

# ADIRONDACK MOUNTAIN CLUB

## ONONDAGA CHAPTER

# TALK OF THE TRAIL Summer 2022

June 🌻 July 🌻 August



### HIGHLIGHTS IN THIS EDITION

- George Kirkpatrick
- Preparing for a Thru Hike
- Charles Embree
- Chapter History Timeline, Part 2
- Outings!



# ADK ONONDAGA CHAPTER

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*Newsletter Proofreading  
Courtesy of Jerry Smith and  
Chris Kotula*

*Submissions for the fall  
edition accepted until  
August 1.*

### ABOUT THE COVER

*Nick's Lake on the trail to  
Remsen Falls lean-to, April  
30- May 1 outing. Pictured  
front to back, George  
Nisbet, Pete Libera, Dave  
Reau, Jeff Finnerty, Brian  
Wood Photo Courtesy Jim  
Bristol*



## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Taylor Bottar, Bryan & Kelly Chambala, Krystle Conte & Robert Rogers, Laura & Robert Enslin, Katherine Frega, Elizabeth & Matthew Funicello, Mary Jo Galletta, Jacob Boyer, Suzanne Shad, Theresa Jennings, Barry Straigis, Christina Watson

As of March 2022, the ADK Onondaga Chapter now boasts a total of 1,436 members. Adirondack Mountain Club overall membership stands at 28,502.

That is a decrease of 7 chapter members and a decrease of 185 in total ADK membership since January 2022.

## 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

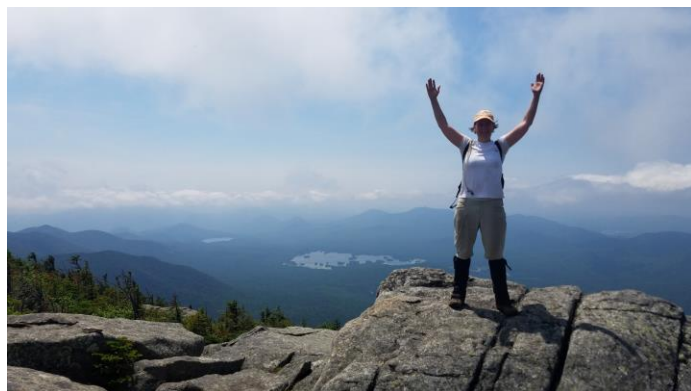
We believe diversity makes us stronger. We believe inclusion fuels our cause. We welcome people of all races, ages, genders, sexual identities, religious affiliations, and national origins. Join us today!

### 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.



BY Lisa Druke



Welcome!

The Spring Social, held on March 26, was well attended with 53 members and guests. Speaker Heather Housekeeper gave a passionate presentation on her through hike experiences with good natured humor. In celebration of the ADK centennial, our Chapter honored our oldest member, George Kirkpatrick, at the age of 102. A special thank you goes to the Social Committee, Pat Urban, Sandy Manca, Peg Whaley, and helpers, Marge Eldridge and Jerry Smith for preparing a delicious baked ziti dinner for all to enjoy.

The ADK Centennial celebrations are in motion at the club including the Chapter Membership Challenge, ADK Memorial Pathway, ADK's 2022 Centennial Photo Contest and the 100 mile Challenge is running from May 29 – September 5. More information and how to register for these challenges is available online at [adk.org](http://adk.org). Our first Chapter Centennial celebration social event will be held at Meier's Creek Brewery in Cazenovia on Friday, June 10<sup>th</sup> planned by the Peg Whaley, our Membership Chair, and is open to all members – hope you can join us.

The ADK will host National Trails Day on the Northville Placid Trail on June 4 this year. Volunteers can register at [adk.org/volunteer](http://adk.org/volunteer). Our Chapter will have two local events on National Trails Day including our annual Wildflower hike with Kathy Eisele and Mary Dineen at Nelson Swamp and an educational event led by Matt Gallo, Finger Lakes PRISM coordinator and Jeff Sargent, our Education Chair, where we will learn how to identify invasive species in our area.

The ADK is embracing DEI (Diversity, Equity and Inclusion). Our chapter's first DEI event will celebrate Juneteenth on Tuesday, June 14 on a hike in Cazenovia, NY to commemorate the end of slavery and to celebrate freedom! Cazenovia is one of the towns along the Freedom Trail in Madison County and held the historic Fugitive Slave Law Conference of 1850 led by Frederick Douglass. I hope you can join us.

Our trails chair, Harold Kyle, has a busy trails season planned and is off to a great start. A new bridge and culverts were installed on April 24 under the guidance of Dave Grant and Mary Coffin on a section of the FLT/NCT in Highland Forest, and the new trail project to replace a 4.4 mile road walk on the FLT (the Chippewa Falls to Paradise Garden Lean-to reroute) was kicked off in May and will continue through the year until finished. Volunteers are always welcome.

Our Chapter is a very active chapter in the ADK and we have volunteer opportunities for hike leaders, trail work, trail stewards and chapter committee positions available. If you have interest in volunteering please reach out to myself or any of the committee chairs.

Have a great summer. 

### SUMMER TRAIL MAINTENANCE OPPORTUNITIES

Dates	Description	Leader(s)
June 8	Maintenance Wednesday	Dick Frio
June 18	FLT Trail Maintenance	Dave Grant
July 6	Maintenance Wednesday	Dick Frio
July 16	Little Woodhull Trail Clearing	Mary Coffin
July 23	FLT Trail Maintenance	Dick Frio
July 30	Kunjamuk Trail Clearing	Mary Coffin
August 3	Maintenance Wednesday	Dick Frio
August 13-14	Puncheon Punchout	Harold Kyle
August 18-22	NCT ADK Work Week	Mary Coffin

*Check the Outings section for additional details*



Stella Urbanski crossing a blowdown on M21-7, "I'm taller than you Dad." Photo Courtesy Harold Kyle

The combination of wet turf, heavy snow, and high winds guarantees there will be many obstacles on the trail this spring.

Thankfully we have many volunteers in the chapter who are working to keep the trails clear. Our chapter now has 54 stewards with dedicated sections along our 73 miles of the FLT/NCT. We've had so much support that we've even added two sections in Cuyler Hill State Forest. The Chapter also has a maintenance crew that makes regular outings to clear blowdowns with crosscut saws.


The Finger Lakes Trail has purchased land and easements to connect two beautiful areas of the trail around Lincklaen, NY. This will join Chippewa Falls in Cuyler State Forest to Paradise Garden Leanto in Mariposa State Forest (without the current 4 mile stretch of road walking). The FLT would like these

beautiful 3 miles of trail to open before the end of the year. If this is going to be possible, we'll need a tremendous volunteer effort. Please consider joining us at one of the upcoming maintenance outings to help install this new section.

And you can help out too, even if you don't have your own section or you don't join a maintenance outing. If you encounter any downed trees, please shoot a photo, and email it with a description of its location to [harold@cnyhikes.com](mailto:harold@cnyhikes.com). Please carry a trash bag on your hikes so you can clear the trail of litter. And an anvil pruner is very easy to stash in your pack in case you encounter some thickets or brambles encroaching on the trail.

I'd like to thank the many **new stewards** that have adopted sections of our trails this year:

- Keith Murray (M21-6 Cuyler Hill West)
- Bruce Holloway (M21-9 Randall Hill South & M21-9.1 Rose Hollow)
- Joe & Jamie Condon (M22-7 Crumb Hill)
- Bryan Chambala (M22-9 Mariposa Ridge)
- Sara Stebbins (O1-7 Chickadee Hollow)
- Tom Hutchinson (co-maintaining O1-8 Morgan Hill Rd South)
- Lisa Druke (O1-12 Tinker Falls North)
- Lisa Robertson (O1-12.1 Labrador Connector)
- Bob Rosati (O1-12.4 Kettlebail)
- Jerry Smith (co-maintaining O1-16 Rowley Hill)
- Adam Peruta & Danielle Davignon (O2-7 Deruyter West)
- Qinru Qiu, Qing Wu, Alex Wu (O2-9 Fairbanks Rd & O2-10 Hirt Hill)
- Paul Dobrzynski (O2-14 Tioughnioga)

As you can see, there are many new faces working on the FLT/NCT trails this year. Please reach out to me if you would like to assist as well. Thanks to the recent weather, and the many projects in the works, there's plenty of work to go around! 

