

ADIRONDACK MOUNTAIN CLUB  
ONONDAGA CHAPTER

# TALK OF THE TRAIL Winter 2022

December ❄️ January ❄️ February



## HIGHLIGHTS IN THIS EDITION

- ADK Fall Outing
- 2021 Chapter Awards
- Reports from the Field
- Outings!



Adirondack  
**ADK**  
Mountain Club

# ADK ONONDAGA CHAPTER

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*Newsletter Proofreading  
Courtesy of Jerry Smith and  
Chris Kotula*

*Submissions for the spring  
edition accepted until  
February 1.*

### ABOUT THE COVER

*Taken on the top of Mount  
Haystack in 2019 by Bob Rosati  
while on his successful quest  
for his winter 46. Courtesy of  
Bob Rosati*



## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Sara Buske, Trudi Caster, Warren Darby, Alanna Gothard, William & Michelle Grosnick, John Hamilton, Saramarie Hoffman, Colleen & Andy Majka, Bette Baum, Barbara Brown, William McKay, Kimberly Peterson, Meaghan Scully, Lisa Cabot, Laura Davies, Paula & Richard Engel, Rachel Fabi, Emily Freeman, Kimberly Goodliff, Randy Hahn, Michael Kerwin, Audrey Merriam & Jared Lipton, Stephen Miller, David Morgan, Erina Myagkota, Thomas & Diane Ryan, Mary Sims, Tamara Singer, Amy St John and Peter Wetherell

As of October 2021, the ADK Onondaga Chapter now boasts a total of 1,474 members and 5 affiliate memberships. Adirondack Mountain Club overall membership stands at 28,728.

That is a decrease of 16 chapter members, decrease of 2 affiliate member and an decrease of 161 in total ADK membership since June 2021.

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

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

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

Instagram: [https://www.instagram.com/adk\\_onondaga\\_chapter/](https://www.instagram.com/adk_onondaga_chapter/)

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.





# FROM THE CHAIR

BY Dick Frio



I have been involved with several non-profits, service organizations and professional organizations over the past 50 years. I can say with certainty that ADK volunteers are some of the most dedicated and committed individuals that I have ever met. It's been a privilege and honor to serve as Chapter Chair for the past 2 years. Secretary Mary Niemi, Treasurer Kathy Disque and Board Member Mary Coffin were always supportive and accessible when I needed help and guidance. That occurred frequently. I was fortunate to have a board of experienced leaders who provided institutional knowledge. I was rewarded with several new committee chairs who have provided enthusiasm, dedication, and exciting new ideas. Whatever chapter accomplishments that occurred over the past two years we owe to this group of committed volunteers. Thank you for your help.


Next year is ADK'S centennial year - one hundred years of protecting New York's wild lands and waters by promoting responsible outdoor recreation and building a statewide constituency of land stewardship advocates. ADK is a leader in providing outdoor education, promoting responsible recreation, and organizing stewardship experiences. The Onondaga Chapter certainly lives up to these standards.

Winter is on the way. The mosquitoes and the rest of those nasty biting insects are gone! We have some exciting snowshoeing and cross-country skiing in our Outings Schedule. You should take advantage of the many exciting opportunities to enjoy our winter wonderland in the Tug Hill, the Adirondacks, or on the Finger Lakes Trails.

In September we hosted the ADK Fall Weekend in Old Forge. Jon Bowen did a fantastic job organizing this event. Bob Rosati set up our registration page. We wouldn't have been able to succeed without the on-site efforts of Kathy Bowen, Kathy Disque, Kathy Way and Mary Coffin. Thanks to all our chapter members who volunteered to lead outings.

Congratulations to our new slate of excellent officers. Our chapter will be in very good hands for the foreseeable future.

We still need some volunteers to fill some key positions. Tony Rodriguez has retired as Trails Chair. Tony's commitment and knowledge of our trails is legendary. Pat Zangari will be retiring as Social Chair after our November meeting. Pat has done a wonderful job organizing our March and November business meetings for several years. If you want to enjoy the outdoors and protect our wildernesses, consider volunteering. You don't have to be a committee chair to get involved. You can be an outing leader, a trail maintainer or a member of any committee. Contact me if you are interested in volunteering.

Now take a hike! 



## REFLECTIONS ON DICK FRIO

Considering the potentially chaotic circumstances under the COVID protocols, Dick managed to keep everyone informed, up to date, and on an even keel without a hitch. Additionally, he participated in multiple trail maintenance projects and organized a major trail benching and levelling work event on the trail above Tinkers Falls.

By far during major trail clearing events his most disconcerting habit was the use of his rinky-dink little saw to cut through considerably sized tree branches and he seemed to derive much pleasure from embarrassing us! (ONLY KIDDING!)

-Tony Rodriguez

Dick Frio and his saw at work, Photo Courtesy Dave Grant



Many of you may not know, but I kinda twisted Dick's arm into accepting the Chair nomination. After a slight twist, he told me if Dave Grant would agree to be Vice Chair he would accept. Fortunately, Dave stepped up. I thought it was a good combination as Dave loved trail work and conservation and Dick is an all-around great guy who loved to hike. Little did we know Covid was lurking.

As chair, Dick has dealt with Covid, bylaw changes, resignations from long-term, devoted committee chairs, and even Zoom. Through it all he has remained steadfast, and we have continued to have outings, accomplish trail work, and grow as a chapter. Dick has consistently demonstrated all the characteristics of a good leader. He is dedicated, hardworking, organized, safety conscious, compassionate and fun-loving. Whether benching or hiking, he

always pitches in. He is dedicated to the principles of ADK and leads by example. He is a humble man, who is willing to lead from behind, guiding, encouraging, supporting without always needing the credit.

If you hike with Dick, especially while bagging a peak, you will see a huge grin on his face. Whether hiking or at the other end of a "two wo-man" saw, it is always fun to be in the woods with Dick.

In summary I am glad I twisted his arm. I'm glad he accepted. I think he has been an exceptional Chair.  
-Sandy Manca

Dick Frio worked very hard to promote ADK, NCT and FLT trail objectives while balancing the retirement of several key committee chairs and COVID restrictions placed upon us by all three organizations. Dick is very conscientious and sought the advice of and listened to long-time ADK members on many issues. He is very organized and as a result conducted very informative, meaningful meetings. Dick's heart is in hiking and improving the trail. His favorite tool, I think, is the 2-person saw and he and friends look for fallen trees across the trail so they can cut and remove them. Dick enjoys trail work and the camaraderie of likeminded trail volunteers on the Fingers Lakes Trail, North Country Trail, Pigeon Lakes Wilderness trails and any trail in the Adirondacks. Dick is modest but he has made major contributions during his tenure as ADK-ON Chair.

-Mary Coffin



Photo Courtesy Dave Grant



Many adjectives come to mind when thinking of Dick Frio as our Chapter Chair. CONSCIENTIOUS. Whatever the task at hand, he demonstrates an endless amount of energy and time to see the project through. PERSEVERANCE. As the chair, he has faced many difficult issues such as Executive Committee members resigning, COVID shutdowns, trail works projects, etc. With all that, he powered through and initiated solutions. PATIENCE. Heaven knows how he can keep a kind, level head when dealing with difficult issues and folks.

