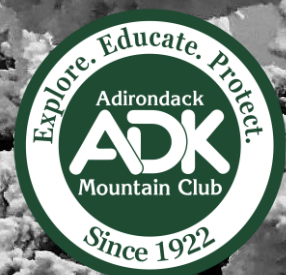


**ADIRONDACK MOUNTAIN  
CLUB**

**ONONDAGA CHAPTER**

**TALK OF THE  
TRAIL**

December ❄ January ❄ February



**HIGHLIGHTS IN THIS EDITION**

- Hal Boyce
- Art in the Wild
- Chapter History Timeline, Part 4
- Outings!

# ADK ONONDAGA CHAPTER

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*Submissions for the spring edition accepted until February 1. Send to Jamie Condon.*

### ABOUT THE COVER

**Hurricane Mountain Fire Tower**

*Photo Courtesy of Mike Ogden*



## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Danielle Bedford, Geoffrey Bench & Katie Vitale, Mark Dieffenbach, James Dunlap, Karen Goodwin, Juliann Haarman & Jay Cohen, John Ives, Gregory Jensen, Naseem Jawad & Rua Al-Ansari, Henry Long, Wendy Matthews-Sisley, Blake McGuire, Sarah Norcross & Jason Purdy, Mark Smorol, Ben Stock, Kellie Wheeler, Jill Wilson

As of September 2022, the ADK Onondaga Chapter boasts total of 1,336 members. Adirondack Mountain Club overall membership stands at 26,773.

That is a decrease of 48 chapter members and a decrease of 1,060 in total ADK membership since June 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



Lisa Druke in the Dolomites, Italy, Alta Via 1, this past summer

Welcome!

As the Centennial Celebration for ADK winds down, it has been good to reflect on our Chapter’s past and remind us all of the good work we do as a Chapter. Thank you!

The ADK Centennial Celebration and Fall Weekend held at the Silver Bay Conference Center in Lake George in September was a huge success. I heard all positive comments from our Chapter members on all aspects of the weekend - weather, food, entertainment and outings – a great time was had by all. Thank you to the Cold River Chapter for hosting a grand event.

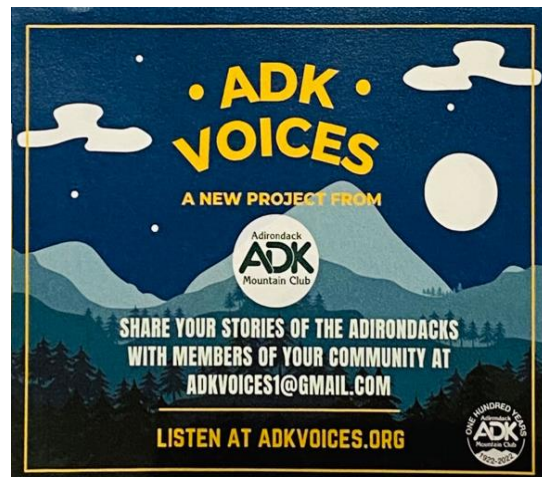
ADK Voices, a Centennial Celebration project initiated by our membership, was launched successfully on September 15. [ADK Voices](#) is an online oral history told from the perspective of ADK members and supporters capturing our organizations rich history. Our Chapter was one of four Chapters supporting the project from the start contributing to the project’s success – thank you to all who contributed their oral stories. A special thank you goes to Mary Niemi for taking the lead for our Chapter and for her enthusiasm on this special project.

Thanks to Peg Whaley, our Membership Chair, for organizing the Open House at the Beaver Lake Nature Center in September. Our Chapter had volunteers on hand with trail building tools, backpacking gear, tents, trail maps and guides for visitors to review and ask questions.

Our Education committee with Jeff Sargent continues offering education classes through the Fayetteville Free Library (FFL). The class held in late October was full and offered map and compass basics and GPS use, and included a practical field exercise to navigate the orienteering course at Pratts Falls County Park. Thanks to Jeff for offering an excellent course!

The Trails committee has been busy this summer and fall with many trail projects including the Puncheon Punchout near Spruce Pond, the NCT Adirondack work week at Hoffman Notch, Pigeon Lake Wilderness and the Chippewa Falls to Paradise Garden lean-to reroute on the FLT! Thanks to Harold Kyle for organizing the work hikes, Alley Kitten work weekend (including the delicious Dinosaur Bar-B-Q picnic) and to Dick Frio for organizing the Wednesday trail work hikes, and to others on the trails committee, Bob Rosati, Dick Harper, Dave Grant, Mary Coffin, Sigi Schwinge and many volunteers, for their hard work on all these projects clearing trails, benching, blazing, and building the beautiful bridge across Mudd Creek on the new FLT re-route.