Thank you to all who helped make our spring meeting/banquet a success. Several people came early to help set up. A special thank you to Mary Coffin for helping Peg with decorations and Marge Eldridge and Jerry Smith for preparing the food for our social. Jerry Smith kept things moving with his efficient dish washing while Sandy and I were busy with the baked ziti. We all also enjoyed our speaker, Heather Housekeeper. – Pat Urban, Social Chair



# HIKING SMART, PREPARING FOR A THRU HIKE

BY JEFF "Tinman" SARGENT

In 2019 I had the good fortune to be selected by Warrior Expeditions to hike the Pacific Crest Trail. Warrior Expeditions sponsors and supports veterans on hikes all over the country including many state trails and the Big 3 – the Appalachian Trail (AT), Pacific Crest Trail (PCT), and Continental Divide Trail (CDT). These hikes allow vets to experience the calming therapy of being outdoors for months. Unfortunately, not everyone can be sponsored for a long distance hike. This means most prospective thru hikers need to prepare on their own.



There is a lot of information out there on long distance hiking. What gear you "just have to have", food selection and resupply options, cost and budgeting, itinerary, and physical preparation. The internet has blogs, chats, and YouTube videos. There are numerous books on the subject and planning guides are abundant.

There is a saying on the trail: *Hike your own hike*. Don't get overwhelmed by the information and opinions that are out there, just get out there, you'll figure out what works for you! Don't, however, go out unprepared. I once saw an "ultra ultra light" hiker that carried a tarp fashioned into a pack, some trail mix, and not much more. He did not get far. I strongly recommend carrying the 10 essentials at a minimum. That being said, most hikers I've met love to give their opinions on what works for them. I am no different so here's what worked for me.

## INFORMATION

I recommend checking the websites for the association maintaining the trail you intend to hike. They are a great source of information on conditions, permit requirements, and often offer data books and trail guides. Purchases support the organization maintaining the trail!

## PHYSICAL CONDITIONING

The trail will condition you as you go so unless you plan on doing "big miles" on day one, an intensive training program isn't necessary. Although I was able to hike many 26.2 mile days, I did not have to train like I was preparing for a marathon. My training regimen was geared toward improved mobility. Being middle aged, I had to work on stretching and stabilizer muscles. I did use a trainer because I hate going to the gym; the trainer motivated me and ensured proper technique.

Hiking is the exercise you need to do to prepare for hiking. Outings with the Onondaga Chapter of the ADK on Wednesdays helped tremendously. Trying to keep up with Dick Frio was all the speed work I needed.

Once on the trail, I started slow. I started with 10 to 15 mile days and gradually worked up from there. It takes 2 weeks for your head to get used to the routine and the aches and pains. After about a month, my body had adjusted so the aches were no longer a factor. I also used the tried and true military technique of using Vitamin "M" or "I"- Motrin or Ibuprofen three times a day for the first few weeks. Again, this is what worked for me, and I was fortunate enough not to have suffered from any physical or overuse injury other than a few blisters.

## GEAR SELECTION

There are thousands of vendors out there to select from and this is a very subjective topic, so I'll avoid naming brands and stuff you "just gotta have". I do recommend buying top quality equipment. Spending



a bit more usually has the benefit of improved durability and lower weight. The gear must hold up to daily use and gear replacement while on trail is problematic at best, at least until Amazon perfects drone delivery to the middle of nowhere.

The ultra-light gear trend can be quite costly but carrying as light as you can afford has many benefits, especially when you must carry the stuff for thousands of miles. I tried to concentrate on the big 4 – pack, sleeping bag, sleep pad, and tent or pack and sleep system for those interested in hammocking. My base weight, everything carried except fuel, food, and water, hovered around 15 lbs.

Water treatment – I used a squeeze filter. A side note, most Gastrointestinal illnesses are from poor hand washing/sanitation, but I wasn't taking any chances and always filtered my water. I helped a few sick hikers get back to town; not a pleasant undertaking. Best to avoid!

Rain gear – nothing will keep you dry! Gore-Tex will soak through (or at least feel that way due to the outer layer wetting out) and breathables aren't able to pass the amount of moisture generated by a hiker's sweat. We had a saying on the trail, "Embrace the suck" and get used to being soaked. I loved my umbrella and poncho until it got windy! Warm and wet was great, comfortably cool and wet was ok, cold and wet meant sheltering and hiking another day! I learned to appreciate the dry space my tarp afforded me and crawling into a warm and dry sleeping bag at night.

Footwear – boots, mids, or runners. Find what is comfortable and expect your feet will change over the miles. Be wary of Gore-Tex shoes/boots since they take longer to dry out and don't breathe well. Neoprene wader socks or gore text socks (that can be changed) are an alternative for the prolonged cold and wet conditions of the Sierras, Rocky's, and Smoky's.

## ITINERARY

It was fun planning town stops and where to camp for the night, but my plans rarely lasted more than a day. It's tough to pass a beautiful campsite just so you can make the planned campsite. Some days I just felt like putting in miles. I found it more fun just to hike until a set time, then find a camp site, and not worry about the miles or getting to a specific destination. The only schedule I had to follow was having enough food to make it to the next town for resupply.

Town stops are vital for resupply and packing on calories. I lost 40 pounds on my hike. It's tough to carry enough food to meet the caloric demands of hiking and elevation changes. Hiker hunger is no myth and a meal in town is a wonderful treat. Having an adult beverage or two and a hot shower was nice too.

As far as resupply, my preference is to buy the needed items in town rather than use postal drops. I always shipped too much, to fill the "if it fits..." boxes, desired meals are tough to predict 6 months out, and more often than not the post office was closed by the time I arrived. Most town have Dollar Generals and I was pleasantly surprised how well stocked they were with "hiker" foods.

## FOOD SELECTION

Eat what you crave. High calories are a must. Top Ramen bombs, Knorr meals, peanut butter, instant potatoes and tuna packs, and dehydrated meals are very common. I tried to plan for 2500 calories per day (2.5 lbs./day). It was more important for me to carry light and keep things simple. When I set up camp, I was tired and just wanted something quick and easy. I'm not a gourmet but I am very good at boiling 2 cups of water. Many hikers have the bigger meal at the mid-day break so they can hike later in the evening and hike "bigger miles".

## COST AND BUDGETING

Running out of money was a common reason for hikers leaving the trail. The in-town costs early on can be formidable. The social aspects of meeting new hikers on trail and going to town add up quickly. Adult



# HIKING SMART, PREPARING FOR A THRU HIKE

BY JEFF "Tinman" SARGENT

beverages and hotel costs are often underestimated. Gear selection also changes as you gain experience and determine what works for you. Heavy items are often shed for lighter, more expensive, gear.

The hiker also needs to budget for replacements. Packs tear and wear out, tents start to leak (or get gnawed on from improper food storage), clothing needs change with the seasons, and shoes wear out. On my first thru hike I changed all my major gear after a month. I switched to a hammock system to get off the ground and stay drier and more comfortable and get rid of the air mattress and tent that both leaked. I used a lighter sleeping bag due to warming weather and a smaller, simpler, lighter, and more comfortable pack.


Early on my feet were constantly wet and very unhappy. I got rid of the Gore-Tex boots and used mid height hiking shoes. I went through 5 changes until I found something that worked.

Very few towns had Outfitters stocked with backpacking gear. Although these shops are handy and allow you to try on and "comfort test" items, they often are pricy and have limited selections. Online purchases, shipped ahead, offer another option. With today's technology, it won't be long before REI and Amazon will be doing drone drops on trail.

Also, life at home doesn't stop. Taxes will still be due, home and car insurance still need to be paid, and the unexpected costs (breakdowns, injury, weather, and fire closures that force hikers off trail). It cost me more for the lawn service while I was gone than my gear replacements.

The last impediment to going for a long hike- the hiker's ability to get away for months.