COMPASSION & LOVE OF THE OUTDOORS. When hiking, skiing, paddling or snow shoeing, Dick is always asking; what's this? What does it do? How did it get there? PHYSICALITY. He's a hard one to keep up with, both physically and mentally. Usually, I see the back of him powering up some hill vexing our minds with various conundrums. I truthfully don't know how we would have made it through these past

two years without his guidance. -Ann Furze





BY PEG WHALEY



## DISTINGUISHED VOLUNTEER AWARD – DICK FRIO

Dick Frio received the Onondaga Chapter Distinguished Award for 2021. Dick is a chapter trip leader who is always organized and conscientious. He is a trail volunteer and steward. He is part of the 2-man saw crew and the Pigeon Lake Wilderness Area, Little Woodhull and Kunjamuk work parties. Dick coordinated the trips for Fall Outing this past September in Old Forge. Dick has recently volunteered to act as Trails Co-Chair until a replacement is found. As Chapter Chair, he has always led the chapter with professionalism and dignity.



## HELPING HAND AWARD – KATHY DISQUE

Kathy Disque received who the "Helping Hand" award. This award is given every year to someone who is always helping behind the scenes. Kathy is a former Vice Chair and Chapter Chair. She is a trip leader, former adopter of the Norridgewock Trail, she e-mails list of upcoming outings/events and puts together annual meeting report. Kathy is also on the Outings Committee, she painted blazes on trail map M02, helped with the Fall Outing (Old Forge) and, last but not least, she is out Chapter Treasurer.



## TRAIL MASTER AWARD – BRUCE HOLLOWAY

Bruce Holloway received the Trail Master Award for his 26 hours of trail work. He is always available whenever a major trail work project needs to be done. Bruce has also volunteered to steward a section of trail in Cuyler Hill State Forest.



BY PEG WHALEY

## GOLDEN SAW AWARD – TONY RODRIGUEZ



It is most appropriate that ADK-ON recognize Tony Rodriguez one more time for his dedication to trails maintained by our Chapter. For nearly 20 years Tony has coordinated FLT/NCT stewards, trail marker painters, sawyer team, trail relocations, North Country Trail Team, DEC Region 7 relations, trail steward picnic, training workshops, building, and repairing bridges and lean-tos as well as overseeing several Adirondack trails and an Adirondack Wilderness Area for which the ADK-ON Chapter assumes responsibility.

Tony has received the Clare Willis Award from the FLTC, and he has been recognized for his hours of service on the NCT with the NCTA Affiliate Honor Award. Tony received the Onondaga Chapter Distinguished Volunteer Award in 2017.

Tony shoes are big to fill indeed for they have travelled hundreds of miles supporting string trimmers, saws, and loppers. Many times, Tony would go out solo to clear trails. Tony enjoyed every minute he was in the woods, and he will still be seen on work trips as time permits.

Thank you, Tony, for all your trail work from all your ADK friends.



*"It's been a really wonderful time the past 20 years. I'll still be around. The past 20 years have been a really significant part of my life. I couldn't have done any of this without all these people that participate **every time** without complaining. I want to express my appreciation for them because without them I wouldn't be here." – Tony Rodriguez at the Award Ceremony*





In spite of the ongoing pandemic, the ADK Fall Weekend hosted by the Onondaga Chapter was a success! This is in large part to the dedication and hard work of our coordinators Jon and Kathy Bowen. The Bowens powered through the adversity of the pandemic, including a canceled event in 2020 which stretched a normal one-year project into a two-year ultra-marathon. They weathered changing price structures due to supply chain issues, uncertainty created by ever changing Covid-19 protocols and rules and came out on the other side with an event that, by all accounts, was enjoyable for the 100 ADK enthusiasts who participated. The Fall Weekend was a great opportunity to meet not only other chapter members but spend an

extended time with folks you might not otherwise have the chance to hang out with. Thank you, Jon and Kathy, for leading us through this project and showing everyone how bright the Onondaga Chapter shines!







A big thank you to our volunteers who stepped up to lead outings during the event:

- |                  |                 |
|------------------|-----------------|
| Rich Adams       | John Lang       |
| Gretchen Barfoot | Dick Lightcap   |
| Mary Coffin      | Sandy Manca     |
| Lisa Druke       | Mary Niemi      |
| Dick Frio        | Paul Siroli     |
| Stephen Hayes    | Jerry Smith     |
| Ken Kaufman      | Peg Whaley      |
| Barb Kerker      | Brenda Veilleux |

Outings Co-Chairs:  
Mary Coffin & Dick Frio

Extra Special Thanks to these volunteers who worked behind the scenes while the rest of us enjoyed the event:

- |              |            |
|--------------|------------|
| Jon Bowen    | Ann Furze  |
| Kathy Bowen  | Pat Urban  |
| Bill Coffin  | Bob Rosati |
| Mary Coffin  | Kathy Way  |
| Kathy Disque | Peg Whaley |
| Dick Frio    |            |



## SAVE THE DATE!

ADK FALL WEEKEND 2022  
SEPTEMBER 23 - 25

The Cold River Chapter will be hosting next year's event at the [Silver Bay YMCA Conference & Family Retreat Center](#). Don't let the name fool you. This venue will be a real ADK treat! Located on the shores of Lake George, the YMCA offers spectacular views of the lake and mountains, a sand beach, boats, tennis, and hiking trails.












## LANDOWNER LIASION COMMITTEE BY MARY NIEMI



The Onondaga Trail is part of the National North Country Trail (NCT) and the Finger Lakes Trail (FLT) in New York State. An important mission of these trail associations is to protect the trail for future generations. This is where the Landowner Liaison Committee comes into play. Currently, our ADK Onondaga Chapter has six Trail Access Easements (TAE) which are legal agreements with individual landowners that protect the trail in perpetuity regardless of who may own the land in the future. TAEs do not restrict the landowners on how they use their land, such as, for logging, agriculture, buildings, lanes, or driveways if the trail corridor is not blocked, and it is accessible to the public for hiking. Hunting closures may still apply if they predate the TAE.

To illustrate, let's look closely at FLT Map 02 which covers 17.1 miles of the Onondaga Trail in the Fabius and New Woodstock areas. Here our trail is safely protected on several state and county owned land: Morgan Hill SF, Highland Forest, DeRuyter SF and Tioughnioga Wildlife Management Area. However, in between these forest areas lie miles of privately owned land. Our six current TAEs secure short segments on this map, so you can see there is more to be done to keep the trail in place for the future.

In a future article, we will explain another type of easement, called a Conservation Easement which is often more restrictive regarding how the landowner can use the land. 

## NEWSLETTER COMMITTEE BY JAMIE CONDON




When I was dating my now husband, my hairdresser offered me the advice that I couldn't really know someone until I have spent all four seasons with him. Boy was she right! SU football, anyone?

I think the same can be said of working on a committee for the ADK. This edition of the newsletter makes four seasons that I've been putting together the newsletter for the Onondaga chapter. Now I know that spring is about trail maintenance and the spring business meeting. Summer means everyone in the chapter is busy enjoying the season. Doesn't summer always seem busy? Fall is filled with elections, the all-chapters outing, a business meeting, and awards. Winter involves a change of command, and the volunteers spend more time on administrative tasks.


I've enjoyed every (*almost*) minute of it!

