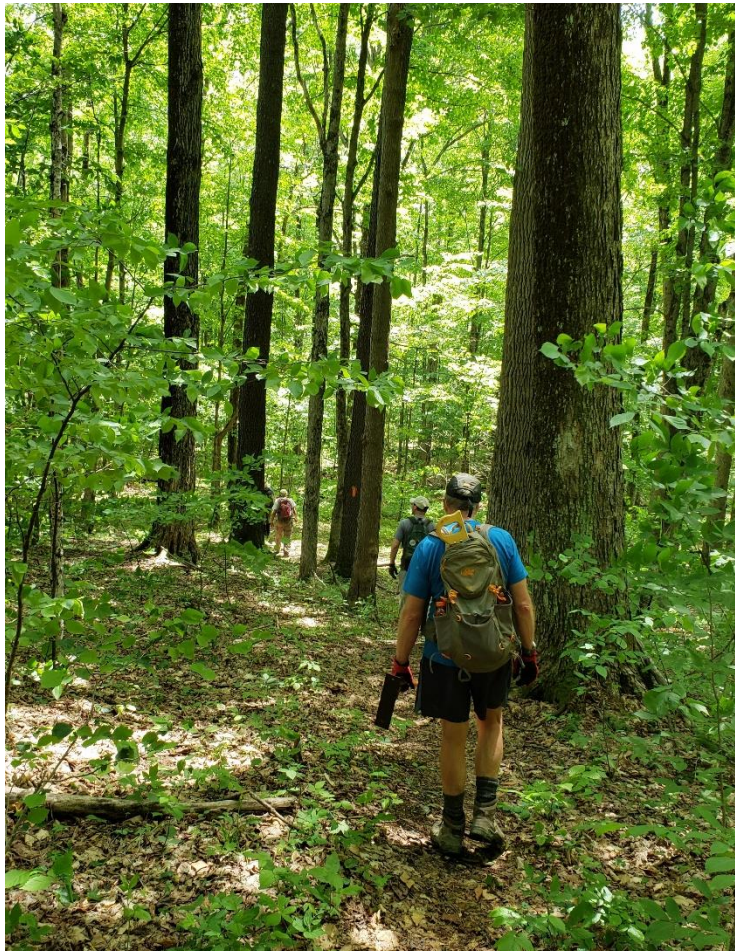
# OUR SUMMER IN PICTURES



Brenda Veilleux (back), Janice Coffin (front), Tully Lake Paddle, June 6. *Photo Lisa Druke*



Unknown Friend, Lisa Robertson, Rick Bates, John Vormwald, Jones Hill Overlook, June 30. *Photo Ann Furze*



Trails Day Maintenance, June 5. *Photo Barb Kerker.*



Spotted on Great Range Trip. *Photo Marcia Kelley*



Sandy Manca and Mike Graser benching a trail at Tinker's Falls, June 2. *Photo Mike Graser*



Lisa Druke & Marcia Kelley, Big Slide, July 6. *Photo Lisa Druke*



Pat Urban, Mary Coffin, Sigi Schwinge, Rich Tabor, Little Woodhull Clearing Trail Maintenance, May 15. *Photo Lisa Druke*



Tim Hart, Steve Bollenbacher, Chad Bradshaw. *Photo Ann Furze*



Lake Ontario, Southwick Beach to Boaters Beach, June 7. *Photo Barb Kerker*

### NOTE FROM THE NEWSLETTER EDITOR

Interested in helping to put this newsletter together? Or maybe you'd like to submit an article or picture? I'd love to hear from you! Email [Jamie Condon](mailto:jamie.condon@adk.org) and we can chat about what you'd like to do. Or just send me your contributions. Submission deadline for the winter newsletter is October 31.

## BY-LAWS

### Onondaga Chapter, Adirondack Mountain Club Inc.

ARTICLE I - Name. This organization shall be called the Onondaga Chapter, Adirondack Mountain Club Inc., hereinafter referred to as the Chapter. All references to committees (with the exception of the ADK Advisory Council) refer to those of this Chapter.

ARTICLE II - Organization. This organization shall be regulated by the Articles of Incorporation and Bylaws of the Adirondack Mountain Club Inc., hereinafter referred to as the ADK.

ARTICLE III - Objectives. The general objectives of the Chapter shall be to foster conservation, environmental advocacy, and educational and recreational programs that are environmentally and ecologically sound and shall support the mission and goals of the ADK.

Specific objectives shall be:

1. To advocate and broaden popular support of that part of Article XIV, Section 1, of the New York State Constitution which provides that the lands of the state constituting the Forest Preserve shall be forever kept as wild forest lands.
2. To conserve natural resources, especially of the Adirondacks.
3. To protect wildlife.
4. To advance programs for forest management within and outside of the Forest Preserve.
5. To sponsor and encourage responsible outdoor recreation in the Adirondack Mountains in a manner consistent with the wild forest and wilderness character of the region.
6. To organize and conduct outings.
7. To collect and publish information about the Adirondacks.
8. To assist the State Department of Environmental Conservation in the construction, marking and maintenance of sustainable trails.
9. To construct and maintain trails for public use.
10. To support use of the *Finger Lakes Trail* and the *North Country National Scenic Trail*.
  - The Chapter defines a foot or hiking trail as pedestrian use only with no trail riding of any kind. A trail distance that meets this qualification is a dedicated foot trail and is authorized by a Chapter agreement with the landowner authority.
  - A trail connector is where motorized and or non-motorized riding are otherwise authorized by a land authority. The Chapter uses trail connectors as temporary and all will be replaced with dedicated foot trails over an indefinite period of time. The dedicated foot trail and trail connector are the only two Chapter designations.
  - The Finger Lakes and North Country trails will be known by the purpose and objective of their dedicated foot trails and not by use of temporary trail connectors.
  - The need by many people to have primitive foot trail experiences on single use paths is as important as any other kind of trail recreation.