Have a safe and enjoyable winter season. Think snow! 



Remember to check out the ADK Voices project online! Our own chapter members have contributed their voices to this project including Mary and Bill Coffin, Ed O’Shea, Gretchen Barfoot and Mike Douglass.

Navigate to [ADK Voices](#) then to the [stories page](#) and search for your topic or member name whose story you want to hear!

As our hiking season winds down, the ADK Onondaga Chapter has logged over 130 volunteers working over 3,000 hours this year. Their work has helped clear downed trees, cut back brush, mitigate erosion, build bridges, and install new trails. A big “thank you” goes out to anyone who participated in the work this year.

Here are some highlights of our work in 2022:


- Creation of new trail from Three Trails Junction through to Chippewa Falls and on to Paradise Garden Leanto. We’ve benched and added switchbacks to navigate the steep, rugged terrain sustainably. Our chapter also recently designed and built a 25-foot span footbridge across Mud Creek. This new white-blazed trail will be officially opened by FLT by the time you read this.
- Installation of 65 puncheons on the popular Jones Hill trail between Spruce Pond and the hang glider launch.
- Benching on Hirt Hill to improve the condition of the trail.
- Installation of new culverts and walkways on Highland Forest’s new NCT route above the lean-to.
- Adoption of M21-7 Potter Hill and M21-6 Cuyler Hill West sections.



Bridge over Mud Creek built by the ADK-ON crew as part of the new trail construction connecting Cuyler Hill State Forest to Mariposa State Forest which eliminated a 4 mile road walk. Pictured: Harold Kyle, Dave Grant, Ken Kaufman, Dick Harper, Bob Rosati, Mike Ogden. *Photo Courtesy Dick Frio*

Bob Rosati, Dick Frio, and Mary Coffin continue to be extremely helpful in coordinating many trails activities. We also welcomed 17 new trail stewards to our FLT sections this year, bringing our total number of active trail maintainers to 55.

Next year, I look forward to continued work on the Jones Hill trail with the addition of more puncheons. I’m also scoping out areas that could use more puncheons, so let me know other sections that get swampy or braided. There will also be some “touchup” work on the new Chippewa Falls to Paradise Garden trail. Finally, I hope to continue to grow our volunteer base with more stewards and maintenance outing volunteers. Please encourage your friends to reach out to me so that I can keep them in the loop about volunteer opportunities.

A year ago, I had not yet gone on a single maintenance outing. In my first year as Trails Chair, I loved getting to know the people who make our trails possible through these outings. It’s been inspirational to see the camaraderie and devotion within the Onondaga Chapter. If you love being outside and care about the condition of our trails, please consider joining a work outing next year. 

# CHAPTER AWARDS

## BOB ROSATI, TRAIL MASTER



2022 Trail Master for the Chapter is not going to surprise anyone who's seen him in action.

Let's list some of his work on trails this year:

- Made numerous maintenance trips to the ADK to clear trail
- Helped construct of the new 25' span bridge over Mud Creek
- Constructed puncheons and box steps on Jones Hill
- Joined our crew of stewards by adopting a particularly brushy mile of O1
- Organized our stewards by contacting each one individually
- Over 220 hours of trail work recorded total this year.

And, did all the above during a very busy work schedule. Very few of our projects in 2022 would have gotten off the ground—much less finished—without the dedication of our 2022 Trail Master.

Thank you, Bob Rosati!

*Harold Kyle*



## SANDY MANCA, CHAPTER AMBASSADOR



Sandy Manca received the "Chapter Ambassador" award. Every year the chapter recognizes a member who is always helping behind the scenes. Sandy is an outings leader, trail steward, sawyer, participates in many trail maintenance projects, chaired the nominating committee, served on several audit committees and is currently on the social committee. Sandy always extends a warm welcome and broad smile to new members - making them feel welcome.