I'd like to take a moment to thank Dick Frio for taking a chance on a stranger and appointing me to this position. His quiet leadership empowered me to confidently experiment as well as reach out for content from our hardworking volunteers and members. When I repeatedly asked for his permission to do something, Dick patiently and repeatedly told me he wasn't going to micro-manage the newsletter and I could do what I wanted. When I asked for help, Dick freely gave it. Through the past year I've witnessed Dick manage through many difficult decisions and circumstances with grace, thoughtfulness, and kindness to all.

Thank you, Dick, for your energy and time! I hope you fill your new free time with activities and people you love. I look forward to continuing to work with you on various projects for our chapter and trying to keep up with you on the trail! 



## ADK TRUSTEE REPORT

The ADK Board of Directors changed their membership last year drastically reducing the count of board members. Previously each chapter had at least one member on the board. They also created the new Advisory Council to change the way chapters were to be represented at the club level. Each chapter has one member on the Advisory Council and the Advisory Council will have one member on the Board of Directors to represent it. The Advisory Council will have many roles including: bringing chapter concerns, suggestions, proposals, and recommendations to the Board of Directors; increasing communication between chapters including sharing best practices, outings ideas, educational activities; reporting club information back to chapters in a timely and consistent manner and in general being the voice of all chapter members. The Advisory Council is operating already but is still developing and feeling its way into the scheme of the club hierarchy. The Advisory Council goal and mission is to help chapters and the club grow into a dynamic force to protect the Adirondacks and the environmental health of all New York lands for generations to come. 

## 2021 FLT CROSS COUNTY HIKE SERIES BY JAMIE CONDON




Onondaga Chapter Members at the SAG: Jamie Condon, Lisa Robertson, Joe Condon, Gary Mallow, Sigi Schwinge

We are fortunate to have the Finger Lakes Trail (FLT) cross through central New York. In case you didn't know, the FLT runs from the Pennsylvania border to the Catskills. Each year the Finger Lakes Trail Conference offers a guided hike series that results in participants hiking the finger lakes trail across an entire county. This year the series was in our back yard, Cortland County, and our own Sigi Schwinge stepped up to take the lead on organizing this year's series with the FLTC.

The series consisted of 6 hikes over the summer ranging from 9.2 miles to 11.7 miles each for a total of 63 miles. Nearly 100 hikers from across the state participated this year. Participants were given the option of 8 different speed groups with the flexibility to fall back or power ahead if the group they were with did not match their hiking abilities. Everything was planned for us, and leaders and sweeps were pre-established for each of the

eight groups. Groups were given fun names like "Almost Fast" and "Nature Appreciative". Nature Appreciative did half the hike on the scheduled date and then the other half on another date. If you had a conflict, you simply made up that stretch of the hike on your own or with new friends you met on the series. Part of your entrance fee for the series paid for the busses that transported you from the end of the hike where your car was parked, to the start and for refreshments at the Support and Gear (SAG) wagon placed strategically mid-hike. Halfway through a hike, there's nothing like a fresh slice of watermelon and snacks and beverages you didn't carry!

A big thanks to Sigi for her efforts in coordinating this series while also pre-hiking and organizing trail maintenance for each section so that all the participants would have the best experience. I particularly looked forward to Sigi's emails the week before the hike describing what we were in for in her own entertaining way. Also, thanks to Onondaga chapter members Dick Frio and Gary Mallow for leading two of the eight speed groups and helping Sigi with pre-hike trail clearing. Look for information in our spring newsletter on next year's series which will take participants across Tompkins County. I'll be there, will you? 






## PIGEON LAKE WILDERNESS AREA WORK HIKE BY DICK FRIO



Part of the crew: Peter Knauerhase, Bob Rosati, Jim Bristol, Dick Harper, Michael Marsh, Sandy Manca *Photo Courtesy Dick Frio*

This summer while backpacking in the PLWA, Bob Rosati identified a one-mile section of trail between Queer Lake and Mays Pond that needed extensive trail maintenance. It was overgrown with many blowdowns making it very difficult to navigate. On Wednesday, October 6 the trail crew of Sandy Manca, Lisa Robertson, Jim Bristol, Peter Knauerhase, Dick Harper, Bob Rosati, and Dick Frio started out from the Canastota meeting place at 7:30 am to remedy the situation. It was a beautiful day with temperatures heading into the seventies and a clear blue sky. We were rewarded with beautiful fall colors on the drive up. At 9:30 am, the crew met DEC Senior Field Forester Michael Marsh at the Windfall Pond trailhead.

The trail crew spent most of the morning side cutting and removing multiple blowdowns to clear that trail. Bob recommended we take lunch at a beautiful spot at Mays Pond. After lunch we proceeded north to the next trail intersection and continued our work. We covered 9 miles of trail in around seven hours. We arrived back in Canastota at 7 pm-a little worn out but very happy to have spent a day in the woods with friends. 

I thank all who helped this year, particularly Bob Rosati who "rediscovered" very overgrown Mays Pond Trail, and Dick Frio who led one hike when I had toe trouble, also Ann Furze, Dick Harper, Peter Knauerhase, Sandy Manca, Theresa Parkes.

Join us next year when we, of course, have fun doing it all over again, just like our local FLT (Finger Lakes Trail) while having a good hike of up to 9 miles, fresh clean air, some breathtaking views of Constable Creek and Flow, Chub Pond, Chain Ponds, Windfall Pond, a lean-to overlooking Queer Lake, and nature's colorful autumn dress.

*-Sigi Schwinge*



### PIGEON LAKE WILDERNESS AREA (PLWA)

Adopted by our Chapter in 1988, the PLWA is in the Adirondacks near Old Forge and Eagle Bay. The 50,100-acre wilderness is part of the Adirondack Forest Preserve. The area consists of 71 interior lakes and ponds. Our responsibilities include studying the natural history, trail conditions and advocating for its protection. Sigi Schwinge is our PLWA Coordinator.





# HOFFMAN NOTCH WILDERNESS, NCT TRAIL WORK

BY MARY COFFIN



Mudhole in need of turnpike, outer wall in place

This summer we focused again on the east side of Jones Hill. We were hopeful that we could continue with a new trail where we left off in 2019 before Covid. But the Forester had other plans in mind, rock work, big rocks! Part of this section of the North Country National Scenic Trail (NCNST) is on an old overgrown road from the early 1900s. And it had some very muddy spots. Our mission was to build about 90 feet of raised rock turnpikes and start filling the floor with smaller stones. The DEC Forester in this location favored rock turnpiking over less sustainable and less natural wooden puncheons or boardwalks in this wilderness area. ADK Trails Program scheduled two youth volunteer sessions prior to our adult volunteer group. So, the work of locating and moving many of the large, watermelon plus sized rocks was done. It was our job to move them into a 15"-24" wide tread and reset them in sockets so they would not roll. Keep in mind that we were in deep mud. So, we were covered in it from day one.

If wet mud holes do not provide a dry option, hikers trying to avoid the mud widen and braid out the trail and degrade the resource. We have all observed this even though we have been taught the proper etiquette of staying on the trail right through

the mud.

Our volunteers also quarried more large rocks and rolled them into place to create additional turnpiking and water bars. It turned out that a peave tool, usually used with logs, helped move these large rocks. Since the igneous rocks in the area were rounded by the glaciers it was difficult to locate rocks that could be overlapped to build tight rock water bars. But we did find enough angled rocks to accomplish this. We learned to quarry rocks from uphill so we could roll them down into place.