#### ARTICLE IV- Membership

1. Membership in the Chapter shall be open to any person who meets ADK qualifications.
2. Classes of membership are established by the ADK. All Chapter members over age 18, except Affiliates, shall have Chapter voting privileges.
3. Dues shall be fixed by the ADK. Dues for Affiliate members shall be fixed by the Chapter Executive Committee.
4. Non-payment of dues shall subject the member to termination in accordance with the ADK by-laws.
5. ADK members in good standing shall be automatically accepted as members of the Onondaga Chapter upon written application.

#### ARTICLE V - OFFICERS

1. The officers of this Chapter shall be: the Chapter Chair, the Vice-Chair, the Secretary, and the Treasurer. All officers shall be voting members of the Chapter.



2. There shall be two (2) Chapter Advisors. These two Chapter Advisors shall be voting members, who have previous experience on the Executive Committee of the Chapter if such candidates can be reasonably enlisted. Otherwise, any other Chapter voting member may be elected Chapter Advisor. The immediate past Chapter Chair shall be offered the post of Chapter Advisor, if willing to serve.
3. The Officers and Chapter Advisors (other than the past Chapter Chair) shall be elected at the Fall Annual Meeting for a term of one year and shall take office on the First of January.
4. The Officers shall perform the duties customarily associated with such offices and in accordance with job descriptions maintained by the Executive Committee.
5. Vacancies amongst the Officers, Chapter Advisors or ADK Advisory Council Trustee shall be filled by the Executive Committee within one month from their occurrence. The Vice-Chair shall fill the office of the Chapter Chair for the unexpired term, if that office becomes vacant. Other replacement candidates shall be selected from the voting membership.
6. The ADK Advisory Council Trustee is a Voting Member of the Chapter, not in the employ, full or part time of ADK, and shall be elected by the Chapter as the ADK Trustee to serve on the ADK Advisory Council for a two-year term, starting January 1, renewable one time with a two term limit (i.e. no more than four years). The Trustee will represent the Chapter at Advisory Council meetings and report back to the Chapter ADK Board decisions that may affect chapter operations and/or directions. An Alternate Trustee will be appointed by the Executive Committee to represent the chapter at Advisory Council meetings when the trustee is unavailable.

#### ARTICLE VI - COMMITTEES AND EQUIPMENT

1. Executive Committee
  - 1.1. The Executive Committee shall consist of the elected Officers, Chapter Advisors, ADK Advisory Council Trustee and a leader of each standing committee.
  - 1.2. Between the meetings of the membership, the conduct of Chapter business shall be the duty of the Executive Committee. The Executive Committee shall meet at least six (6) times a year, as convened by the Chapter Chair.
  - 1.3. Motions and other business shall be approved by a majority vote of those voting. Abstentions will be recorded but will not be counted as negative or positive votes.
2. Standing Committees:
  - 2.1. There shall be ten (10) Standing Committees. These committees shall be titled: Conservation, Membership, Newsletter, Outings, Publicity, Internet Communications, Education, Social, Trails and Landowner Liaison.
  - 2.2. After consultation with the Executive Committee, the Chapter Chair shall appoint the leaders of the Standing Committees. All committees and the committee leaders are responsible to the Executive Committee. Any Chapter Officer, Chapter Advisor or ADK Trustee, except the Chapter Chair, may also serve as a committee leader.
  - 2.3. Committee leaders shall appoint any members needed for their own committees and shall serve starting the First of January.
  - 2.4. The Conservation Committee shall carry out the conservation responsibilities of the Adirondack Mountain Club.
  - 2.5. The Membership Committee shall process applications for membership and supervise membership and guest procedures.
  - 2.6. The Newsletter Committee shall prepare and publish information on general Chapter activities, etc. as requested by the Executive Committee.
  - 2.7. The Outing Committee shall prepare for and publish the Chapter Outing Schedule including the Social and Trails Committee activities.
  - 2.8. The Publicity Committee shall handle all Chapter publicity desired for the best interests of the Club, at the direction of the Executive Committee.
  - 2.9. The Education Committee shall provide information to the membership on issues of interest to ADK. It shall accept other educational tasks assigned by the Executive Committee.
  - 2.10. The Social Committee shall arrange and conduct Chapter functions, mainly social in nature.