A trail angel in Virginia once told me there are 3 kinds of hikers – Thru hikers, Day hikers, and strollers. The difference is in how long each could stay out on the trail. Additionally, he broke the Thru hikers into 3 groups – "Failure to launch" -Young hikers between school and starting full time employment, "Mid-life crisis" – Middle aged hikers between jobs or relationships, and "Old Folks" – retirees and older hikers that have the time to work on their bucket list.

Completing a Thru hike is a life altering accomplishment. If you can set aside time for a hike, I recommend it! The big 3: Appalachian, Pacific Crest, and Continental divide will take 4 to 6 months. If that is too much of a time commitment the same principles in this article will help you prepare for shorter hikes such as New York's Finger Lakes Trail, Northville Placid, Long Path, and Trans Adirondack route. 

**SUMMER EDUCATION EVENT**  
June 4      Invasive Species Awareness  
*Check the Outings section for additional details*

*Editor's Note: It seemed appropriate to include Jeff's [trail name](#) in the byline for his comprehensive article on thru hike preparation. Jeff tells me he received the Tinman nickname in the military, and it took on new meaning on the trail on those cold, wet mornings when you feel like your joints could use a little of the oil in that can the friends of Oz's Tinman used to loosen him up. – Jamie "Frogger" Condon*

**OUTINGS COMMITTEE CHAIR NEEDED**

The Onondaga Chapter is seeking a lover of people and the outdoors to lead us into the next 100 years of ADK. We have a very dedicated group of hike leaders who volunteer their time and expertise leading a variety of hikes, paddles, backpack trips, XC skiing, and snowshoeing outings for the Chapter. The Outings Chair, with the assistance of the outings committee, organizes the offerings from the Trails, Education, Social and Outings Committees each quarter. The Outings Chair is a voting member of the Executive Committee. Promoting safe, outdoor recreation is our mission. Are you ready for a leadership challenge?

To find out more, reach out to [Lisa Druke](#).





Joe Condon sawing a tree, Seamus supervising.  
 Courtesy Jamie Condon

Happy Summer Everyone! If you are like me summer tends to feel like a marathon of activities; and then it is over. Let's all hope the earth slows down on its trip around the sun for the next few months.

My husband and I have added a new commitment to our busy schedule this year, Trail Stewards. This is our first time ever as trail stewards and you could say we are a bit excited; we've already visited the trail twice this spring. The first time we were lucky to be joined by fellow newbie trail stewards, Terri & Keith Murray. And when we saw the state of our slice of forest, we were especially happy to have the help! We've been surprised how responsible we felt for the trail and by the enjoyment we received knowing we were making our tiny bit of the trail better for our fellow hikers.

And we've been learning new lingo in the process. My husband has been chainsaw certified this year to help with large projects. Not a small accomplishment, imagine getting graded on your cuts and having to fell trees on a mark to pass. When the first opportunity came up to bring out the chainsaw, he was eager to tackle it and reported to Harold that I would be accompanying him, finger on the dial button, for safety. Harold relayed to Joe that he was going to need a swamper with him when he's on a chainsaw project. A swamper we wondered? I looked it up and Oxford Dictionary offered two definitions "a laborer, especially one employed as a general assistant to a riverboat captain" or "a native or inhabitant of a swampy region". When Harold asked around if I would qualify as a swamper, Dave Grant told Harold, "Jamie would make a great swamper". Huh. Then Dick Frio to the rescue with a link to the [National Wildfire Coordinating Group's definition](#), "A worker who assists fallers and/or sawyers by clearing away brush, limbs and small trees. Carries fuel, oil and tools and watches for dangerous situations." Phew, I instantly like Dave again.

Anyway, we are learning new things and feeling like we are giving back to all those before us who cleared trails that we hiked on without thinking much about it. Maybe we will see you on a trail maintenance hike this year and we will get to enjoy a bit of that feeling together. - *Jamie Condon, Newsletter Editor/Swamper*

## SAVE THE DATES!

**June 10, 2022**

5:00 pm to 8:00 pm

**Meier's Creek Brewery in Cazenovia**

Please join us and connect with old and new friends while we drink a toast to 100 years of the Adirondack Mountain Club at this cool venue in Cazenovia. To make this event extra special, bring a friend! Look for us near the picnic tables, we'll have an ADK sign displayed.

**June 14, 2022**

6:00 pm to 8 pm

**Cazenovia, NY**

Celebrate Juneteenth with us in this historic town which was one of the many stops along the Freedom Trail and hosted the historic Fugitive Slave Law Conference of 1850 which was chaired by abolitionist Frederick Douglass and was attended by over 2000 people.

**September 18, 2022**

**Beaver Lake Nature Center**

ADK Onondaga will host an Open House at the Beaver Lake Nature Center. We will share our knowledge on gear, tools, maps as an effort to introduce more folks to the work we do and the fun we have as members of the Adirondack Mountain Club. Would you like to help? Reach out to [Peg Whaley!](#)

**November 5, 2022**

**Collamer United Church**

Mark your calendars now for our Fall Business Meeting November 5, 2022 at Collamer United Church with podiatrist, Dr. Popovici as speaker. Plan to bring your boots and sneakers for the Dr to inspect. Many problems can be detected by looking at the wear patterns on your shoes.

Check the outings section and our [website](#) for additional details.



BY BILL COFFIN



## CHARLES EMBREE, TRAILS ICON OF ONONDAGA ADK CHAPTER

The original and main architect of Onondaga ADK chapter's part of the Finger Lakes Trail was Charles Embree who was born and lived in Syracuse. Charlie received his electrical engineering degree from Syracuse University and worked for some years at General Electric before he became interested in professional outdoor recreation. He worked on his master's degree in that field at the State University of Environmental Science and Forestry.

Coincidentally, at this time, there was talk in Rochester about creating a trail in the Finger Lakes Region that almost simultaneously became a statewide initiative. The Finger Lakes Trail Conference was formally founded in 1962 and incorporated in 1963. In that same

year the eleven-year-old Onondaga (hiking) chapter of the Adirondack Mountain Club joined the new trail conference. A 500–600-mile trail idea was growing at rapid pace and was declared complete in 1992.

The records suggest that Charlie had already mapped a statewide FLT corridor in remarkable detail. By 1965 Onondaga chapter had already built 3.5 miles of hiking trail and committed itself to build 83 miles of main FLT and a 22 mile side trail in Central New York. Without Charlie's intensive work none of this could have happened like it did. The surviving files have up to 50 of his detailed maps and hundreds of other pages.

Charlie scouted, negotiated with landowners, and built the trail with equal skill and he was joined by dozens of enthusiastic volunteers from a chapter with 150 members. Some of them were also busy in the Adirondacks. Charlie was an expert with modern trail design that was novel 50 years ago but is required today against erosion and for the best experience for the hikers.

In the 1960's while the FLT was growing, the venerable 2,200-mile Appalachian Trail was fragmenting badly from land development. In 1968 Congress passed the National Trails Act that would save the Appalachian Trail, but it also included a new concept long distance trail, a 3200 mile North Country National Scenic Trail. The National Park Service spent 12 years to prepare the new trail to become law in 1980.

Again, Charlie Embree was in on the ground floor research. The Adirondack Mountain Club archive reveals his work as early as 1971.

Charlie had humor, a nice disposition and listened to others. He had a round face, enough of a waistline and always wore shorts in spite of bugs or cool weather. And could he sing as he could dig. He would stop on the trail for what he called pharmaceutical breaks with his pill bottles. His bush hat had to be older than he was.

Charlie loved opera and this is why our old chapter maps have locations named after composers and a Paradise Garden lean-to. In 1998 Charlie died suddenly at his home. He was 74. The Onondaga ADK has a bronze plaque in his memory at the main trail head in Highland Forest.