Next, we had had to search and find baseball sized stones to line the floor of the turnpike. That proved to be quite a task since there were no river stones to be had in the area, just boulders and glacial erratics. We found the best source was in the root balls of overturned trees. But there were few in the area which meant carrying tote bags and armfuls of stones to line the turnpikes. Of course, some were lost into the mud. Following our work some inmates, from a local minimum-security facility, working with the New York State Department of Environmental (NYSDEC) were scheduled to haul gravel up hill and fill the turnpikes. Some days we felt like inmates ourselves moving the rocks!



Peave tool in action. Steve Hayes, Karen Provencher



# HOFFMAN NOTCH WILDERNESS, NCT TRAIL WORK



BY MARY COFFIN



Admiring rock placement in a 20' water bar. Gary Karl, Debbie Karl, Mary MacDonald, Joan Young

Over the four days 12 volunteers donated over 190 hours of sweat equity. Most were retired but by scheduling over a weekend we did recruit a couple of twenty somethings and in addition two new trail stewards to maintain the new trail. Five chapters of ADK were represented and four NCTA members as well. Thanks go to these very hard workers: Quinn Devlin, Jennifer Ferriss, Steve Hayes, Lily Hough, Debbie Karl, Gary Karl, Mary MacDonald, Kevin Moriarty, Karen Provencher, Paul Sirtoli and Joan Young with Bill Coffin for maintaining the home front at the campground.

Hopefully future NCT hikers will make use of and appreciate the raised turnpikes and stay out of the mud. Next year we hope to work on the section to the summit. 🏔️



90' turnpike with stone floor ready to be filled with gravel. Steve Hayes, Joan Young, Kevin Moriarity



Packing up after a hard day's work. Steve Hayes, Kevin Moriarity, Joan Young

## ADK STORY BRIDGE

Have you heard about the Adirondack Story Bridge project? The Story Bridge project is capturing stories about the Adirondacks from ADK Club members and locals alike. The Centennial Committee is hoping chapters will create updated written histories as well as oral histories and stories from long time members to preserve the past for future members. You can contribute a story or listen to contributed stories by visiting <https://www.myadironackstory.org/>





BY JEFF SARGENT

Since colder weather is in our forecast, in this edition of Hike Smart, I'd like to address cold weather hazards and travel in snowy/icy trail conditions.

Safe, cold weather recreation starts with proper planning. Leave No trace Principle 1: Plan ahead and prepare. Some things to consider when planning a trip in cold weather:

- ✓ Goals, skills, and abilities to accomplish the plan.
- ✓ Destination - including terrain and distance. What information is available to learn about the destination? Consider maps, guides, discussions with area managers/rangers.
- ✓ WEATHER - current conditions, area forecast, and equipment requirements.



*Jeff Sargent, June 2, 2019, Pacific Crest Trail, between Mt Whitney and Forester Pass*

These considerations aren't just for winter expeditions; even a day hike at a local park or state forest can become unpleasant or worse have a tragic outcome if we aren't prepared.

## THE GOAL

Consider a goal of completing a winter hike of the Main Trail at Highland Forest. Information available about this destination from the county website is that the Main Trail is 8.8 miles and that the trails are snow covered with an 8" base and 4" of new snow overnight. Additional research yields the trail has 1200 feet of elevation change and a phone call to the park reveals that the 'first part' of the Main Trail is usually well traveled but they aren't sure if the entire trail has been 'broken out'. Weather is clear and the current temperature is 28°F with an expected high of 35°F. This is CNY, so snow is usually a possibility.

## CONSIDERATIONS

A closer look at skills and abilities: some hikers can hike 9 miles without prior conditioning. Without snow, mud and large elevation changes many hikers can complete a hike like this in 4 to 5 hours. In snow, with snowshoes, especially when 'breaking' trail, this hike takes much longer and may be beyond the physical abilities of many. Know your limits and be prepared to turn back rather than continuing and struggling. Although this scenario doesn't require crampons or fall arresting using an ice axe, there are many climbs nearby that could require these skills. Other skills to consider include winter sheltering, medical training, and navigation.

## THE PLAN

Hike the Main Trail at Highland in the normal counterclockwise direction. To avoid 'post holing', I'll use snowshoes and ski poles for traction and floatation. Since the first 2 miles of the trail 'should be' well-travelled, I'll plan one hour; the remaining 7 miles are possibly un-traveled so I'll need to allow extra time for route finding and breaking trail (1 mile/hour = 7 hours). The Park closes at 4:30 pm so I'll start at 8am (8 hours with 30 minutes to spare for breaks). I'll leave a note with my family and one in my car describing my route and time of return. Additionally, I'll adhere to a 'turn back time' of noon. If conditions prevent me from getting to the halfway point by noon, I'll turn back and return on the track I created.





## CLOTHING

Clothing selection and equipment required are critical to trip planning. Successful strategies to staying warm - Avoid cotton and dress in layers.

Avoiding cotton is important because it gets wet easily and body heat is lost as the moisture evaporates. Cotton should be avoided on all layers including underwear.

Even on dry days, perspiration condenses in the cotton and creates the wetness that robs body heat. This may not seem like a problem until you are tired, hungry, and the sun is setting, or a storm is moving in. Leave the jeans, cotton sweatshirts, and tight'y white's at home!

Snowshoeing is hard work and it's easy to work up a sweat! Dressing in layers allows us to shed insulation to manage our moisture production and still provide protection from wind and precipitation. Synthetic or wool base layers, synthetic or wool mid insulating layer, and an outer shell complete the basic layers. Add or remove additional mid layers to achieve a comfortably cool condition. Although removing a hat will reduce body heat, be mindful of cold injury to the ears. Goggles protect the eyes from snow blindness and a face mask protects exposed skin from frostbite. All exposed skin should be able to be covered by items worn or carried. For those that have cold or sweaty hands, a glove liner and mitten shell may work for you. Clothing selection is a huge topic on its own. The chapter offers classes on clothing selection but ultimately, practice and experimentation are needed to find out what works for you.

## GEAR & NOURISHMENT


Few hikers plan to become lost, to slip and fall, to become cold and wet, or worse yet frostbitten and hypothermic. Carrying the right equipment in our packs can make the difference between uncomfortable and deadly! I encourage everyone to carry the 10 essentials while hiking, even on a short excursion. Extra (dry) insulation layers protect against hypothermia and can be a life saver. A small tarp and insulated sit pad offer nice shelter for lunch or to escape a heavy wet snow squall. A small backpack stove is great for a hot lunch, to melt snow for drinking, or to warm up cold, wet hands.

Speaking of drinking, often we do not feel thirsty on cold weather hikes. Dehydration is still a concern on winter hikes and staying hydrated is just as important. Hydration and high calorie snacks keep the body fueled to create the heat that keeps us warm when the temperature drops. Hot chocolate or hot liquid flavored gelatin in a thermos is a great pick me up when energy reserved are low.

## FOOTWEAR

Snow and slippery conditions are managed with proper footwear and travel aids. Footwear selection is very subjective. Whatever you choose gaiters or pants with built in gaiters help keep feet warm and dry. Vapor barriers can keep foot insulation layers from wetting out and losing effectiveness. XC skis, snowshoes, micro spikes or crampons all make winter travel easier and in the high peaks, snowshoes or skis are required when 8" or more snow is in the area. Whatever traction aids you choose, be sure they are securely fastened. Loose or weak rubber fasteners are likely to allow the spikes to shift or detach from footwear creating a dangerous condition.