- 2.11. The Trails Committee shall arrange for and have charge of all Chapter activities related to trail planning, construction, and maintenance. The Trails Committee will coordinate their activities with the Outing Committee and Landowner Liaison Committee.
- 2.12. The Internet Communications Committee shall develop and maintain the chapter website, and any other internet communications (such as electronic newsletter, Facebook, Instagram, Google Group, and other social media approved by the Executive Committee). The information shall reflect the interest of the ADK and be in the club's best interest.
- 2.13. The Landowner Liaison Committee has the responsibility to protect and preserve any hiking trails sponsored by the Chapter including the Little Woodhull Lake Trail, Finger Lakes Trail, North Country National Scenic Trail, and any other hiking trails formally adopted by the Chapter by written agreement including misc. trails on an as needed basis in the Chapter adopted Pigeon Lake Wilderness.
3. Equipment: All equipment purchased with Chapter funds shall be the property of the Chapter and the custodians of the same shall submit an annual inventory not later than October 15 to the Chapter Chair, Treasurer and Secretary. Custodians shall be appointed by the Executive Committee.
4. An Auditing Committee of two members shall be appointed by the Chapter Chair by December 1. An audit of the accounts of the Treasurer shall be accomplished the following January and a written report documenting the audit provided to the Executive Committee at their February meeting. This report shall be read at the Spring Business Meeting. Upon receipt of equipment inventories, the Secretary shall forward them to the Auditing Committee for verification. The equipment inventory as a Chapter asset will be submitted also to both the audit and either Treasurer's report or Secretary's minutes annually after EC approval.
5. Nominating Committee
  - 5.1. A Nominating Committee shall be appointed by the Executive Committee not later than first of June. The Committee shall consist of not less than three members, none of whom may be a member of the Executive Committee. This committee shall present a slate of nominees for the offices of Chapter Chair, Vice Chair, Secretary, Treasurer, and two Chapter Advisors. Notification of the slate of nominees shall be given to voting members at least six weeks prior to the Annual Meeting. A nomination for ADK Trustee shall be included in the year prior to the completion of a sitting ADK Trustee's term.
  - 5.2. Nothing in this section shall be construed to bar nominations for any elective office from the floor. The consent of all nominees must be obtained previously.

## ARTICLE VII - MEETINGS

1. The Annual Meeting shall be held within the period between October 24 and November 30. The date, time, and place shall be determined by the Social Committee with the approval of the Executive Committee. Notice of such meeting shall be included in the electronic newsletter mailed to Chapter members not less than six weeks in advance of the meeting.
2. The Regular Spring Business Meeting shall be held within the period between March 15 and May 15. The date, time, and place shall be determined by the Social Committee with the approval of the Executive Committee. Notice shall be distributed to Chapter members not less than six weeks in advance of the meeting.
3. Special Chapter meetings may be called by the Chapter Chair. Upon request of 15% of the membership, a special meeting shall be called by the Chapter Chair within 3 weeks of such a request. Notice of such a meeting shall be mailed or included in the electronic newsletter to members not less than two weeks in advance of the proposed meeting.
4. Chapter business may be conducted at Chapter regular and special meetings providing that advance notice of the business to be conducted is provided to the membership at least six weeks before the meeting.
5. A quorum for Executive Committee meetings shall consist of fifty percent of its members.

## ARTICLE VIII - Amendments

1. Amendments to these By-Laws may be made by a majority vote of members at the Annual Meeting.

2. Proposed amendments to these By-laws shall be provided to the Executive Committee at least eight weeks prior to the meeting when they will be voted upon.
3. Notification of proposed amendments to the Chapter By-laws shall be given to voting members at least six weeks prior to the date the voting will take place.
4. Extensive amendments approved by Executive Committee: June 20, 2001. Membership approved at Annual Meeting: November 3, 2001.
5. Amendment adding the Internet Communications Committee (ninth standing committee). Approved by Executive Committee: March 17, 2004. Membership approved at Annual Meeting: November 20, 2004.
6. Amendment redefining the method of approving motions or other business conducted by the Executive Committee. Membership approved at Annual Meeting: November 15, 2009.
7. Proposed amendments to Executive Committee. Approved by Executive Committee: 2009
  - a. Amendment adding the Landowner Liaison Committee (tenth standing committee). Membership approved at Annual Meeting: November 15, 2009.
8. Amendment: Use of the Finger Lakes Trail and the North Country National Scenic Trail Annual Membership Business Meeting NOV 18, 2014.
9. Amendment Revision to replace ADK Director with ADK Advisory Council Trustee and other minor revisions in wording. EC approved May 2021