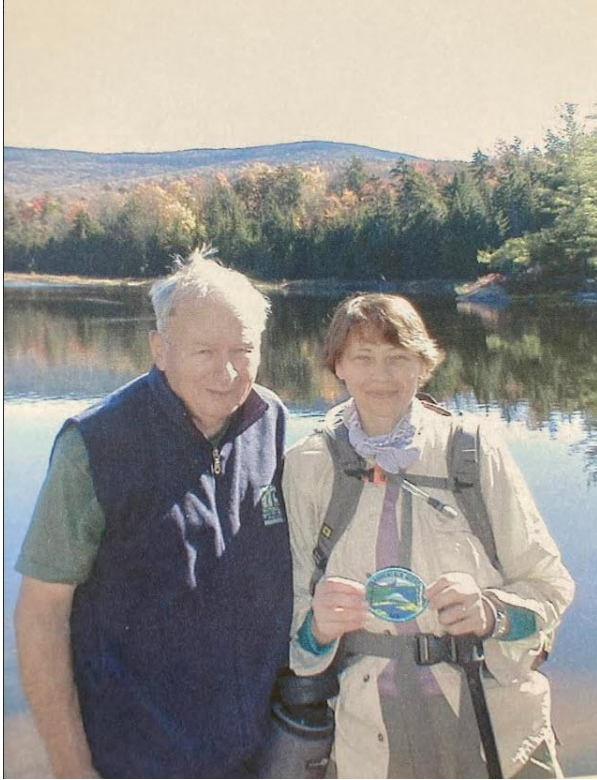
*Peg Whaley*





BY MARY NIEMI

*Listening to the stories of Hal Boyce from "Hal's Angels" : Theresa Evans, Sandy Manca and Patti Prince gave me an opportunity to get to 'know' him. I really enjoyed hearing them reminisce about how much their friend, Hal, meant to them. For those who knew Hal and for those who didn't, I hope you enjoy the stories as much as I did.*



To Theresa, Hal was a father figure. She treasures his teachings and their conversations asking her: Why are you a Catholic? At first, on their away hikes, he would sit outside the church as she attended Mass. Then he began studying Catholicism and eventually converted sometime around 2012 to 2014. She never knew if it was due to her influence or something personal.

Early in their relationship, Theresa was doing the Fire Tower Challenge with Hal in 2005. As soon as they finished, he suggested the ADK Quest Challenge and this is when their relationship grew. She clearly remembers an 8 mile hike in Oswegatchie in the rain. Theresa wore a poncho. It was early May and the temperature had dropped. By the end, she was soaked and cold. Hal, who had worn a long cajoule, was dry. Theresa went home and promptly bought one just like Hal's and has worn it since.

He was still a very strong hiker in the early 2000's. Eventually, Theresa became the stronger hiker. Hal would say to her towards the end of the hike: Theresa, you're going at your going home pace and she would slow down.

Hal was a kid at heart, Theresa feels because of his fascination with nature. He helped her become more knowledgeable about the terrain, the compass poles, although they are still somewhat of a mystery to her. After explaining, he would take her out and say, for example, Now, plot a waypoint. He always wanted to have a goal. After the ADK Quest, he would say: What do you want to do next?

When Theresa started the FLT County Series hikes, Hal started going too. He would socialize with the hikers there. As Theresa continued, Hal said, "You'll be 60" when you finish doing the series, so they began walking the other counties to the West. The faraway ones required overnight stays and Hal liked to take her out to restaurants. Sudophorn would pack food for them.

For a long time he didn't hike, he would sail, keeping his sailboat in a marina at Chaumont Bay on Lake Ontario. Theresa and her husband, Jay were invited up there along with Theresa's family members. Hal and Sudophorn became part of Jay and Theresa's extended family. The memory of their times with Hal is why Theresa leads a hike in Chaumont Barrens every year.

One memorable story for her was at the end of the Quest. Hal was always kidding her that he was going to take her out to dinner when she finished. He would say that you've got to bring your evening dress because I am going to take you to dinner at the Savoy in Rome, NY. Mary and Bill Coffin were on the last hike with them, and they had a little ceremony with a patch for her. In Thendara at the Byrne Dairy, Theresa changed into her dress and when she came out, Hal said, "Uh, Oh". He had forgotten his outfit. Fortunately, he had another pair of clean hiking pants and shirt that was halfway decent to change into.

So, the joke was on him!