## ENJOY!

Winter takes up almost half the year here in CNY and winter excursions are a great way to enjoy the beauty of our winter wonderland. Cold, icy weather has its dangers: frost bite, hypothermia, and slippery conditions, including the road hazards to get to the trail head. But proper planning and having the right gear and equipment help mitigate these hazards. 

### WINTER EDUCATION EVENTS

Dates	Event
December 10-12	National Ski Patrol Travel/Rescue Level 1
January 8	Heat Loss & Outdoor Clothing Selection
January 15	Winter Hiking & Dealing with Trail Emergencies

*Check the Outings section for additional details*





BY LISA DRUKE

## HIKE LEADER APPRECIATION SOCIAL, SEPTEMBER 1, 2021

The annual 'Hike Leader Appreciation Social' was held on Wednesday September 1 at the Meier's Creek Brewery in Cazenovia. In appreciation for all that our hike leaders do for our chapter including organizing outings, social programs, trail maintenance, and education programs, we gathered to share a toast and enjoy camaraderie with good food and drink. It was nice to stop and take a break from our busy schedules and take a moment to recognize all that our leader volunteers do for our chapter. We welcomed in our new 2021 hike leaders: Lisa Robertson, Melanie Stevens, Ann Furze and Mike Graser. We are always looking for new hike leaders. If you have an interest, please email [Lisa Druke](mailto:Lisa.Druke). Thank you, Leaders! 🏔️



## MEET THERESA AND JAY EVANS – HIKE LEADERS



Since joining the ADK in 1999, Theresa and Jay Evans have been active with our chapter and leading hikes for more than 15 years. Theresa, a nature enthusiast, is an expert in identifying wildflowers. Hal Boyce, who was a long time ADK member and hike leader, mentored her in this passion. During the spring and summer, she can be seen taking pictures and enjoying the flora along the trail. Jay, who will talk your ear off, also photographs the scenes from the trail. This year Theresa and Jay completed their goal of hiking the Finger Lakes Trail, with Jay completing his first E2E and Theresa her 2nd E2E. Congratulations to you both and thank you for volunteering with our chapter! 🏔️

# CALENDAR OF EVENTS



Date	Day	Outing	Leader
Repeating	Wed	Walking Wednesdays	S.Schwinge/M. Niemi
Dec 4	Sat	Green Lakes Hike/ Holiday Social	K. Disque/ P. Whaley
Dec 5	Sun	Great Bear Springs	L. Robertson
Dec 6	Mon	Fellows Hill Loop FLT 50	S. Schwinge
Dec 10,11,12	F,S,S	National Ski Patrol Travel/Rescue Level 1	J. Sargent
Dec 11	Sat	Bear Lake Snowshoe	L. Druke
Dec 12	Sun	Green Lakes Hike/Snowshoe	L. Robertson
Dec 14	Tues	Ice Skate in Syracuse	J. Lang
Dec 18	Sat	Pratt's Falls	M. Coffin
Dec 19	Sun	Holiday Onondaga Creekwalk	A. Furze
Dec 21or22or23	T or W or TH	Slide Mtn. Catskills	J. Lang
Dec 26	Sun	Baltimore Woods Nature Center Hike/Snowshoe	M. Niemi
Dec 31	Fri	New Year's Eve (Day) at Land O'Pines	P. Whaley
Jan 1	Sat	Gorge Trail NCT100	P. Whaley
Jan 2	Sun	Nelson Swamp Snowshoe	L. Druke
Jan 3	Mon	Highland Forest Hike/ Snowshoe NCT100/FLT50	S. Schwinge
Jan 8	Sat	Chubb Pond XC Ski	S. Manca
Jan 8	Sat	Heat Loss & Outdoor Clothing Selection	J. Sargent
Jan 9	Sun	Green Lakes Hike/Snowshoe	M. Niemi
Jan 15	Sat	Winter Hiking & Dealing with Trail Emergencies	J. Sargent
Jan 15	Sat	Blue Mt. Fire Tower Snowshoe	S. Manca/ D. Frio
Jan 16	Sun	Lime Hollow Nature Center Snowshoe/Hike	T. Evans
Jan 22	Sat	Highland Forest Snowshoe NCT100/FLT50	M. Coffin
Jan 23	Sun	Whetstone Gulf State Park Snowshoe	D. Frio
Jan 29	Sat	Cascade Lake Loop Trail Snowshoe	P. Libera
Jan 30	Sun	Jackson Hill Ski	S. Manca/J. Smith
Feb 5	Sat	Pratt's Falls Hike/Snowshoe	M. Niemi
Feb 6	Sun	Beaver Lake Nature Center Snowshoe	L. Druke
Feb 7	Mon	Clark Reservation Hike/ Snowshoe	S. Schwinge
Feb 8	Tues	Creekwalk & Burger	J. Lang
Feb 12	Sat	Winona SF XC Sking	J. Smith
Feb 13	Sun	Chateaugay SF Snowshoe	T. Evans
Feb 19	Sat	Nick's Lake Snowshoe	J. Smith
Feb 20	Sun	Fulton Chain Trifecta Snowshoe	J. Smith/S. Manca
Feb 26	Sat	Stoney Pond Snowshoe	M. Coffin
Feb 27	Sun	W. Shore Onondaga Lake Trail – Eagle Watch	M. Niemi
Feb 27	Sun	Black River Canal XC Ski	J. Smith





## 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:** 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 is (relocated to Jones Rd). Heading west on Rt. 690, the Jones Rd. exit is located just before the 690 exit for the Thruway entrance.

DeWitt Wegmans Park & Ride For outings to the southeast. Exit Route 481 at Fayetteville. Wegmans is on Route 5 east of the Route 481 exit. Meet at the Bus Park and Ride in front of the Hobby/Lobby.

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

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



**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 a mask and have hand sanitizer. One must use the mask, if social distancing cannot be maintained.

**8796 Walking Wednesday**

**Every Wednesday 9:00 AM**  
 Meeting Place: Dewitt Wegmans 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.

**8797 Green Lakes Hike / Holiday Social  
 Sat. Dec. 4 12:00 Noon**

Meeting Place: Green Lakes Rt. 290 entrance near park office  
 Rating/Distance: (E-M) 3-4 miles  
 Map: DeLorme 61, Green Lakes trail map  
 Leader: Kathy Disque 315-656-3383, ,  
[kathydisque@yahoo.com](mailto:kathydisque@yahoo.com) & Peg Whaley 315-633 0154, [pegw1909@gmail.com](mailto:pegw1909@gmail.com)

Let's kick off the holidays with a walk at Green Lakes State Park. We will split in two groups to accommodate faster and slower hikers. After the hike, we will gather for some social distance socializing. Bring your own beverage. The club will provide snacks and Christmas cookies. Snowshoes or micro spikes may be needed.