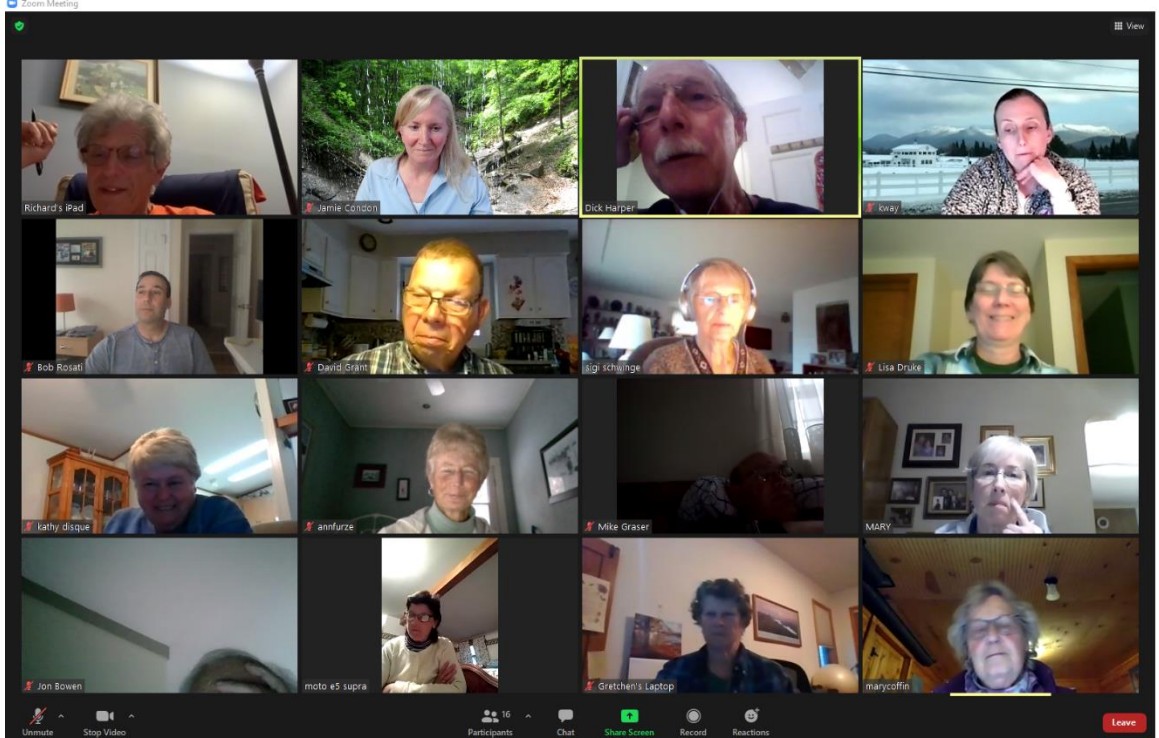
## UPCOMING EXECUTIVE COMMITTEE MEETINGS

JOIN US, WON'T YOU?

Wednesday, September 15, 7:30 PM

Wednesday October 20, 7:30 PM

Location To Be Determined, Email [Dick Frio](mailto:Dick.Frio) for information





# CALENDAR OF EVENTS

Date	Day	Outing	Leader
Repeating	Wed	Walking Wednesdays	S.Schwinge/M. Niemi
Sept 4	Sat	Nick's Lake Loop	K. Disque
Sept 5	Sun	Biking the Erie Canal	J. Smith
Sept 7	Tues	Jacques Cartier State Park	J. Smith
Sept 11	Sat	FLT Maintenance Hike	T. Rodriguez
Sept 11	Sat	Great Bear Springs	L. Robertson
Sept 12	Sun	Herlihy Rd to Rowley Hill Road – NCT100 /FLT50	L. Druke
Sept 13	Mon	Clark Reservation Hike	S. Schwinge
Sept 17 – 19	Fri – Sun	FLT Fall Outing Weekend – Greek Peak	<a href="http://www.fingerlakestrail.org">www.fingerlakestrail.org</a>
Sept 17	Fri	Walking Black River Feeder Canal – NCT100	J. Smith
Sept 18	Sat	Kayaking on First Pond Old Forge	J. Smith
Sept 24 – 26	Fri - Sun	ADK Fall Weekend – Old Forge	Onondaga Chapter Host
Oct 2	Sat	Pleasant Valley Preserve	K. Kaufman
Oct 2	Sat	Map & Compass Basics	K. Way
Oct 3	Sun	Go Finger Lakes - Trifecta of Skaneateles Nature Preserve	T. & J. Evans
Oct 4	Mon	Chippewa Falls Spur/ Midlum Hill – NCT100 /FKT50	S. Schwinge
Oct 9	Sat	Montezuma National Wildlife Refuge	M. & B. Coffin
Oct 10	Sun	Hinchcliff High Vista Preserves	K. Kaufman
Oct 16	Sat	Green Lakes State Park	K. Disque
Oct 16-17	Sat/Sun	Wilderness First Aid – 2-day course	K. Way
Oct 17	Sun	Onondaga Lake Park	B. Veilleux
Oct 23	Sat	Figure 8 Loop, Kennedy State Forest/Virgil Mt – NCT100/FLT50	L. Robertson
Oct 24	Sun	Chenango St – Art Park – NCT100	L. Druke
Oct 30	Sat	Great Swamp Conservancy – Fall Guided Walk	M. Coffin
Oct 31	Sun	Halloween at the Hollow Hike – NCT100	M. Niemi
Nov 1	Mon	Midlum Hill to Pardee Rd. / Irish Hollow Spur – NCT100/FLT50	S. Schwinge
Nov 6	Sat	November Business Meeting	P. Zangari
Nov 7	Sun	Verona Beach State Park	P. Whaley
Nov 14	Sun	Clark Reservation	M. Stevens
Nov 20	Sat	Moss Lake Hike	M. Coffin
Nov 21	Sun	Pratt's Falls	M. Stevens
Nov 27	Sat	Highland Forest	D. Frio
Nov 28	Sun	Green Lakes State Park	L. Druke

## 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 of 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:** When travelling, outing participants who are not vaccinated should not be sharing vehicles with anyone who is not a member of their immediate household.

**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 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 Market, just south of the Syracuse city line.