# SANDY MANCA ON HAL BOYCE

BY MARY NIEMI



Hal was one of the first people that Sandy met when she saw a listing in the Syracuse New Times for a cross country ski to Carpenter Rd. Sandy would always sign up for hikes that Hal and Mary Coffin would lead because they were about 9 - 10 miles and were interesting locations. Hal was in his 50's then and he taught her the ski trails in Winona. Back then she was working and could flex her hours. She would ski during the day with Hal, then change her clothes and go to work at night. He introduced her to Heart Lake, JBL and encouraged her to do the 46 Peaks. Her family didn't do these types of activities and she decided, " I am going to stick with these people who know how to be active and healthy".

Sandy feels that she learned more from Hal than from anyone else. He encouraged her to lead a hike, despite her poor sense of direction. He planned it and gave her the confidence to lead hikes. She says that she always felt safe with him because he was very safety conscious and had the trips well planned out. He also had a photographic memory of the trail and could describe every bend, hill, etc.

When she first started, she hiked in sneakers. After an outing in the Adirondacks, Hal stopped in the Mountain Man store in Old Forge. He suggested to Sandy that she try on some Oslo Boots which were usually expensive, but these were marked down. They fit perfectly and she has worn that brand ever since.

Sandy says that she found Hal's "incredible zest for life" to be such an inspiration because whenever he could no longer do what he loved, he found another interest to pursue. As his health changed as he aged, he found a way to still keep active. High Peaks became lower elevation hikes, long distance hikes became partial hikes, then wildflower hikes, then bike rides on the Canal and then studying Catholicism.

There was one time when she wanted to kill him because on a canoe trip to High Falls, Sandy was unaware that he had an old rotator cuff injury in his shoulder. He could only paddle on one side. The whole trip Sandy was struggling to paddle on the opposite side, but finally she could not do it anymore and had to switch positions with Bob Michel. That was the only bad time she ever had with Hal who was always in a good mood and a lot of fun. Once when XC skiing with him, the snow was waist deep. Sandy fell, then Hal fell trying to help her and the two of them could only crawl up the trail to get out since they were laughing too hard to get themselves out.





BY MARY NIEMI



According to Patti, Hal, a former engineer for General Electric, used that mindset when he retired to learn everything he could about topics that interested him in nature and the outdoors. He would keep diaries and records of his hikes and things he would see on his hikes. He loved just about everything outdoors: hiking, cross-country skiing, snowshoeing, camping, sailing, astronomy, birding and identifying wildflowers and trees. Most of all he loved sharing his knowledge with others.


One of Patti's early memories of Hal was on her very first hike with the club when he immediately talked her into leading hikes with him. Later he recruited her for the Executive Committee Board where she started as the Secretary and then eventually worked as the Internet Chair for the website. Hal, who was 20 to 25 years older than Patti and many others, was nicknamed "The Energizer Bunny" because at the end of long hikes when everyone would be exhausted, he would be running ahead of them to the car.

For his 70th birthday, which was in January, he wanted to have a party. So, they rented cabins and hiked up Cascade Mountain. and they all made it up Porter, too, except Al Obrist, who was turning 80 the following week! He drove over and met them at Porter. Hal and Al were quite the pair hiking many High Peaks in the Northeast.

Patti's most memorable hike with Hal was when he talked her into co-leading a hike up Snowy Mtn. because she had said that she wanted to hike a mountain with a beautiful view. So, it was put on the schedule. They set out for a scouting hike with about 5 to 6 people. It poured rain the entire hike; too hard to make it to the summit. They turned around near the summit since it was too muddy and slippery. They were soaked to the bone and covered in mud. On the actual scheduled hike, it rained, but not as hard as the scouting hike. They made it to the top, but there was no view to be seen. One woman walked right out of her boot as it was stuck in the mud. Everyone was drenched. Hal planned a third hike with Patti because he said, I want you to see this beautiful view. It didn't rain, but it was overcast. When they got to the summit, there was no view because of the clouds, so Patti said to Hal: Well, I guess we'll have to come back. Hal turned to Patti and said emphatically: We are staying here until it clears up! So they walked around, ate lunch, about an hour later when they went back. It had cleared up and they saw the amazing view.

Astronomy was another interest of his that he combined with hiking. He would plan outings in mid-August to see the Perseid meteor showers. He knew the constellations too. On one trip at Heart Lake, they saw something in the sky that no one has been able to explain. For forty-five minutes, the group saw lights go across the sky. Six or seven lights would travel in the same direction, some would go backwards, some would stop. No one spoke. They weren't afraid, just astonished at what they were seeing. Patti sent coordinates of where they were to two observatories, but never received a response back.