**8798 Great Bear Springs Snowshoe/Hike  
 10K + 5K Loops**

**Sun. Dec. 5 8:30 AM**  
 Meeting Place: Great Bear Springs Parking Lot  
 Rating/Distance: (S) ~9+ miles  
 R/T Drive: 60 miles  
 Map(s): DeLorme 46, [friendsofgreatbear.org/maps](http://friendsofgreatbear.org/maps)  
 Leader: Lisa Robertson, [zosorox@gmail.com](mailto:zosorox@gmail.com)  
 Let's get our holiday season hike on! Moderately brisk pace 2.5 – 3 mph. Optional early exit after initial 10K loop (6+ mi.); Or continue to complete the additional 5K loop. Bring snowshoes & micro spikes, TBD depending on weather/trail conditions.

**8799 Fellows Hill Loop Hike/Snowshoe  
 FLT50**

**Mon. Dec. 6 9:00 AM**  
 Meeting Place: Dewitt Wegmans Park & Ride  
 Rating/Distance: (M) 4 miles  
 R/T Drive: 40 miles  
 Maps: FLT 01  
 Leader: Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906  
 We'll start with the uphill (to get warm quickly) and follow clockwise around the loop, passing Spruce Pond and creeks with little waterfalls. Options for extensions to either Shackham Pond or Tinker Falls.  
 Please let Sigi know if you'll come to the Herlihy Rd. trailhead later to meet the group. - Please contact Sigi for lots of other December Monday walks which will not be in this schedule. We walk-n-talk pretty much every Monday, or another day that week, if Monday is not a good walking day weather-wise.





## **8800 National Ski Patrols Mountain Travel and Rescue level 1**

**Date: Dec 10, 11, and 12**

Time: Friday 6pm thru Dec 12 mid afternoon

Meeting Place: Highland Forest Pines cabin

Rating: Difficult, This is a more advanced course to prepare attendees for winter camping, backpacking and extended outdoor activity.

The MTR level 1 program is for skiers, hikers, and other outdoor enthusiasts who want to learn more about safely enjoying the winter outdoors. Topics to be covered:

1. Mountaineering and Travel
2. Navigation
3. Weather
4. Group Leadership
5. Search and Rescue
6. Low Angle Technical Rescue Fundamentals

Join an MTR course to improve your knowledge of extended outdoor work in a winter environment for the purpose of just enjoying the winter more. This course is a mixture of classroom and outdoor field exercises. We will be camping outdoors Saturday night.

Contact Leader Jeff Sargent at email: [sargentj@netzero.com](mailto:sargentj@netzero.com) for course prerequisites and equipment requirements. National Ski patrol members have priority for attendance. Class size is limited. Face coverings and COVID vaccinations are required.

## **8801 Bear Lake Snowshoe**

**Sat. Dec 11 8:30 AM**

Meeting Place: Canastota Thruway Exit 34

Rating/Distance: 4.8 miles (M) (A)

R/T Drive: 130 miles

Map(s): DeLorme 85, ADK West Central Region Guide

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

We will snowshoe a pretty trail to Bear Lake from McKeever and enjoy the beautiful winter scenery. If there is no snow, we will hike.

## **8802 Green Lakes Snowshoe/Hike**

**Sun. Dec. 12 8:30 AM**

Meeting Place: West Beach Lot, Stone bathrooms, across from Park Rangers. (Rte. 290 entrance, past Main Office & ticket booth).

Rating/Distance: (S) ~10+ miles

Map(s): DeLorme 61, Green Lakes trail map

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

Seek & destroy hills. Moderately brisk pace 2.5 – 3 mph. Bring snowshoes & microspikes, TBD depending on weather/trail conditions.

## **8803 Ice Skate in Syracuse**

**Tues. Dec. 14**

Meeting Time/Place: Contact Leader

Leader: John Lang, [JohnnyLang1949@gmail.com](mailto:JohnnyLang1949@gmail.com)

Join us at our beautiful downtown Clinton Square Skating Rink for an hour of skating. Contact leader ahead of time for meeting place and time.

## **8804 Pratt's Falls Snowshoe**

**Sat. Dec. 18 10:00 AM**

Meeting Place: Pratt's Falls Park

Rating/Distance: (E-M) 4 – 5 miles

Map: Delorme 61

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

We will meet at the main entrance and snowshoe or hike (traction advised) depending on snowfall in this county park safe from hunters. Bring lunch and water. Parking within the park is not available in winter.

## **8805 Holiday Onondaga Creekwalk**

**Sun. Dec. 19 10:00 AM**

Meeting Place: Inner Harbor Parking Lot 396 W. Kirkpatrick St., Syracuse 13204

Rating/Distance: (E) 4 miles

Leader: Ann Furze, 315-263-6719 call/text, [annfurze49@gmail.com](mailto:annfurze49@gmail.com)

Plan to enjoy the sights and sounds of Syracuse at holiday time by walking to Clinton Square as well as the Erie Canal Museum's Gingerbread House display. We could also visit the Onondaga Historical Association for a walk down memory lane or whatever the group chooses. Bring a snack & water. Hopefully we can find some culinary

treats on our adventure. Total mileage, probably 4. Please contact me to confirm your participation in case of inclement weather, etc.

## **8806 Slide Mtn. Catskills**

**The date may change from Dec. 21 to Dec. 22 or Dec. 23 depending upon weather conditions.**

Meeting Place/Time: Contact Leader  
 Rating/Distance: (S) Approx. 6 – 7 miles, 1700ft. elevation gain  
 R/T Drive: 300 mile drive, approx.. 6 hrs.  
 Map: DeLorme 97  
 Leader: John Lang, [Johnny1949@gmail.com](mailto:Johnny1949@gmail.com)  
 We will hike the tallest Catskill peak @ over 4000 feet. You must be prepared for winter conditions. Approx. 5 hrs. on trail. Call leader ahead of time for details and permission.

## **8807 Baltimore Woods Snowshoe/Hike Sun. Dec 26 10:00 AM**

Meeting Place: Baltimore Woods parking lot, 4007 Bishop Hill Rd., Marcellus, NY  
 Rating/Distance: (E-M) 4 miles  
 Map(s): DeLorme 60, Baltimore Woods Trails Map  
 Leader: Mary Niemi, 315-380-4138, [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)  
 Enjoy a break from indoor holiday gatherings in this beautiful park. Depending on conditions, snowshoes, microspikes or boots may be needed. Bring water and snacks.

## **8808 New Year's Eve (Day) at Land O' Pines Fri. Dec. 31**

Meeting Time/Place: Call Leader  
 Rating/Distance: (E) 2-3 miles  
 Leader: Peg Whaley 315-633-0154 [pegw1909@gmail.com](mailto:pegw1909@gmail.com)  
 We will take a hike (or snowshoe) at a nearby area. After the hike we will return to Land O' Pines for a little New Year's celebration and be home in time to watch the ball drop. Bring a snack to pass and your own beverage.

## **8809 Gorge Trail NCT100 Sat. Jan 1 1:00 PM**

Meeting Place: Cazenovia Lake Lot  
 Rating: (E) 4-5 miles  
 R/T Drive: 2 miles  
 Map: DeLorme 61  
 Leader: Peg Whaley 315-633-0154 [pegw1909@gmail.com](mailto:pegw1909@gmail.com)  
 Join me for a nice walk (or snowshoe) to welcome in 2022. This trail is part of the former Lehigh Valley RR and runs along Chittenango Creek.