Gander Outdoors Cicero. 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



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

**Covid-19 ADK Outing Safety Guidelines:**

1. Trip leader screening: Are you feeling well today? Do you have your PPE?
2. Group size suggested limit is 10 in order to increase ability to maintain social distance. If social distance cannot be maintained, masks are required.
3. When traveling, outing participants who are not vaccinated should not be sharing vehicles with anyone who is not a member of their immediate household.
4. Participants should provide their own gear. Sharing items such as backpacks, water bottles, and trekking poles is strongly discouraged.
5. PPE required: Each person must carry mask and each group must have soap/hand sanitizer and must use the mask if social distancing cannot be maintained.

**8765 Walking Wednesday  
Every Wednesday 9:00 AM**

Meeting Place: Dewitt Wegmans Park & Ride in front of Hobby Lobby  
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.

**8766 Nick's Lake Loop  
Sat. Sept 4 Call Leader**

Meeting Place: Call Leader  
Rating/Distance: (A) (M) 7 miles  
RT drive: 150 miles  
Map(s): Nat. Geo. 745, DeLorme 35  
Leader(s): Kathy Disque, 315-656-3383, [kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)

We'll hike the 7-mile loop from Bisby Rd around Nick's Lake. This hike will take us through the campground to the beach area where we will stop for lunch.

**8767 Biking the Erie Canal  
Sun Sept 5 10:00 AM**

Meeting Place: Sims' Store at the Erie Canal Park in Camillus  
Rating/Distance: 22 miles r/t to Jordan on the dirt towpath  
Map(s): DeLorme 60  
Leader(s): Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)  
Because the towpath is not paved, you may prefer to ride your hybrid or fat tire bike. It takes me about 1 hour 10 minutes to pedal to Jordan. In Jordan, we will snack in the village park inside the former canal, or we might eat pizza at the shop near to the park. A bike helmet is required.

**8768 Jacques Cartier State Park  
Tues. Sept 7 9:00 AM**

Meeting Place: Gander Outdoors  
Rating/Distance: (E)  
R/T Drive: 212 miles  
Map(s): DeLorme 18  
Leader(s): Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

Jacques Cartier State Park is located on the St. Lawrence River in Morristown south of Ogdensburg. After walking and a picnic in this park, I would also like to introduce you to the Red Barn Preserve, a large rookery, also in Morristown. On our return to I-81, we may stop in Alexandria Bay for ice cream or a snack in Riverview Park.

**8769 FLT Maintenance Work Hike  
NCT100/FLT50  
Sat. Sept 11 9:00 AM**

Meeting Place: Dewitt Wegmans Park & Ride in front of Hobby Lobby  
Rating/Distance: (E) Less than 4 miles  
R/T Drive: Less than 100 miles  
Map(s): Depends on location  
Leader(s): Tony Rodriguez, 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, wear appropriate clothing and footwear, and follow all COVID 19 protective guidelines. The Chapter furnishes all necessary tools. It will be cancelled in case of severely adverse weather conditions.

**8770 Great Bear Springs Hike  
Sat. Sept 11**

Meeting Time/Place: 8:20am @ DeWitt Wegmans Park & Ride in front of Hobby Lobby to carpool, or 9:15am @ Great Bear Springs Parking lot.  
Directions: 481 N, exit 13 Phoenix, L onto County Rt.57A, R at Byrne Dairy onto Rt. 57 (Main St), continue ~4 miles to Great Bear Springs parking on L.

Rating/Distance: (M/S) 9+ miles with option for early exit/return to cars after initial 10K loop (~6+ miles)

R/T Drive: 65 miles

Map(s): [friendsofgreatbear.org/maps](http://friendsofgreatbear.org/maps)

Leader(s): Lisa Robertson, [zosoroxy@gmail.com](mailto:zosoroxy@gmail.com)

Moderately brisk pace 2.5-3 mph. We'll hike the 10K first, returning near our cars (for anyone wishing to depart early), & then we'll continue onto the 5K trail. Gently rolling terrain. Please contact leader with any questions & to sign-up. Note: Registration required. Group size limited to 10, so please be sure to notify leader in the event you signed up, but subsequently need to cancel, in order to free up the spot for someone else.

**8771 Herlihy Rd to Rowley Hill Rd –  
NCT100/FLT50  
Sun. Sept 12 10:00 AM**

Meeting Place: Dewitt Wegmans Park & Ride in front of Hobby Lobby

Rating/Distance: (M) 6.8 miles

R/T Drive: 42 miles

Map(s): DeLorme 61, FLT O1

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

We will hike in the Morgan Hill State Forest from the Spruce Pond dam to Rowley Hill Rd and return. Please contact the leader with any questions.

**8772 Clark Reservation  
Mon. Sept 13 9:00 AM**

Meeting Place: Clark Reservation

Rating/Distance: (E-M) 4 miles

Map(s): DeLorme 61

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

We'll walk the park trails, optional to go down and around Glacier Lake afterwards. For other Monday hikes, please email Sigi.

**FLT Fall Weekend – Greek Peak, Sept 17 – 19  
fingerlakestrail.org**

**8773 Walking Black River Feeder Canal  
Fri. Sept 17 9:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)

Rating/Distance: (M-S) 10 miles

RT drive: 86 miles

Map(s): DeLorme 49

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

We will need to park 1 or 2 cars in Hawkinsville or Forestport. We will walk the flat earthen towpath from the Covered Bridge in Boonville to the dam in Forestport. We might have fall colors! Of course, you will need water and snacks. After the hike we could visit the 'world famous' Buffalo Head or Mercer's Dairy in Boonville. I will not return to Canastota because I will be joining Onondaga Ski Club (O.S.C.) at Covewood in Eagle Bay.