*Credits: Embree, Charles. "Onondaga Builds a Trail". Adirondac, vol. XXXI, no. 2, March-April 1967, p 26-27.*



*Charles Embree, ADK-On trail builder and wet weather hiker. From the FLT News, Fall 1968.*

## Explore. Educate. Protect.



# Onondaga Builds a Trail

*ADK'ers invited to inaugural*

by CHARLES EMBREE, Chairman  
Trails Committee  
Onondaga Chapter



ONONDAGA CHAPTER is getting its new trail ready for a Gala Inaugural Hike this spring. ADK-Onon is to be host for the spring meeting of the Finger Lakes Trail Conference on May 6 and 7 at Truxton, amidst the rugged wooded hills south of Syracuse. Here where the Chapter members have been wielding saws and pruning shears on many of their weekends, a delightful hiking trail has been coming into existence—the "Onondaga Trail," part of the Finger Lakes Trail system. A ribbon-cutting ceremony and a gala hike are scheduled to take place on May 7 to celebrate completion of the cutting through woods of this particularly scenic section of the trail. All ADK'ers are welcome.

AFTER A BUSINESS meeting of the FLTC on May 6, at Labrador Ski Area, ADK'ers, FLT'ers, and friends will climb Morgan Hill via the new trail to see the new lean-to built for the State by ADK-Onon muscle-power, in a peaceful and secluded setting next to Hemlock Glen. After dinner, A. W. Roberts and Ray Benson, distinguished central New York foresters, will speak to the FLT'ers and their friends on the local lore of these wooded hilltops.

Roberts is district director of the State Conservation Department, Division of Lands and Forests, and Benson is chief forester of the division of parks and conservation for Onondaga County.

NEXT DAY the hikers, with any other people who like trails and who wish to come, will leave their cars near Tinker Falls and gather at Spruce Pond for the dedication ceremony. When the ribbon is cut, they will stampede over Jones Hill for remarkable mountaintop views, and clamor down to Tinker Falls, known for its unusual overhanging ledge.

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in the main east-west trunk system and 300 in the branch trails (see map).

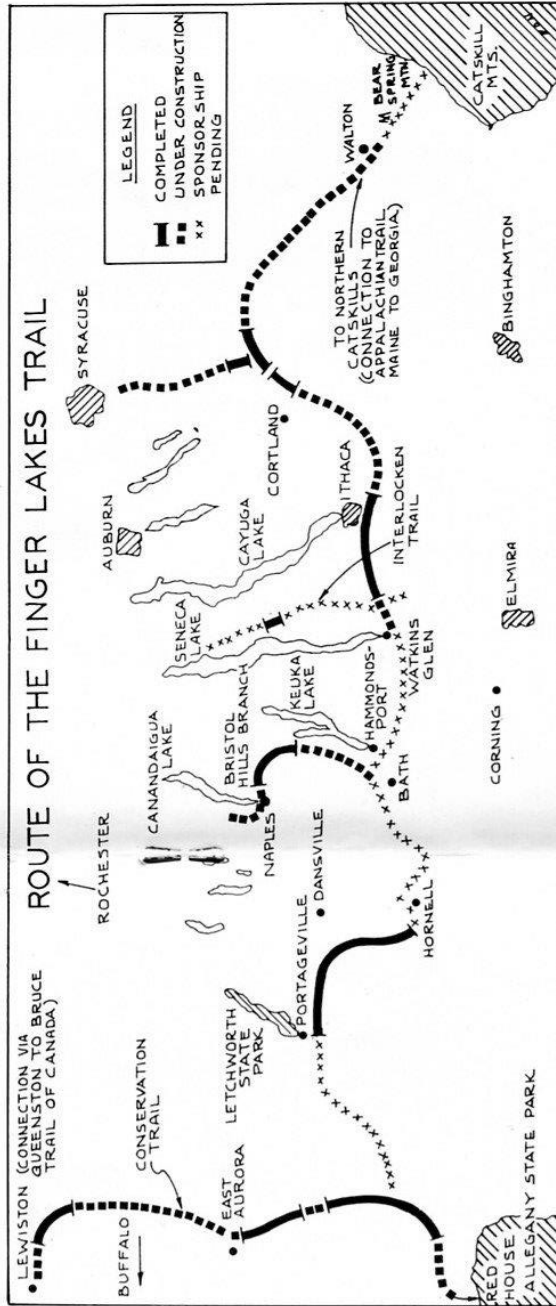
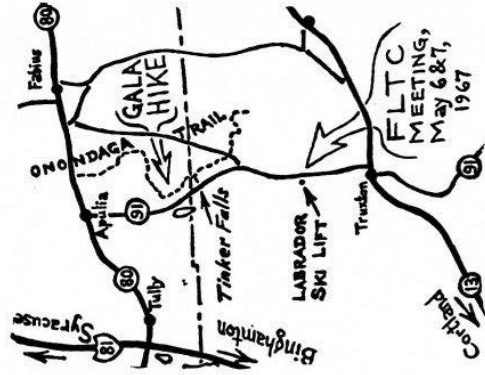
Eventually, this continuous footpath stretching from the Catskills to the Allegheny Mountains will connect with the 2000-mile Appalachian Trail, the 250-mile Long Trail of Vermont, and the 250-mile Bruce Trail of Canada.

TRAVERSING WILDERNESS, far from populated areas, it passes through some of the most beautiful country in the East—forest, glacially sculptured hills, hanging valleys, glens, and lake expanses.

All trails will be marked, and shelters will be built along the trail at distances about a day's hike apart.

OTHER HIKING CLUBS and groups working with Onondaga Chapter in the Trail Conference are the Foothills Trail Club, the Genesee Valley Hiking Club, the Cayuga Trails Club, the Triple Cities Hiking Club, the Cornell Outing Club, and the Seven Lakes Girl Scout Council.

ADK'ERS AMONG the Trail Conference officers include Paula M. Strain, president, and C. Frederick Mohn, first vice president (both members of the Finger Lakes Chapter), and John H. Beverage, second vice president, who is a member of Adirondack Loj Chapter.



ADIRONDAC

MARCH-APRIL

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## HONORING CENTENARIAN GEORGE KIRKPATRICK BY LISA DRUKE

Congratulations to our oldest Chapter member and centenarian, George Kirkpatrick. George was honored at the Spring Social on March 26 and was presented his Onondaga Chapter Centenarian Award on March 30 at his home in North Syracuse by Bill Coffin and Lisa Druke. George was born in Illinois in 1919 and at 102 years old is going strong. During our visit, George shared his fond memories of hiking with the ADK including hiking adventures with Mary Dineen and Dick Lightcap. He also enjoyed the camaraderie at the



Bill Coffin & George Kirkpatrick, *Photo Courtesy Lisa Druke*

annual Onondaga Chapter Fall Picnic at Land-O-Pine with Mark Del Pozo and other ADK members. George started his career in the 1940's as an electrical engineer working for General Electric (GE) in radar technology that supported the war effort, and later in his career he continued his work at Syracuse Research. He had the pleasure to meet Orville Wright in the 1940's with other fellow GE engineers. In addition to hiking, he enjoyed flying and was a member of the Syracuse Flying Club where he enjoyed trips to Dayton, Ohio and other places of interest in New York. At a flying convention in St. Louis in 1988, he won an airplane as a door prize and continued to fly until he turned 90 years old. Bill Coffin presented George a model of the Piper Tri Pacer airplane to commemorate his good fortune while reminiscing about the past. It was a pleasure meeting and speaking with our oldest Chapter member!