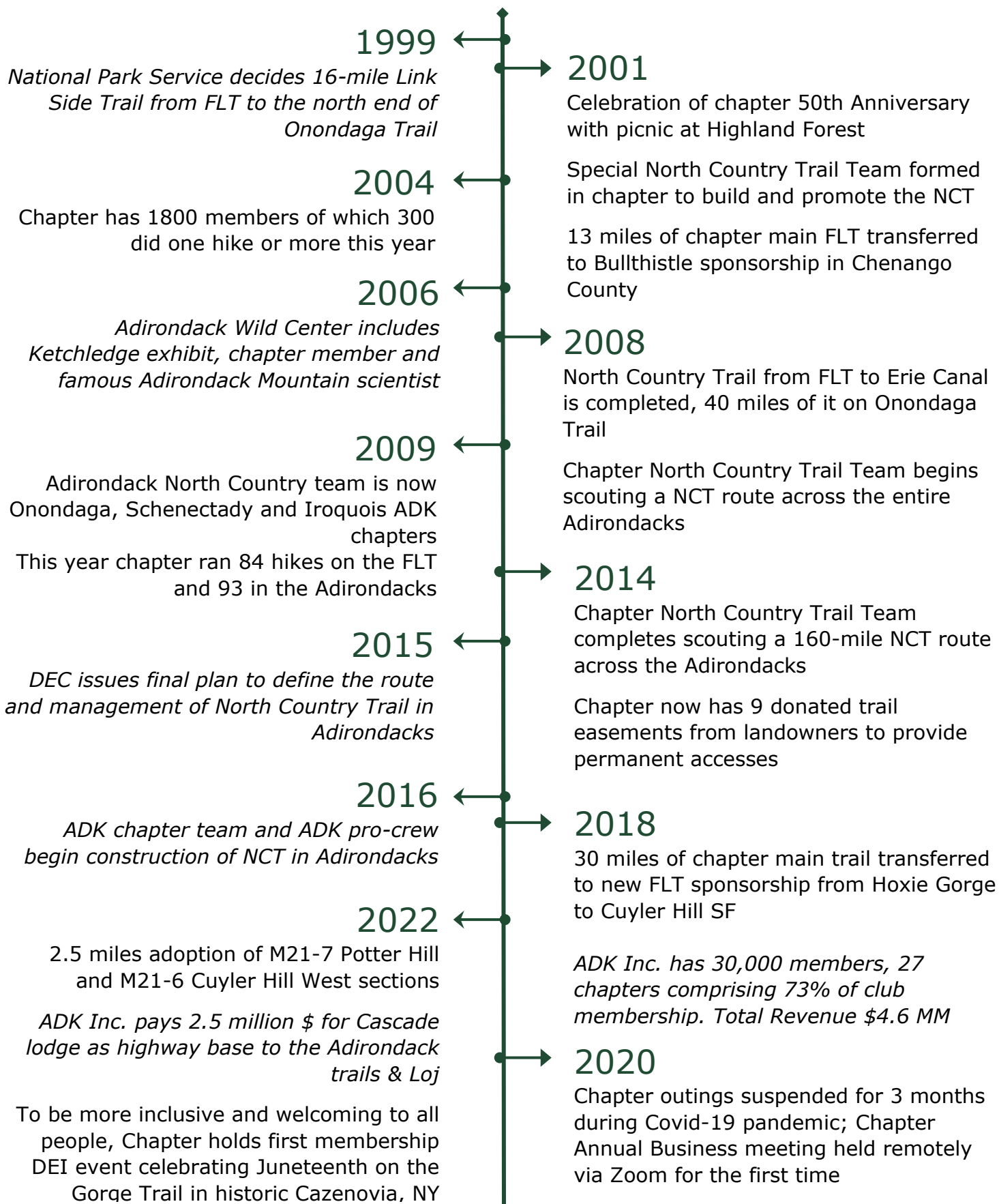
Eventually, Patti had to step back from hiking to care for family members, but she remained close to Hal and his wife, Sudaphorn and even developed a love of Thai food after eating Sudaphorn's delicious cooking. Patti keeps a treasured Friendship poem on display in her home given to her by Hal from one of their Friendship Day celebrations.