**8774 Kayaking in Old Forge  
Sat. Sept 18 11:00 AM**

Meeting Place: Public beach in Old Forge

Rating/Distance: (A) (M) ~4 miles flat water

RT drive: 140 miles

Map(s): DeLorme 35/36

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

I will be at Covewood in Eagle Bay with O.S.C (Onondaga Ski Club) so I will meet you at the beach. Look for red Ford truck with a kayak. Bring sunshine, sun block, sunglasses, sun bonnet and of course, your PFD and a paddle. After the paddle would you like to visit an Old Forge ice cream shop or pizza shop?

**ADK Fall Weekend – Old Forge  
Fri-Sat. Sept 24-26**

The 2021 ADK Fall Weekend will be held in the Old Forge/Inlet Area on September 24–26 with headquarters (trips and food) at the Old Forge Recreation Center also known as the George T. Hildebrand Recreation Center located in the village. The **Onondaga Chapter of the ADK** is offering ADK members, their families, and friends a rich Adirondack experience with a selection of outings for all interests and abilities. 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. You can earn a patch by completing the [Fulton Chain Trifecta](#) during the weekend. Participants can hike two sections of the [North Country National Scenic Trail](#) and explore the Pigeon Lake Wilderness. We even offer a docent led tour of [Camp Sagamore](#). Evening dinners and programs are included. Registration is required. Visit [www.adk-on.org/fall-weekend/](http://www.adk-on.org/fall-weekend/)

## **8775 Pleasant Valley Preserve**

**Sat. Oct 2 1:00 PM**

Meeting Place: Circle K Gas Station (west side of building), corner of Route 175 (Old Seneca Tpk) and Cedarvale Rd, (across from the Finally Ours Restaurant, about half way between Onondaga Hill and Marcellus)

Rating/Distance: (E) 3 miles

RT Drive: 4 miles

Map(s): DeLorme 61

Leader(s): Ken Kaufman, 315-263-3037, [kenkaufmanpe@gmail.com](mailto:kenkaufmanpe@gmail.com)

The Central New York Land Trust recently acquired a new, 300 acre preserve off Pleasant Valley Road, near Marcellus. Let's check it out. This will be a short hike through meadows, wetlands, Xmas tree plantations, sugar bush, woods, up onto a ridge (a few steep, short ups and downs), with some views. Afterwards we can stop at the Cedarvale Maple Syrup Company for homemade maple-walnut ice cream.

## **8776 Map & Compass**

**Sat. Oct 2 Call Leader**

Meeting Place: Contact Leader

Leader(s): Kathy Way, [bkpt103@aol.com](mailto:bkpt103@aol.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.

## **8777 Go Finger Lakes - Trifecta of Skaneateles Nature Preserve**

**Sun. Oct 3 Call Leader**

Meeting Place: Green Hills parking (west of grocery store before McDonald's) - time 9 a.m.

Rating/Distance: (M) 3 to 7.25 miles

R/T Drive: 61.3 miles

Map(s): DeLorme 61,

GoFingerLakes: [www.gofingerlakes.org](http://www.gofingerlakes.org)

Leader(s): Theresa & Jay Evans, 315-414-0431, or [tj\\_evans@verizon.net](mailto:tj_evans@verizon.net)

We will hike in 3 nature preserves around Skaneateles Lake. Both the drive and hikes should be grand given landscape and fall season. Please come join us on these walks. It is feasible for you to do 1, 2 or all 3. First, Bahar Nature Preserve/Carpenter Falls (3 miles): loop will entail a bit of road walk (.75) but great view. Second, High Vista Nature Preserve (1.5): a beautiful walk in young hardwood forest; Third, Ripley Hill Nature Preserve (2.7): we will park at Hinchcliffe Preserve and make our way up Ripley Hill with views of the lake both to and from. Please call or email us if plan to come out.

## **8778 Chippewa Falls Spur / Midlum Hill - NCT100 / FLT50**

**Mon. Oct 4 9:00 AM**

Meeting Place: DeWitt Wegmans Park & Ride in front of Hobby Lobby (or later at the trail head - confirm with Sigi before)

Rating/Distance: (E) 3.5 miles Chippewa Falls, 2 miles Midlum Hill Option

R/T Drive: 65 miles

Map(s): DeLorme 77, FLT M21

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

This is a nice short trail that ends in a steep little waterfall. It's a favorite of mine and the Monday walk-n-talkers with not much up and down. We walk out and back. For the option, we'll drive 1/4 miles over to Midlum Rd. and do an up to Midlum Hill to enjoy the view over the valley, then go back the same way. To join Sigi's Monday walk-n-talk group, please email the leader.

## **8779 Montezuma National Wildlife Refuge**

**Sat. Oct 9 10:00 AM**

Meeting Place: B'ville Thruway exit 39, (new) park and ride on Jones Rd.

Rating/Distance: (E) 1-4 miles, hiker's choice

R/T drive: 60 miles

Map(s): DeLorme 59

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

We will check out the Visitor's Center, then hike several short trails up to 4 miles and drive the loop drive to observe the famed Montezuma eagles and





other migrating waterfowl. Bring lunch and water. Binoculars will be handy. Optional stop on the way home at the Erie Canal Lock Historic Site near Port Byron.