## **8810 Nelson Swamp Unique Area Snowshoe Sun. Jan 2 11:00 AM**

Meeting Place: Cazenovia Lake Lot, Rte. 20  
 Rating/Distance: (E) 3 miles  
 R/T Drive: 5 miles  
 Map: Delorme 61  
 Leader(s): Lisa Druke, 315-447-4018, [ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com)  
 Let's take a leisurely snowshoe on an old rail-trail near Cazenovia. Bring snacks and water. Contact leader to confirm conditions.

## **8811 Highland Forest Hike/Snowshoe (with optional loop) NCT100/FLT50 Mon Jan. 3 10:00 AM**

Meeting Place: Dewitt Wegmans' Park & Ride  
 Rating/Distance: (E-M) 4-5 miles  
 R/T Drive: 40 miles  
 Map: DeLorme 61, FLT 02  
 Leader: Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906  
 We'll walk up from DeRuyter Dam, looking for a little waterfall on the way up and enjoy the spectacular view from the lodge patio, and maybe (weather permitting) return with a little lollipop loop via a lean-to. If interested in other Monday hikes, email Sigi.

## **8812 Chubb Pond XC Ski Sat. Jan. 8**

Meeting Time and Place: Call Leader  
 Rating/Distance: (S) 9 miles  
 R/T Drive: 62 miles  
 Map: DeLorme 49  
 Leader: Sandy Manca 315-807-9442, [smank777@aol.com](mailto:smank777@aol.com)





We will ski to the lean-to on this beautiful pond, have lunch and return. Mostly flat, a few rolling hills. Dress for the weather. Bring lunch and water. If there is a lack of snow we will hike, so micro spikes maybe needed. Inclement weather cancels.

**8813 Heat Loss & Outdoor Clothing Selection  
Sat Jan 8 9:00AM- 11:00AM**

Meeting Place: Contact Leader Jeff Sargent at [sargentjj@netzero.com](mailto:sargentjj@netzero.com)

Rating/Distance: None –classroom presentation and demonstration

Map: DeLorme 61, Fabius

Learn how to dress for outdoor activities ranging from active outings such as hiking and skiing to stationary activities that require additional layers. We will discuss mechanisms of heat loss, clothing material selection, layering concepts, and vapor barriers.

Please contact leader to reserve spot. Class size is limited. Face coverings and COVID vaccinations are required.

**8814 Green Lakes SP Snowshoe/Hike  
Sun. Jan. 9 10:00 AM**

Meeting Place: Rte. 290 entrance parking lot

Rating/Distance: (E-M) 4-5 miles

Map(s): DeLorme 61, Green Lakes Trail Map

Leader: Mary Niemi 315-751-7492, [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)

We will hike the trails in this beautiful park. Depending on the weather, we will need snowshoes or boots. Bring snacks and water.

**8815 Winter Hiking and Dealing with Trail Emergencies**

**Sat. Jan. 15 9:00AM – 4:00PM**

Meeting Place: Contact Leader Jeff Sargent at [sargentjj@netzero.com](mailto:sargentjj@netzero.com)

Rating/Distance: None –classroom and outside demonstration

Map: DeLorme 61, Fabius

Discussion and demonstrations to prepare hikers for dealing with emergencies while hiking. Topics will include shelter selection and deployment, navigation and avoiding disorientation, medical

emergencies, 10 essentials- gear and clothing selection for cooler/inclement weather.

This class will be a mix of inside classroom and outside field demonstrations.

Class size limited to 15. Face coverings and COVID vaccinations are required.

**8816 Blue Mountain Fire Tower Snowshoe  
Sat. Jan. 15 7:30 AM**

Meeting Place : Contact Leader / Group Size Limited

Rating/Distance (A) (S) 4.2 miles 1555 Elevation R/T Drive: 260 miles

Map: DeLorme 37

Leaders: Dick Frio 315-679-0622, [richardfriood@hotmail.com](mailto:richardfriood@hotmail.com); Sandy Manca 315-807-9422, [smank777@aol.com](mailto:smank777@aol.com)

This is a great winter snowshoe. It’s a popular trail so it is often broken out. The trailhead is on Route 30/28N just past the Adirondack Experience Museum. The trail heads east and is gradual & moderate for the first mile. The second mile is steeper on rock face and can be icy. There is a fire tower with good views at the 3752 foot summit. Mountaineering style snowshoes recommended. Micro spikes or crampons required. Dress in layers. Be prepared for the summit. It can be cold and windy.

**8817 Lime Hollow Nature Center Snowshoe/Hike**

**Sun. Jan. 16 – Call/email leader for meet time**

Meeting Place: Green Hills Plaza

Rating/Distance: (E-M) – 3-4 miles

R/T Drive: 65 miles approximately

Map: DeLorme 61; [www.limehollow.org](http://www.limehollow.org)

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

Join us on a walk on trails in this nature center in the Cortland locale. Bring snacks/lunch, water as we meander the various trails. The individual and/or group can adjust length. The pace will match the group speed. We will snowshoe if there is enough snow. If not, then our boots will hit the trails.

## 8818 Highland Forest Snowshoe

**NCT100/FLT50**

**Sat. Jan. 22**

**10:00 AM**

Meeting Place: Highland Forest Skyline Visitor Ctr.

Rating/Distance: (E-M) 5 miles

Map: DeLorme 61, Fabius

Leader: Bill and Mary Coffin 315-687-3589,

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

We will snowshoe on the North Country National Scenic Trail and Finger Lakes Trail in Highland Forest. There is a fee to walk the trails in this Onondaga County Park.

## 8819 Whetstone Gulf State Park Snowshoe

**Sunday January 23**

**10:00 AM**

Meeting Place: Ganders Outdoors

Rating/Distance: (M-S) 5.5 mile loop with 882

foot ascent / steep

R/T Drive: 120 miles

Map: DeLorme 34

Leader: Dick Frio 315-679-0622,

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

The state park is built around a 3-mile gorge cut into the eastern edge of the Tug Hill Plateau. The gorge offers some fantastic views. Bring snowshoes, micro spikes, and dress in layers. We will snack along the way and plan on having lunch at the warming hut at the end of the loop.

## 8820 Cascade Lake Loop Trail Snowshoe

**Sat. Jan. 29**

Meeting time: Contact Leader

Meeting place: Thruway 34 Canastota

Rating/Distance: (A) (M) 6.9 mile roundtrip hike,

R/T drive: 170 miles

Map: Delorme 36, C-2; Nat. Geo. 745;

<https://www.cnyhiking.com/CascadeLakeLoop.htm>

Leader: Pete Libera (call/txt: 315-243-6040)

We'll carpool and head up to the Old Forge area. About halfway on this loop trail, we'll break for lunch and check out the nearby Cascade Falls which will hopefully be running. On the north side of the lake, we'll be walking through the former Lake Cascade Camp, and we may see some concrete remnants. Hopefully, we'll have good snowshoe conditions! Dress in layers and be sure to bring enough water.

## 8821 Jackson Hill Ski

**Sun. Jan. 30**

**9:00 AM**

Meeting Place 34 Canastota

Rating/Distance: (M) 5 miles

R/T Drive: 47 miles

Map: DeLorme 48, BREIA trails map

Leaders: Sandy Manca 315-807-9442,

[smank777@aol.com](mailto:smank777@aol.com); Jerry Smith 315-967-4725,

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

We will ski the rolling hills of the BREIA trail system in Boonville. Trails are usually groomed. It can be windy, so dress for the weather. Bring snack. Inclement weather cancels. Questions? Call leader.