Last, but not least, no hike in the Adirondacks was complete for Hal, unless they stopped at a Stewart's Shop for a strawberry milkshake! 



# CHAPTER HISTORY TIMELINE, PART 4

BY BILL COFFIN



Note: Adirondack Mountain Club highlights in italics



BY LISA DRUKE

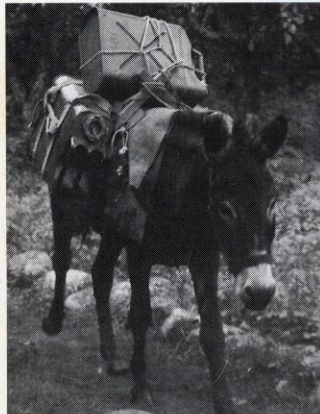
Anyone who has stayed or passed through Johns Brook Lodge (JBL) near Keene Valley, may appreciate the story of Nubbins. JBL opened on July 1, 1925 and to this day continues to offer a beautiful setting surrounded by mountains for hikers to gather and enjoy the Adirondacks. The lodge was closed in 1943 and 1944 during World War II, and a volunteer and "hutmaster", George Kugler, was the overseer at JBL. George travelled around the state as a salesman and on a visit to the city of Syracuse he purchased a burro, named Nubbins, for \$60. He transported Nubbins in the back of his station wagon from Syracuse all the way to Keene Valley on what was said to be an extraordinary journey. Nubbins became the assistant making countless trips between the Garden parking lot and JBL carrying loads of supplies for the volunteers and guests. During the winter months, a Roman Catholic priest boarded Nubbins in Keene Valley. Our Chapter has a connection with George Kugler through his wife Ann, an Onondaga Chapter member in 1998, who corresponded with Bill Coffin and lived in Ithaca, NY. Follows is the story of "Nubbins" by hutmaster, Adolf G. Dittmar, published in the 1997 Special Issue of the Adirondac. Thank you to Bill Coffin and Bob Grimm for sharing their history on Nubbins.



## Memories

# Nubbins

By Adolph G. Dittmar



*Nubbins on the trail . . .*

**W**ho was Nubbins? We knew him well—almost too well!

My wife, Mary, and I had the pleasure of being the hutmasters at JBL for the summer of 1946. George Kugler had been watching over JBL during the war years and by the time we arrived had firmly established Nubbins, a donkey, as a staff member at JBL. His duty was to pack in supplies for the summer at JBL. This method preceded by many years the present methods of supplying food and other necessities by snow sled and helicopter. It was all "Nubbins packing" and "staff back-packing."

The hutmasters' duties, in those

*Retired from dentistry, "Ditt" Dittmar, and Mary, live near West Plattsburgh, N.Y. Nubbins has gone to his reward.*

Special Issue 1997

days were threefold:

- Fell dead trees, cut the logs up with a two-man cross-cut like that used by loggers in yesteryear, and split them up into firewood size (all cooking at JBL was done on a wood-burning stove);
- Hike to town frequently, usually in the company of Nubbins, to obtain food supplies;
- Provide cooked meals for the guests.

Nubbins was seldom very cooperative in his role as packer of supplies. He'd usually head on down the trail giving us no trouble because he was not loaded. We'd tie him up at The Garden and then drive in to Keene Valley. Returning to The Garden, we would load up Nubbins with his saddle bags. To get him started up the trail was often a problem. A "shocking wand," devised by George Kugler, prompted him to take off. This urging had to be repeated regularly as we went up the trail. The wand made a "buzzing" sound and soon we were able to discard the shocker—we'd pick up a stick and go "buzzzzzz" and Nubbins would take off.

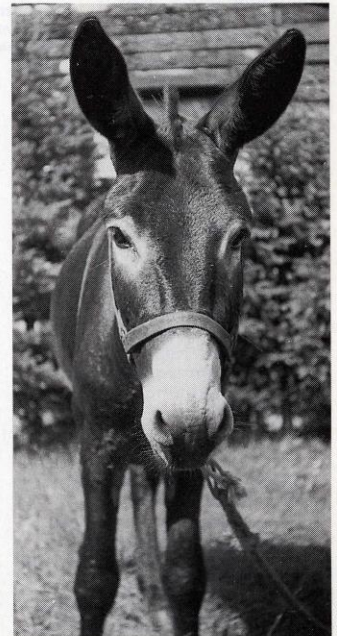
On several occasions, Nubbins simply gave up, stopped and lay down and would not budge until we greatly reduced his load. We added what we could to our own overfilled backpacks and hid the remainder in the bushes.