## **8780 Hinchcliff High Vista Preserves**

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

Meeting Place: Skan-Ellus Drive In, Route 20 at Lee Mulroy Rd (Rt 175), one mile east of Skaneateles

Rating/Distance: (M) ~6 miles

RT drive: 20 miles

Map(s): DeLorme 61

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

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

The Finger Lakes Land Trust recently acquired a parcel of land that connects its Hinchcliff and High Vista preserves, overlooking the southeast end of Skaneateles Lake, and has just completed a new trail to link the two preserves. We'll spot cars at High Vista (on Vincent Hill Rd), and start from the top of the ridge, on Ripley Hill Rd, walking downhill to Hinchcliff, around Hinchcliff, take the new trail to High Vista, and around High Vista. There are some steep ups and downs, beautiful woods, views, meadows, and interesting artifacts. Bring lunch, water, etc.

## **8781 Green Lakes State Park**

**Sat. Oct 16 9:00 AM**

Meeting Place: Erie Canal Parking Lot Manlius Center Rd.

Rating/Distance: (M) 5-6 miles

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

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

3383, [kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)

The fall colors should be at peak for this leisurely paced hike on the trails in the western side of the park. We will hike a combination of wooded trails and mowed paths thru the open fields with some nice scenic views.

## **8782 Wilderness First Aid – 2 day course**

**Sat - Sun. Oct 16-17**

Meeting Time/Place: Contact Leader – This is a 16 hour course

Leader(s): Kathy Way, [bkpt103@aol.com](mailto:bkpt103@aol.com)

This is a 16-hour basic wilderness first aid class including CPR. Contact leader for additional information and to register for the class. There is a \$150 course fee.

## **8783 Onondaga Lake Park**

**Sun. Oct 17 1:00 PM**

Meeting Place: Call leader

Rating/Distance: (E) 4 miles

Map(s): DeLorme 60

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

Easy going walk with fall colors along a beautiful lake. Come enjoy the beauty of fall, friends and the brisk fall air. You must call to confirm meeting place (call before 8:30 pm the night before).

## **8784 Figure 8 Loop, Kennedy State Forest/Virgil Mt – FLT50 / NCT100**

**Sat. Oct 23 8:20 AM**

Meeting Place: LaFayette McDonald's (back parking lot)

Rating/Distance: (S) 9 miles (elev. gain ~1200 ft)

R/T drive: ~70 miles

Map(s): DeLorme 77, FLT-M19

Leader(s): Lisa Robertson, [zosoroxxy@gmail.com](mailto:zosoroxxy@gmail.com)

Moderately brisk pace 2.5-3 mph. Elevation gain ~1200 ft. (Limited) parking & commence hike at the corner of O'Dell & Baldwin Rd. Trail winds through Greek Peak Ski lift area & Virgil Mtn. Summit 2132 ft., the highest point in Cortland County. Please contact leader with any questions & to register. Note: Registration required. Group size limited to 10, so please be sure to notify leader in the event you signed up, but subsequently need to cancel, in order to free up the spot for someone else.

## **8785 Chenango St to Art Park, NCT-100**

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

Meeting Place: Caz Lake Lot (Rte. 20)

Rating/Distance: (M) 6.6 miles

RT drive: 4 miles

Map(s): DeLorme 61

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

Join me in a brisk hike from Chenango St parking in Cazenovia to the Art Park. Hedge rows, mixed hemlock-hardwoods and interesting art works along the trail in the Art Park. We will have lunch at the Art Park and return.

## **8786 Great Swamp Conservancy – Fall Guided Walk**

**Sat. Oct 30 12:00 PM**

Meeting Place: Thruway Exit 34 (Canastota)

Rating/Distance: (E) 4 miles

R/T drive: 6 miles

Map(s): DeLorme 61



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

ADK-ON Conservation Committee presents a field trip to an area where the swamp vegetation, wetlands and native species habitats have been preserved and restored after many years of drainage for truck cropping. GSC is Madison County's only nature center. This area is protected from hunting. Free, but donations gladly accepted. If ground is frozen recommend wearing cleats (i.e. yaktrax or microspikes), if wet, waterproof boots are recommended (this is a swamp!).

**8787 Halloween at the Hollow Hike**  
**Sun. Oct 31 9:00 AM**

Meeting Place: DeWitt Wegmans Park & Ride in front of Hobby Lobby; contact leader if meeting us at Labrador Pond Parking.

Rating/Distance: (M) 4-5 miles

R/T Drive: 40 miles

Map(s): DeLorme 61, FLT 01

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

Starting at Labrador Hollow parking area, we will follow the Skyline Trail to Tinker Falls. Going up the stairs and behind the falls, we will take the FLT to the Jones Hill hang glider takeoff point. Bring snacks & water. I have the perfect Jack-O'-Lantern tee shirt ready to go.

**8788 Midlum Hill to Pardee Rd. / Irish Hollow Spur – NCT100 / FLT50**

**Mon. Nov. 1 9:00 AM**

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

Rating/Distance: (M) 4-5 miles

R/T Drive: 60 miles

Map(s): DeLorme 77, FLT-O1

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

A beautiful trail often running along a creek, then on to the new trail section to Pardee Rd. On the way back you have the option of going down to Irish Hollow with its many pleasing to the eye and ear short creek waterfalls. Optional: walk the 1 mile Midlum trail afterwards. For other Monday walks with the Monday walk-n-talkers, please email the leader.