## ADK'S CENTENNIAL CELEBRATION & FALL WEEKEND

### SEPTEMBER 23-25, 2022



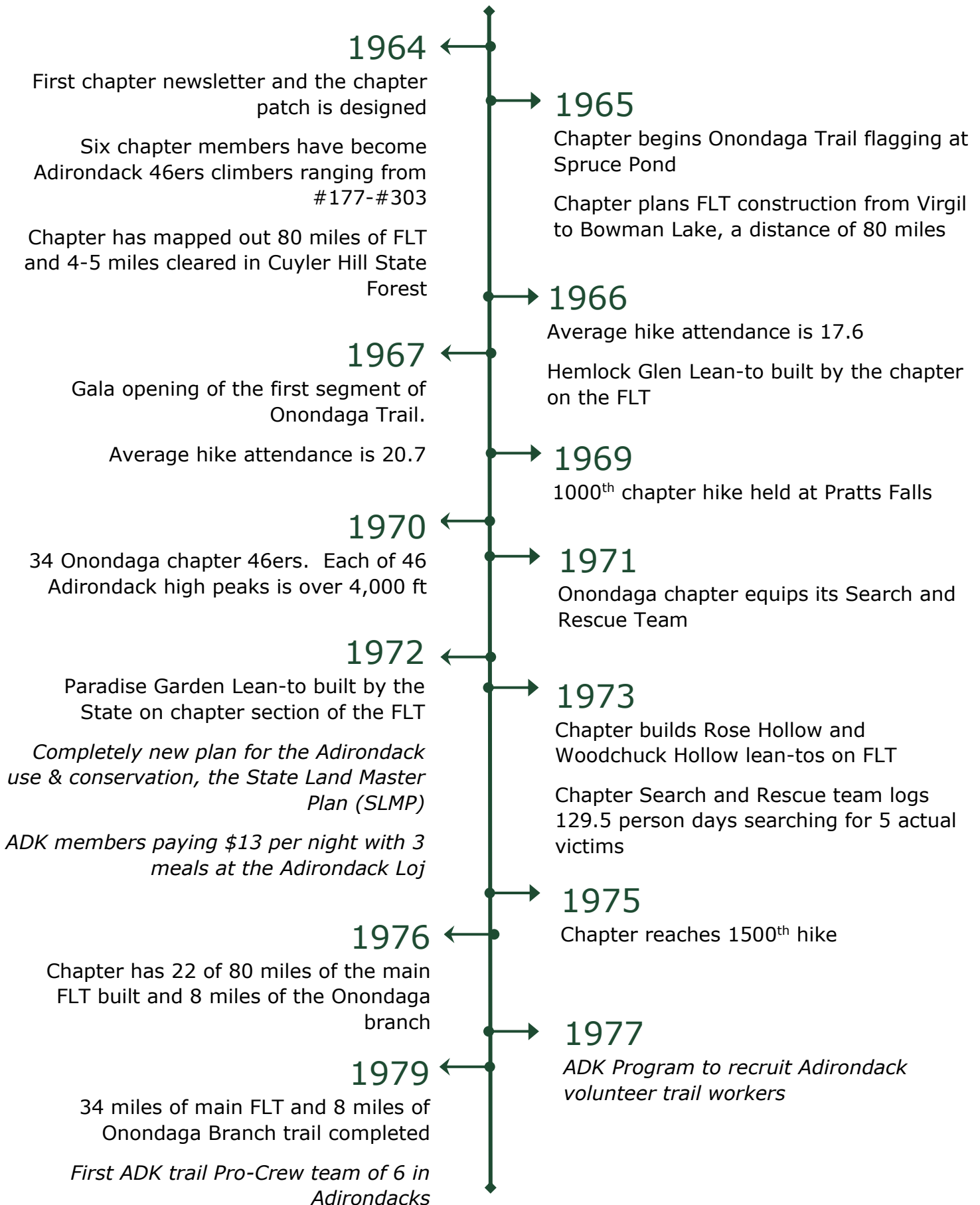
Silver Bay YMCA

Cold River Chapter is hosting ADK's Centennial Celebration & Fall Outing on September 23 - 25, 2022 at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, NY. Rooms and meals are booked solid but if you haven't registered there is still the opportunity to stay nearby and join one or more of the 40 outings, attend the talk by Bill McKibben and enjoy the music of Jamcrackers. It is possible that rooms and meals will become available in the event of cancelations so keep checking the registration page if you are interested. [Pre-registration](#) for this event is required.

# CHAPTER HISTORY TIMELINE, PART 2



BY BILL COFFIN



Note: Adirondack Mountain Club highlights in italics



# NOTABLE HIKES ON THE NCTA

The North Country Trail Association is showcasing some of the finest scenery along the North Country Trail by offering guided hikes along its route in New York State this summer. Anyone can join these guided hikes sponsored by the NCTA however, pre-registration is required.

## June 11, 2022, Mitchellsville Gorge

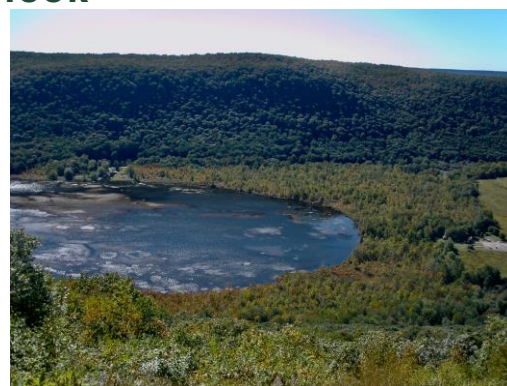
Hike Leader: [Deb Nero](#), 607.227.7057

Just south of Hammondsport in Steuben County, this hike on private land features a walk past vineyard on the Keuka Lake inlet and passage through an Eastern Hemlock Forest before encountering Mitchellsville Creek and the gorge. The round-trip hike is 4.8 miles and comes with a warning to avoid the now-unstable gorge rim. [More Info](#)

## July 9, 2022, Tinker Falls Labrador Pond Overlook

Hike Leader: [Deb Nero](#), 607.227.7057

This hike between Tully and Fabius begins with a sturdy climb to the place locals refer to as the “Hang Glider’s Leap” near the summit of Jones Hill, which offers an impressive view of Labrador Pond and the Labrador Unique area as well as most of the Tully valley. This is a hike with options, the most enterprising of which leads back down the hill to the top of Tinker Falls, a 50-foot waterfall with an overhang that can be passed under in spring, summer, and fall. The main loop is a 5.6-mile round trip. [More Info](#)



## August 13, 2022, Stone Quarry Hill Art Park

Hike Leader: Scott Sellers, 315.440.7076

This 5.0-mile round trip weaves through the unique setting of Stone Quarry Hill Art Park in Cazenovia and rewards hikers with scenic views of Cazenovia and Oneida Lakes. We will begin with a short loop to a viewpoint in the Art Park, then descend on the North Country Trail through scenic woodlands, crossing small streams, and a wetland before reaching the Chenango St. trailhead in Cazenovia. The return trip will follow the same route with an elevation gain of over 300 feet back to the Art Park. We will finish with another loop in the Art Park through some of the park’s unique outdoor sculptures. [More Info](#)



## September 10, 2022, Puffer Pond

Hike Leader: [Mary Coffin](#), 315.687.3589

This 6-mile round trip hike provides an introduction to the Siamese Ponds Wilderness in the Central Adirondacks near the hamlet of North River. [More Info](#)