Back at JBL, Nubbins was sometimes very playful. He'd run up and down the trail in front of the lodge, then he would chase the guests. He'd eat anything, even cigar butts. He was even known to take bites out of the

blankets that were drying on the line. At night, in pitch black dark, as we wended our way down to our quarters at Grace Camp, we often heard Nubbins galloping down the trail behind us. We'd step off the trail, just in time, as Nubbins raced by.

Yes, we knew Nubbins well . . .

*. . . and at rest in the JBL side yard after a hard day's work. A note appended to this picture reads, "his official job was packing in supplies to the lodge, but his foremost gratification apparently was sampling persons on the trail."*



ADK ARCHIVES



15 years ago, the white-blazed Chippewa Falls trail became a dead-end, orange-blazed spur when a private landowner suddenly denied us access to cross his land. The Main FLT then had to take a 4-mile detour on paved roads. FLT secured easements and bought property with the Ed Sidote Fund, allowing access across Route 12 as the white-blazed main FLT again. The white blazes from the original pre-2008 route were still peeking out on some trees when we repainted them. This brings up another point: the FLT trail system isn't possible without the generosity of private landowners. Please respect hunting closures and always stay on the trail while hiking on private property.



Ken Kaufman (Project Engineer), Mike Ogden (Project Construction Manager) taking a much deserved break, *Photo Courtesy Dick Frio*



Completed Bridge *Photo Courtesy Harold Kyle*



Dave Grant, Ken Kaufman (Project Engineer), Bob Rosati, Dick Harper, Mike Ogden (Project Construction Manager) building the bridge to span Mud Creek on the new trail, *Photo Courtesy Harold Kyle*



Michaela Aney, FLT, *Photo Courtesy Dick Frio*



Bob Rosati, working on 13 stairs built on the new Cuyler Hill Trail, *Photo Courtesy Dick Frio*



Kim Putnam, Sam Curlew, Barb Kerker Cuyler Hill Trail, *Photo Courtesy Dick Frio*



# ART IN THE WILDS

BY BRUCE



The trails located in Central New York provide for wide variety of uses and views. Many people venture out for opportunities to have great view of the countryside, magnificent trees, and woodland wildlife. Two of these trails pass through central New York, just south of RT 80, the FLT and the NCT. Both trails provide opportunities for viewing of wildlife and woodland scenery.

But.....there are more than wildlife sightings. Scattered out on the trails, unnatural designs can be found. You may have seen designs on the ends of down logs that have been cut. These seem to develop on freshly cut logs, then slowly disappear over the years as the log ages.

These designs appear as drawings, that enhance the natural features shown on the log ends.

Who makes these drawings? A developing artist wandering about the forest? Strange but skilled wildlife? Art or graffiti?



Either way, they are interesting—go out on the trails and find some.