**8789 November Business Meeting**  
**Sat. Nov. 6 3:00 P.M.**

Meeting Place: Collamer United Church, 6865 Fly Rd, East Syracuse. (Enter from back of the Church)

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

Directions: Take Rt. 481 North from Syracuse to Exit 7 (Rt. 298) take rt. 298 West to Fly Road, go south on Fly Road (left turn by Adirondack Furniture) the driveway to the church is ¼ mile on your right.

Social hour at 3:00 p.m., followed by our annual membership meeting at 3:30 p.m. At 4:00 pm, Dr. Brian Popivici DPM, a podiatry specialist, will speak on hiker's feet. Bring questions and hiking boots as he can assess how we actually hit the trails by looking at our boots.

At 5:00 pm, dinner will follow (venue TBD). The dinner venue is to be confirmed at a later date. Please check our website at [www.adk-on.org](http://www.adk-on.org) for updates on the dinner venue.

**8790 Verona Beach State Park**  
**Sun. Nov 7 10:00 AM**

Meeting Place: Call leader

Rating/Distance: (M) 5-6 miles

RT drive: 3 miles

Map(s): DeLorme 48

Leader(s): Peg Whaley, 315-633-0154,  
[pegw1909@gmail.com](mailto:pegw1909@gmail.com)

We will hike some of the 14 miles of trails on the eastern side of Rt. 13. Well-behaved dogs are welcome.

**8791 Clark Reservation**  
**Sun. Nov 14 Call leader**

Meeting Time/Place: Call leader

Rating/Distance: (E) 4 miles

Map(s): DeLorme 61, Clark Reservation Trail Map

Leader(s): Melanie Stevens,  
[msteve39@gmail.com](mailto:msteve39@gmail.com)

We will hike the trails of this fascinating park with varied terrain including cliffs and outcrops, and woodland and meadows. Please bring water and a snack.

**8792 Moss Lake Hike**  
**Sat. Nov 20 9:00 AM**

Meeting Place: Thruway Exit 34 (Canastota) or call leader

Rating/Distance: (A) (M) 2.5-5 miles

R/T drive: 180 miles

Map: DeLorme 36, ADK West Central, ADK Nat Geo #745

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

Hike [snowshoes if there is 6" snow] around Moss Lake just off Big Moose Road with the option of hiking to Bubb and Sis Lakes.

## **8793 Pratt's Falls Hike**

**Sun. Nov 21** **Call Leader**

Meeting Time/Place: Call Leader

Rating/Distance: (E) 4 miles

Map(s): DeLorme 61. Pratt's Falls Trail Map

Leader(s): Melanie Stevens,

[msteve39@gmail.com](mailto:msteve39@gmail.com)

Join me on a cool, crisp hike through this lovely park located in Onondaga County. Please bring water and a snack.

## **8794 Highland Forest Hike**

**Sat. Nov 28** **10:00 AM**

Meeting Place: Highland Forest Visitors Center

Rating /Distance: (M-S) 8.8 miles rolling hills

Map(s): DeLorme 61

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

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

We will hike the main trail and work off all those extra Thanksgiving calories. Be prepared for all weather conditions. Late November can be cold. We might even encounter snow. Bring snacks, lunch and wear orange. Bow hunting is allowed in the park. Park fee is \$3 per person.

## **8795 Green Lakes State Park**

**Sun. Nov 28** **10:00 AM**

Meeting Place: Route 290 parking at office

Rating/Distance: (M) 5 miles

Map(s): DeLorme 61 Green Lakes Trail Map

Leader(s): Lisa Druke, [ldruke@twcnny.rr.com](mailto:ldruke@twcnny.rr.com)

We will hike the trails in this rich park and enjoy some of the views of Onondaga County. Dress for the weather. Please bring water and a snack.

## **MARK YOUR CALENDAR:**

### **Finger Lakes Trail Cross Cortland County Pre-Hike Series.**

Weds. Sept. 8.

If you are interested in participating in the series pre-hikes with light hand tool trail clearing work, or for more info, please contact Sigi Schwinge at [sigischwinge@aol.com](mailto:sigischwinge@aol.com)

### **Tug Hill Traverse Work Hikes.**

Friday September 10, Saturday September 18. Meeting time will be 10:00am, meeting locations TBA.

We will be working on building a section of the more than 20-mile Tug Hill Traverse Trail, a foot and cross-country ski path that will start near Osceola and extend north roughly 20 miles through the Tug Hill Plateau. What to bring: Water, snacks/lunch, work gloves, insect repellent, sunscreen, hat, and hand tools if available, such as hand saw, lopping shears, clippers. Contact Bob McNamara 315-675-3522 [artofwild@aol.com](mailto:artofwild@aol.com)

Not ADK but may be of interest. Want to '**See the World**', but hesitant to go it alone? Want to travel with a small group of active and interesting individuals? Want to see places such as Costa Rica, the Galapagos, Egypt, Turkey and more? Interested in bike and barge in Europe? Closer to home, how about a deluxe version of the Fulton Chain of Lakes? If you are interested in any of these possibilities or if you have your own ideas please contact me, and we'll talk. John Lang, 315-492-3414. 