Date	Day	Outing	Leader
Repeating Jun 4	Wed Sat	Walking Wednesdays Nelson Swamp Wildflower Hike (NCT100) - Nat'l Trails Day	S.Schwinge/M. Niemi K. Eisele / M. Dineen
Jun 4	Sat	FL PRISM Invasive Species Awareness - Nat'l Trails Day	J. Sargent
Jun 5	Sun	New Hike Leader Orientation - Highland Forest	Lisa Druke
Jun 8	Wed	Walking Wednesday – Trail Maintenance	Dick Frio
Jun 6	Mon	Baltimore Woods Hike	Sigi Schwinge
Jun 10	Fri	ADK Centennial Celebration – Meier’s Creek	Peg Whaley/ Lisa Druke
Jun 11	Sat	Cranberry Lake Area Nature Appreciative Hike	Disque / Evans
Jun 12	Sun	Sterling Creek Paddle	L. Druke / K. Marjinsky
Jun 14	Tue	Juneteenth Celebration-Cazenovia Lehigh Valley RR (NCT100)	Peg Whaley/S. Hoffman
Jun 18	Sat	Maintenance Hike (FLT 60)(NCT100)	Dave Grant
Jun 19	Sun	Taylor Valley / Mt Roderick Loop (FLT 60)(NCT100)	Lisa Robertson
Jun 25	Sat	Paddle Lakeview Wildlife Management Area	M. Coffin / B. Veilleux
Jun 26	Sun	Driving Past Historic Places	Dick Lightcap
Jul 2	Sat	Highland Forest Main Trail	Lisa Robertson
Jul 3	Sun	Camillus Forest Unique Area Hike	Mary Niemi
Jul 6	Wed	Walking Wednesday – Trail Maintenance	Dick Frio
Jul 9	Sat	Burlingame Gateway Trails CPF	Kathy Disque
Jul 10	Sun	Kennedy State Forest/Figure 8 (NCT100/FLT60)	Lisa Robertson
Jul 11	Mon	Fellows Hill Loop (FLT60/NCT100)	Sigi Schwinge
Jul 12	Tue	Nelson Swamp Evening Hike (NCT100)	Peg Whaley
Jul 16	Sat	Little Woodhull Lake Clearing, Black River WF (NCT100)	M. Coffin
Jul 17	Sun	Great Bear Springs	Lisa Robertson
Jul 23	Sat	Maintenance Hike (FLT60)(NCT100)	Dick Frio
Jul 24	Sun	Pratt’s Falls Hike	Druke/Furze
Jul 30	Sat	Kunjamuk Trail Clearing in Siamese Ponds WA (NCT100)	M. Coffin
Jul 31	Sun	Otisco Lake Paddle	K. Kaufman
Aug 1	Mon	Chippewa Falls/ Midlum Hill option (FLT60)	Sigi Schwinge
Aug 3	Wed	Walking Wednesday – Trail Maintenance	Dick Frio
Aug 6	Sat	Bubb, Sis & Moss Lake	Mary Neimi
Aug 7	Sun	Onondaga Trail Hike (NCT100/FLT60)	Jay & Theresa Evans
Aug 9	Tue	Green Lakes State Park	Peg Whaley
Aug 13	Sat	Remsen Falls Hike	Kathy Disque
Aug 13	Sat	Maintenance Hike – Puncheon Punchout (NCT/FLT)	Harold Kyle
Aug 14	Sun	Maintenance Hike – Puncheon Punchout (NCT/FLT)	Harold Kyle
Aug 18-22	Thur.-Mon.	NCT Adirondack Volunteer Work Week	Mary Coffin
Aug 21	Sun	Interloken Trail – Ravine Trail Loop (FLT60)	Mary Neimi
Aug 27	Sat	Perryville Leigh Valley RR Hike (NCT100)	Peg Whaley
Aug 28	Sun	Black Bear Mountain Hike	Lisa 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 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:** Refer to Covid-19 table for carpooling guidance. Passengers are expected to contribute toward the cost of the transportation.

**Risk:** There are risks involved in our outings. Anyone participating does so at their own risk, and is required to sign the *Release of Liability Form* provided by the leader.

**Overnight Outings:** Overnight outings are open only to ADK members.

**Dogs:** Please contact the leader in advance if you would like to bring a dog. It is up to the leader to decide if a dog is allowed to join the hike.

## Ratings For Difficulty

<b>Rating</b>	<b>Effort</b>	<b>Elevation Gained (ft)</b>	<b>Miles</b>
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 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



## ADK Onondaga Chapter COVID-19 Guidelines

The Onondaga Chapter Guidelines for Covid-19 are summarized in the table below. With the changing status of the pandemic, the ADK recommends Chapters and trip leaders follow the CDC's guidance and use of the Covid-19 tracker for 'Community Level' for the County the event or outing is held. All Participants must follow all local business, towns, counties or other areas COVID-19 mandates.

CDC Community Level Tracker link by County:

[CDC Covid-19 Tracker By County](#)

ADK Onondaga Chapter Covid-19 Guidelines
<b>Low Level</b>
Stay up to date with COVID-19 vaccines
Stay home and get tested if you have COVID-19 symptoms
<b>Medium Level</b>
Stay up to date with COVID-19 vaccines
Stay home and get tested if you have COVID-19 symptoms
Masks recommended while carpooling
<b>High Level</b>
Stay up to date with COVID-19 vaccines
Stay home and get tested if you have COVID-19 symptoms
Masks recommended indoors or outdoors if 6 feet distance cannot be maintained
Carpooling is discouraged.

## 8874 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.

## 8875 Invasive Species Awareness National Trails Day

Sat. June 4

Meeting Time/Place: Contact Leader

Rating/Distance: (E-M) 4 miles

R/T Drive: 50 miles (depends on meeting location)

Map(s): DeLorme 60

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

We will be led on a hike by Matt Gallo, the Terrestrial Program Outreach Coordinator for Finger Lakes PRISM. We will discuss the invasive species in the area and why they are a problem, and then search for evidence of their presence. Bring your lunch and 10 essentials. Instructions to download the iMapInvasives App to a smart phone will be provided in advance of the training.

## 8876 Nelson Swamp Wildflower Hike (NCT 100)

National Trails Day

Sat. June 4 1:15 PM

Meeting Place: Parking Lot Nelson Swam Unique Area (on Stone Quarry Road)

Rating/Distance: (E) 3 miles

Map(s): DeLorme 61

Leader(s): Kathy Eisele 315-558-9912, Mary Dineen 315-424-1284

Celebrate National Trails Day with a wildflower hike on the NCT/Link Trail in the Nelson Swamp Unique Area. In the past, we have identified 57 varieties of wildflowers/plants, including the rarely seen One-flowered Cancer Root. Slow, 'wild flower' viewing pace and about 3 hours duration.



Joint hike with the NCT Association. Qualifies for NCTA Hike 100 Challenge.

**8877 New Hike Leader Orientation – Highland Forest Sun. June 5**

Meeting Time: Contact Leader  
Meeting Place: Highland Forest Skyline Lodge  
Leader: Lisa Druke 315-447-4018  
[ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com)

The Onondaga Chapter Outings Committee welcomes new volunteers interested in becoming an outings leader. We will go for a short hike and then have an info session on best practices and guidelines of leading outings for Onondaga Chapter. Contact leader if interested.

**8878 Baltimore Woods Hike Mon. June 6 8:30 AM**

Meeting Place: Dewitt Wegmans Park & Ride in front of Hobby Lobby  
Rating/Distance: (M) 4-5 miles  
R/T Drive: 30 miles  
Map(s): DeLorme 61  
Leader(s): Sigi Schwinge 315-437-6906, [sigischwinge@aol.com](mailto:sigischwinge@aol.com)  
We'll walk the hilly loops of this park near Camillus starting 9:15. Our walk-n-talk Monday group hikes every Monday; email Sigi.

**8879 ADK Centennial Celebration – Meier’s Creek Brewery Fri. June 10 5:00 – 8:00 PM**

Meeting Place: Meier’s Creek Brewery Co. 33 Rippleton Road, Cazenovia, NY  
Leader(s): Peg Whaley 315-633-0154  
Lisa Druke 315-447-4018  
Come one – Come all – Bring a Friend Stop in for a refreshment – reconnect with old friends and make some new friends.

**8880 Cranberry Lake Area Nature Appreciation Hike Sat. June 11 Call Leaders**

Meeting Place: Contact Leaders  
Rating/Distance: (E)(A) 3+ miles  
R/T Drive: 270 miles  
Map(s): DeLorme 28  
Leader(s): Kathy Disque 315-656-3383, [kathydisque@yahoo.com](mailto:kathydisque@yahoo.com) & Theresa Evans

315-414-0431, [tj\\_evans@verizon.net](mailto:tj_evans@verizon.net)  
We'll start our day by hiking the Lost Pond Nature Trail. This 2-mile loop trail, at the Cranberry Lake boat launch, was opened on trails day 2019. After lunch we will drive to Wanakena and hike on the Moore Trail looking for the Lady Slippers.

**8881 Sterling Creek Paddle Sun. June 12 9:00 AM**

Meeting Place: Weedsport Thruway Exit 40  
Rating/Distance: (M) up to 8.8 miles (flat water)  
R/T Drive: 50 miles  
Map(s): DeLorme 45, Take A Paddle Finger Lakes p. 69  
Leader(s): Lisa Druke, 315-447-4018, [ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com), Kathy Marjinsky, 315-704-0391, [katmarjinsky50@verizon.net](mailto:katmarjinsky50@verizon.net)  
Sterling Creek offers a gentle and quiet paddle near the Ontario Lake shore. Bring your binoculars to enjoy hawks, herons, songbirds, turtles and other wildlife. We will put in at Fair Haven State Park (non-motor) launch, paddle across the pond and follow the creek to McIntyre Rd bridge and return. Bring lunch/snacks, water, sunscreen, hat and PFD (required). There is a fee (\$9) to enter the park, a large parking area, kayak rental (\$32/kayak) and nice restrooms available.