## 8822 Pratt's Falls Snowshoe/Hike

**Sat. Feb 5**

**9:30 AM**

Meeting Place: Pratt's Falls parking (in front of gate, the main parking lot is closed in winter)

Rating/Distance: (M) 4 miles

Map: DeLorme 61, Pratt's Falls Park Map

Leader: Mary Niemi 315-751-7492,

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

We will explore the trails and enjoy the falls. Conditions may require snowshoes, microspikes or just boots. Bring snacks and water.

## 8823 Beaver Lake Nature Center Snowshoe

**Sun. Feb 6**

**12:00 PM**

Meeting Place: Beaver Lake Nature Center

Parking Lot

Rating/Distance: (E) 3-4 miles

Map: Delorme 46, Beaver Lake Map

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

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

Beaver Lake trails are easy and good for beginners or if you would like to check out new equipment. The trails are designated for both snowshoeing and skiing through the woods and around the lake with deer frequently seen browsing. Contact the leader if the weather conditions are questionable. Dress in layers and bring water and a snack. There is a \$5 fee to exit the park.





## **8824 Clark Reservation Hike/Snowshoe**

**Mon Feb. 7 10:00 AM**

Meeting Place: Clark Reservation

Rating/Distance: (E) 4+ miles

Map: DeLorme 61

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

We'll walk the flat trails, staying away from rocks and Glacier Lake in icy conditions and enjoy looking at snow-covered trees if we are lucky enough to have new snow.

## **8825 Creekwalk and Burger**

**Tues Feb 8**

Meeting Time & Place: Contact Leader

Rating/Distance: (E) <4 miles

Leader: John Lang

How about a mid-winter stroll along Onondaga Creekwalk followed by Syracuse's best Blarney Burger? Contact leader ahead for time and place.

[JohnnyLang1949@gmail.com](mailto:JohnnyLang1949@gmail.com)

## **8826 Winona Forest XC Ski**

**Sat. Feb. 12 10:00 AM**

Meeting Place: Gander Outdoors

Rating/Distance: (M) about 6 miles or 3 hrs.

R/T Drive: 110 miles

Map: DeLorme 33

Leader: Jerry Smith 315-967-4725,  
[smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

This is one of my favorite places to XC Ski. Why? Because I know it well and it is woodsy and almost flat. We will ski Bill's Belly, Winona Way, Hiscock and Winona Way back to the Wart Rd. parking lot. Bring snack, water, warm gloves and ski poles! We can stop at the Sunoco in Sandy Creek for bathroom and a hot drink.

## **8827 Chateaugay State Forest Snowshoe**

**Sun. Feb. 13 – Call/email lead for meet time**

Meeting Place: Gander Mt. in Cicero, NY

Rating/Distance: (M) 3-4 miles

R/T Drive: 70 miles approximately

Map: Delorme 83, Chateaugay State Forest

Recreation Trail Map Delorme 83

Leaders: Theresa & Jay Evans,

[tj\\_evans@verizon.net](mailto:tj_evans@verizon.net) or 315-414-0431

Depending on snow and/or weather conditions, we will spend a day meandering Chateaugay State Forest by snowshoes, boots and/or microspikes. Our goal is to make it to the waterfalls along Orville Brook for a lunch break. Our pace will be moderate. Come out and take a hike!

## **8828 Nick's Lake Snowshoe**

**Sat. Feb. 19 9:00 AM**

Meeting Place: Thruway Exit 34 Canastota

Rating/Distance: (A) (S) 6 miles

R/T Drive: 150 miles

Map: DeLorme 35, Nat. Geo. 745

Leader: Jerry Smith 315-967-4725,  
[smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

We will park at the toll booth and begin walking toward the beach. Now, we will have a choice: around the whole lake (5 miles) or back to the cars on the nature trail. Or a combination of the two. The snow could be DEEP, and the temperature could be COLD. Prepare yourself!

## **8829 Fulton Chain Trifecta Snowshoe**

**Sun. Feb. 20 9:00AM & 11:00 AM**

Meeting Place: Thruway Exit 34 Canastota for carpooling at 9:00 AM & Fastrack in Thendara to meet leader at 11:00 AM

Rating/Distance: (A) (S) approx. 10 miles

R/T Drive: 190 miles

Map: DeLorme 36, Nat. Geo 745

Leaders: Jerry Smith 315-967-4725,  
[smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com); Sandy Manca 315-807-9422, [smank777@aol.com](mailto:smank777@aol.com)

This Trifecta requires climbing 3 mountains: Bald, Rocky and Black Bear near Eagle Bay. Two are 'easy', but Black Bear requires more effort. Sandy and I climbed 3 on one very cold day last year. To earn the "Winter Trifecta Patch" you do not have to climb 3 mts. in one day, but it could be a beautiful winter day. Or it could be miserable, in which case no one will show up at Fast Track and the leader will spend more time at Walt's Diner. Bring extra dry clothes for the after-hike celebration.

## 8830 Snowshoe Stoney Pond

**Sat. Feb. 26**

**10:00 AM**

Meeting Place: Cazenovia Lake, Rt 20 parking lot.

Rating/Distance: (M) 4-5 miles

R/T Drive: ~16 miles

Map: Delorme 61-62

Leader: Mary Coffin 315-687-3589,

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

We will snowshoe around the pond in this State Forest between Cazenovia and Morrisville. The trail has some interesting rolling hills. Dress for the weather and bring several mini lunches suitable for short food breaks.

## 8831 W. Shore Onondaga Lake Trail Eagle Watch

**Sun. Feb. 27**

**10:00 AM**

Meeting Place: Honeywell Visitors Center, Exit 7 off Rt. 690.

Leader: Mary Niemi 315-751-7492,

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

Plan to walk on the paved W. Shore trail to the "pedestrian bridge" where many Bald Eagles (40) have been sighted over the past few years. We can continue on the trail to Hiawatha Blvd. and finish on the terminus of the trail near Destiny Mall. Bring binoculars/ spotting scopes & enthusiasm. As trail can be icy, microspikes are a good idea. Bring water & a snack for sure. Please contact leader to ensure weather conditions are conducive all. Total mileage is 4, totally flat but windy & icy at times.

## 8832 Black River Canal XC Ski

**Sun. Feb. 27**

**10:00 AM**

Meeting Place: Thruway Exit 34 Canastota

Rating/Distance: (M) 6 miles or 3 hrs. flat towpath

R/T Drive: 120 miles

Map: DeLorme 48 & 49

Leaders: Jerry Smith 315-967-4725,

[smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com); Sandy Manca 315-807-

9422, [smank777@aol.com](mailto:smank777@aol.com)

This is one of my favorite places for XC skiing. Why? It's easy, fast, and usually well-groomed! And no one can become lost (unless you can't find your way to Boonville). We will begin at the warming hut in Boonville (next to Rescue Squad) and ski slightly down to Pixley Falls. After a snack there, we will ski slightly uphill back to the warming hut for a lunch by a wood stove. Some skiers might prefer hot wings at the Boonville Hotel.

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### Not ADK but may be of interest.

**Turkey Apr 14- May 1** Limited space available.

**Dolomites Aug 5-17.** Hiking. Trip is full.

Contact for wait list.

**Costa Rica Dec 5-19.** Trip is full.

[JohnnyLang1949@gmail.com](mailto:JohnnyLang1949@gmail.com)