**8882 Juneteenth Celebration Hike - Cazenovia Lehigh Valley RR (NCT100) Tues. June 14 6:00 PM**

Meeting Place: Cazenovia Lake Parking Lot Rt.20  
Rating/Distance: (M) 5 miles  
R/T Drive: 5 miles  
Map(s): DeLorme 61-62  
Leader(s): Peg Whaley 615-633-0154 and SaraMarie Hoffman [saramariehoffman@yahoo.com](mailto:saramariehoffman@yahoo.com)  
Did you know Cazenovia is one of the many stops along the Freedom Trail in Madison County and held the historic Fugitive Slave Law Conference of 1850? The conference was chaired by abolitionist Frederick Douglass and was attended by over 2000 people. Celebrate Juneteenth with us in this historic town as we walk from Bingley Rd to Freber Rd. and return.



## **8883 FLT Trail Maintenance Hike (FLT60/NCT100)**

**Sat. June 18 9:00 AM**

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

Rating/Distance: (E) 4 miles

R/T Drive: Less than 100 miles

Map(s): FLT M-21, O-1 or O-2, DeLorme 60,61,77

Leader(s): Dave Grant 315-622-1362

[dgrant7500@aol.com](mailto:dgrant7500@aol.com)

We will be doing maintenance on a portion of the Finger Lakes Trail / North Country Trail. Our chapter currently maintains 72 miles of the FLT and three lean-tos'. 57 miles of our section are concurrent with the NCT. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing. Severely adverse weather conditions will cancel the hike.

## **8884 Taylor Valley State Forest / Mt. Roderick Loop (FLT 60/ NCT100)**

**Sun. June 19 9:00 AM**

Meeting Place: LaFayette McDonalds rear parking lot.

Rating/Distance: (S) ~8 miles

R/T Drive: 50 miles

Map(s): FLT M-19, DeLorme 77

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

Let's stretch our legs & fill our lungs in the fresh forest air! Pace will be moderately brisk/aerobic 2.5-3 mph

## **8885 Paddle Lakeview Wildlife Management Area**

**Sat. June 25 9:00 AM**

Meeting Place: Call Leaders

Rating/Distance: (M) 8 miles

R/T Drive: 75 miles

Map(s): DeLorme 33

Leader(s): Mary Coffin 315-687-3589, 315-657-0229, and Brenda Veilleux 315 463-9103

We will paddle the meandering South Sandy Creek out to the barrier beach at Lake Ontario where we will have lunch and take a short hike before returning. It will be a nice leisurely paddle. Bring dry bag for essentials, food and extra water. PFD is required as well as line to tie up your kayak,

canoe, paddle board. Extra paddle is recommended.

## **8886 Driving Past Historic Places**

**Sun. June 26 9:00 AM**

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

Rating/Distance: (E) 4.5 miles

R/T Drive: 40 miles

Map(s): DeLorme 61

Leader(s): Dick Lightcap 315-682-6635

Join me for short, slow hikes to historic places in Fayetteville, Manlius and Cazenovia.

## **8887 Highland Forest Main Trail**

**Sat. July 2 9:00 AM**

Meeting Place: Skyline Lodge

Rating/Distance: (S) 8.5 miles

Map(s): Highland Forest trails map, DeLorme 61

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

Let's get cool under the forest canopy with a brisk paced (2.5-3 mph) hike on the main trail in this Onondaga County Park. \$3 per person trail use fee payable at Lodge.

## **8888 Camillus Forest Unique Area Hike**

**Sun. July 3 11:00AM**

Meeting Place: DEC parking area for the Camillus Forest off Thompson Rd.

Ratings/Distance: (E) 4 miles

Map: DeLorme 60

Leader: Mary Niemi 315-751-7492

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

Enjoy the trails, views and old growth forest in this pretty area in Camillus. Bring water & snacks.

## **8889 Burlingame Gateway Trails – Cazenovia**

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

Meeting Place: Caz Lake Lot, Rt 20

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

Map(s): DeLorme 61

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

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

The Cazenovia Preservation Foundation (CPF) has built and maintains a network of trails in the Cazenovia area. We will explore the trails south of the Lorenzo State Historic Site, starting at the Burlingame Rd trail-head.



## **8890 Kennedy State Forest/ Figure 8 Hike (FLT 60/ NCT100)**

**Sun. July 10**

**9:00 AM**

Meeting Place: LaFayette McDonalds rear parking lot.

Rating/Distance: (S) ~9 miles

R/T Drive: 80 miles

Map(s): FLT M-19, DeLorme 76,77

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

Let's stretch our legs & fill our lungs in the fresh forest air! Pace will be moderately brisk/aerobic 2.5-3 mph

## **8891 Fellows Hill Loop (FLT60/NCT100)**

**Mon. July 11**

**8:30 AM**

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

Rating/Distance: (M) 4-8 miles

R/T Drive: 40 miles

Map(s): FLT 0-1, DeLorme 61

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

We'll start with the uphill to the peak (sorry, no view), then descend to Spruce Pond and complete the loop along a creek with a beautiful view of little waterfalls. This is a FLT Passport hike (find info on the passport program on the Finger Lakes Trail website). our walk-n-talk group hikes every Monday; for info email Sigi Option: from Spruce Pond you can extend 2 miles (4 return) to Jones Hill or Shackham Pond.

## **8892 Nelson Swamp Evening Hike (NCT100)**

**Tues. July 12**

**6:00 PM**

Meeting Place: Cazenovia Lake Parking Lot Rt.20

Rating/Distance: (E) 4 miles

R/T Drive: 8 miles

Map(s): DeLorme 61

Leader(s): Peg Whaley 615-633-0154

We will hike the trails out to the fields at Hardscrabble Rd. and return to do the interpretive trail on the way back.

## **8893 Little Woodhull Trail Clearing, Black River Forest (NCT100)**

**Sat. July 16**

**8:30 AM**

Meeting Place: Call Leader

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

R/T Drive: 200 miles

Map(s): DeLorme 49

Leader(s): Mary Coffin 315-657-0229, [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)

This year we should escape the Adirondack blackfly season, but head nets and repellent are advised. We will hike to Little Woodhull Lake from North Lake Rd. inspecting the yellow trail, cross the inlet stream and start work on the overgrown red trail where we left off last year. Part of the yellow trail and all of the red trail is on the North Country National Scenic Trail. We will be mostly cutting through blowdown and side cutting, leaving all seedlings and saplings in the tread. We will divide into subgroups to be more efficient and cover more trail. Wear work gloves, dress for the weather and pack the 10 essentials, including lunch, snacks and extra water. No experience is needed. Tools will be supplied but you are welcome to bring your own saws and loppers.

## **8894 Great Bear Springs Fulton/Phoenix**

**Sun. July 17**

**9:00 AM**

Meeting Place: Great Bear Springs Parking Lot

Rating/Distance: (M-S) ~6-9 miles

Driving Distance: 35 minutes from Syracuse

Map(s): Great Bear Recreation Area, DeLorme 46

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

Let's stretch our legs & fill our lungs in the fresh forest air! Pace will be moderately brisk/aerobic 2.5-3 mph.

## **8895 FLT Trail Maintenance Hike**

**(FLT60/NCT100)**

**Sat. July 23**

**9:00 AM**

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

Rating/Distance: (E) ~4 miles

R/T Drive: Less than 100 miles

Map(s): FLT M-21, O-1 or O-2 DeLorme 60,61,77

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

We will be doing maintenance on a portion of the Finger Lakes Trail / North Country Trail. Our chapter currently maintains 72 miles of the FLT and three lean-tos'. 57 miles of our section are concurrent with the NCT. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear



appropriate clothing. Severely adverse weather conditions will cancel the hike.

## **8896 Pratt's Falls Hike**

**Sun. July 24 10:00 AM**

Meeting Place: Pratt's Falls Park, 7671 Pratts Falls Rd, Manlius, NY

Rating/Distance: (E) 4 miles

Map: DeLorme 61

Leader: Lisa Druke, 315-447-4018, [ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com), Ann Furze 315-263-6719 (call/text), [annfurze49@gmail.com](mailto:annfurze49@gmail.com)

Join us for a hike in this historic county park with a scenic 137-foot waterfall. In 1796 the land housed one of the first mills in the county. The park has several easy trails including the north rim, west branch, and falls trails with some ups and down. This time of year, we should see mid-summer flowers in bloom and a variety of birds. The group will meet at the main parking area. Bring lunch/snacks, water and a rain jacket. If any questions please contact the leader(s).

## **8897 Kunjamuk Trail Clearing in Siamese Ponds Wilderness (NCT100)**

**Sat. July 30 8:00 AM**

Meeting Place: Call to reserve a spot

Rating/Distance: (S)(A) 7-10 miles

R/T Drive: 230 miles

Map(s): DeLorme 51

Leader(s): Mary Coffin 315-657-0229, [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)

We will use the Cisco Creek trailhead at the end of Elm Lake Road north of Speculator to access the Kunjamuk Section of the NCNST. We will be mostly cutting through blowdown and side cutting, leaving all seedlings and saplings in the tread. We will divide into subgroups to be more efficient and cover more trail. Wear work gloves, dress for the weather and pack the 10 essentials, including lunch, snacks and extra water. No experience is needed. Tools will be supplied but you are welcome to bring your own saws and loppers. Group size is limited in Wilderness so please call leader to reserve a spot.

## **8898 Otisco Lake Paddle**

**Sun. July 31 9:30 AM**

Meeting Place: Skan-Ellus Drive In, Route 20 at Rt 175, one mile east of Skaneateles

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

R/T drive: 40 miles

Map: DeLorme 60

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

We'll launch from the recently completed DEC Boat Ramp at the southwest end of Otisco Lake and paddle the mostly undeveloped south and west shore, then north through the causeway, up to the Finger Lake Land Trust's Otisco Lake Preserve, where there's a pebble beach. At the beach we can stop for lunch, a swim and even a short hike up the hill. Bring all the usual stuff (PFD required.) Call leader before 8:30 AM to confirm if weather looks bad (rain and/or big wind.).

## **8899 Chippewa Falls/Midlum Hill (FLT60/NCT100)**

**Mon. Aug 1 8:00 AM**

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

Rating/Distance: (M) 3.5 miles /1-2 option

R/T Drive: 60 miles

Map(s): FLT M21, DeLorme 77

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

This is a nice trail that ends in a steep little waterfall. We return the same way. It's a favorite of our group with not much up-n-downs. For the option we'll drive 1/4 mile over to Midlum Rd. To join Sigi's walk-n-talk Monday group, please email her.

## **8900 Bubb, Sis & Moss Lake Hike Sat. Aug 6 (Contact Leader)**

Meeting Place: Contact Leader

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

R/T Drive: 180 miles

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

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

Enjoy a summer lollipop loop hike around Moss Lake just off Big Moose Road to Bubb and Sis Lakes and return. Bring water, lunch.



## **8901 Onondaga Trail (FLT60/NCT100)**

**Sun. Aug 7 Email leader**

Meeting Place: Email Leader  
Rating/Distance: (M) ~7 miles  
R/T Drive: 70 miles  
Map(s): FLT O-1, DeLorme 61,77  
Leader(s): Jay & Theresa Evans,  
315-414-0431, [tj\\_evans@verizon.net](mailto:tj_evans@verizon.net)

We will take a hike on our own local branch trail with the Finger Lakes Trail system. There will be car spotting for this hike. We will be going from Shackham Road to W Keeney Rd, Rt. 13. The trail runs thru some private lands as well as Morgan Hill State Forest. Bring water, lunch, and bug spray.

## **8902 Green Lakes State Park**

**Tues. Aug. 9 6:00 PM**

Meeting Place: Erie Canal Lot (corner of Manlius Center Rd & Minoa Rd.)  
Rating/Distance: (M) 4-5 miles  
Map(s): DeLorme 61  
Leader(s): Peg Whaley 615-633-0154

We will walk from the Erie Canal Parking lot to the park entry at the old gravel pit and hike to the open areas where there are scenic views.

## **8903 Remsen Falls Hike**

**Sat. Aug. 13 Call Leader**

Meeting Place: Call Leader  
Rating/Distance: (M)(A) 6 miles  
Map: DeLorme 35  
Leader: Kathy Disque 315-656-3383  
[kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)

Remsen Falls is a series of cascades on the South Branch of the Moose River. We'll hike the relatively flat trail from McKeever to the falls and back.

## **8904 Maintenance Hike - Puncheon Punchout (FLT 60/NCT100)**

**Sat. - Sun. Aug. 13-14 9:00 AM**

Meeting Place: Dewitt Wegman's Park & Ride in front of Hobby Lobby  
Rating/Distance: (M) ~4 miles  
R/T Drive: Less than 100 miles  
Map(s): FLT M-21, O-1 or O-2, DeLorme 61  
Leader(s): Harold Kyle 315-416-4619  
[harold@cnyhikes.com](mailto:harold@cnyhikes.com)

The stretch between Spruce Pond and Jones Hill in Morgan Hill State Forest is one of the most heavily used sections of the Onondaga Branch trail. It's also one of the muddiest. The section suffers from braiding, erosion, and poor footing. We'll use these two days to install puncheons in the muddiest part of this trail. Please join us to help us to make this section more pleasant to hike. No experience necessary, but there will be some heavy lifting and tool use. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing.

## **8905 NCT Adirondack Volunteer Work Week, Hoffman Notch Wilderness (NCT100)**

**Thur. - Mon. Aug 18-22**

Meeting Place: Contact leader to register.  
Map(s): DeLorme 38  
Leader(s): Mary Coffin 315-657-0229,  
[maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)  
Contact leader for meeting time, location and details.

We will construct a new section of North Country Trail during a volunteer work week on the Jones Hill section in Hoffman Notch Wilderness near Schroon Lake. No prior skills are needed. Skills training and tools will be provided. Join the group for the week, or just the weekend or a day or two. Volunteers will provide their own food and lodging. Limited complimentary camping is available on a first come/first served basis.

## **8906 Finger Lakes National Forest - Interloken Trail (FLT60)**

**Sun. Aug. 21 8:00 AM**

Meeting Place: Green Hills Plaza  
Rating/Distance: (M) 5 - 7 miles  
Map: DeLorme 75, FLT I1  
Leader: Mary Niemi, 315-751-7492,  
[maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)

Let's visit a southern section of the Interloken Trail to see the varied terrain of pastures, forests, ravines and maybe some blueberries. Bring water, lunch.



**8907 Perryville Lehigh Valley RR (NCT100)**

**Sat. Aug. 27 10:00 AM**

Meeting Place: Call Leader

Rating/Distance: (M) 6.4 miles

R/T Drive: 10 miles

Map(s): DeLorme 61

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

We'll hike past the quarry from Ingalls Corners Rd to Cottons Road and return.

**8908 Black Bear Mountain Hike**

**Sun. Aug 28 8:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)

Rating/Distance: 5.3 miles (M) (A)

R/T Drive: 165 miles

Map(s): DeLorme 36, West Central ADK Guide


Leader: Lisa Druke, 315-447-4018,

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

We will hike in a counterclockwise loop to the summit of Black Bear Mountain (2448' elevation, 728' ascent). Black Bear Mountain offers spectacular views of the Fulton Chain of Lakes and on a clear day some of the high peaks may be visible. Bring raingear, lunch, water. Call the leader if the weather is questionable.

**MARK YOUR CALENDAR:**

**ADK CENTENNIAL CELEBRATION / FALL OUTING** September 23–25, 2022 COLD RIVER CHAPTER HOST. Join us and our Cold River Chapter at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, NY. Registration opens in March. Open to the public, this event will celebrate ADK's century of teaching people how to explore and protect New York's public lands and waters. Scenic views of Lake George will serve as the backdrop to three days and two nights of guided hikes, music, boat tours, food and more. Registration opens in March, 2022.



Need a bear canister for your overnight adventure? The Onondaga Chapter bear canister is available on loan to any ADK member for your outdoor adventure. Contact [Lisa Druke](#) to reserve.

Mailing Address:

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

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