Date	Day	Outing	Leader
Repeating	Wed	Walking Wednesdays	S.Schwinge/M. Niemi
Dec 3	Sat	Clark Reservation Hike/Snowshoe	Mary Niemi
Dec 4	Sun	Baltimore Woods Hike/Snowshoe	Theresa Evans
Dec 5	Mon	FLT Fellows Hill Loop	Sigi Schwinge
Dec 10	Sat	Stoney Pond State Forest XC Ski	Sandy Manca
Dec 11	Sun	Moss Lake Snowshoe	Lisa Druke
Dec 16-18	Fri-Sun	Mountain Travel & Rescue Level 1 Course	Jeff Sargent
Dec 17	Sat	Green Lakes Hike/Snowshoe	Lisa Robertson
Dec 18	Sun	Bear Swamp Ski/Snowshoe or Hike	Ken Kaufman
Dec 20	Tues	Downtown Ice Skating	John Lang
Dec 31	Sat	Holiday Gathering/New Year's Eve (Land O'Pines)	Peg Whaley/Mary Dineen
Jan 2	Mon	Green Lakes State Park Snowshoe/Hike	Sigi Schwinge
Jan 7	Sat	Winona State Forest XC Ski	Sandy Manca
Jan 8	Sun	Great Bear Recreational Trails Snowshoe/Hike	Lisa Robertson
Jan 14	Sat	OK Slip Falls Snowshoe	Dick Frio
Jan 15	Sun	Nelson Swamp Snowshoe	Lisa Druke
Jan 21	Sat	Whetstone Gulf State Park Snowshoe	Jerry Smith
Jan 22	Sun	Black River Canal BREIA Trails XC Ski	Jerry Smith
Jan 27-29	Fri-Sun	ADK Winter Outing - Tug Hill	Black River Chapter Host
Feb 2	Thur	Catskill 3500 Winter Peak Snowshoe	Dick Frio
Feb 4	Sat	Verona Beach State Park Snowshoe/Hike	Peg Whaley
Feb 5	Sun	Morningside Cultural Trail Hike	Mary Niemi
Feb 6	Mon	Highland Forest Hike/Snowshoe	Sigi Schwinge
Feb 11	Sat	Carpenter Rd. Recreational Trails	Sandy Manca
Feb 12	Sun	Chateaugay State Forest Snowshoe	Lisa Druke
Feb 14	Tues	Onondaga Creekwalk	John Lang
Feb 18	Sat	Pratt's Falls Snowshoe/Hike	Mary Niemi
Feb 19	Sun	Tuller Hill State Forest Snowshoe/Hike	Theresa & Jay Evans
Feb 19	Sun	Cascade Lake Snowshoe	Jerry Smith
Feb 25	Sat	Nicks Lake Snowshoe	Jerry Smith
Feb 26	Sun	Fulton Chain Trifecta	Jerry Smith
Feb 26	Sun	Stoney Pond State Forest XC Ski/Snowshoe	Peg Whaley



## 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 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 RV & 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.

### 8947 Walking Wednesday Every Wednesday 9:00 AM

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby)  
Rating: (E-M)

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

### 8948 Clark Reservation Hike/Snowshoe Sat. Dec. 3 9:00AM

Meeting Place: Clark Reservation parking lot  
Rating/Distance: (E) 4 miles  
Map: DeLorme 61, Clark Res. SP Trails Map  
Leader: Mary Niemi, [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com), [315-751-7492](tel:315-751-7492)  
Let's snowshoe or hike on this park's beautiful trails and enjoy the winter landscape. Bring snacks and water.

### 8949 Baltimore Woods Hike/Snowshoe Sun. Dec. 4 12:00PM

Meeting Place: Baltimore Woods Upper Lot (Main)  
Rating/Distance: (E) 3-4 miles  
Map: DeLorme 60  
Leader: Theresa Evans [315-414-0431](tel:315-414-0431) or [tj\\_evans@verizon.net](mailto:tj_evans@verizon.net)  
We will hike or snowshoe thru this beautiful nature center south of the Village of Marcellus. Dress for the weather, bring snacks/water.

### 8950 Fellows Hill Loop FLT60/NCT100 Mon. Dec 5 9:00AM

Meeting Place: Dewitt Wegmans Park-n-Ride  
Rating/Distance: (M) 4 mile loop only- or extend on the FLT Onondaga Branch Trail for 8 miles  
R/T Drive: 40 miles  
Map: DeLorme 61, FLT O1  
Leader: [SigiSchwinge@aol.com](mailto:SigiSchwinge@aol.com), [315-437-6906](tel:315-437-6906)  
We'll start uphill to the "peak", then descend to Spruce Pond and complete our loop along a creek with beautiful little waterfalls. We'll use the new section of trail built this year to go around some muddy track. This is a Finger Lakes Trail Passport hike (find info on the passport program



on [www.FingerLakesTrail.org](http://www.FingerLakesTrail.org) and go to Hiking/Passports). Our walk-n-talk group hikes every Monday. Email Sigi for more info.

## **8951 Stoney Pond State Forest Snowshoe**

**Sat. Dec. 10 9:30 AM**

Meeting Place: Cazenovia Lake Lot (south end of lake)

Rating/Distance: (M) 5-6 miles

R/T Drive: 21 miles

Map: DeLorme 61

Leader: Sandy Manca [315-807-9442](tel:315-807-9442)

Will there be snow? Join me for a snowshoe on the trails in this beautiful state forest. If not enough snow, we will do a boot hike. Rain cancels. Questions, call leader.

## **8952 Moss Lake Snowshoe**

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

Meeting Place: Thruway Exit 34 Canastota

Rating/Distance: (M) (A) 5.2 miles

R/T Drive: 180 miles

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

Leader: Lisa Druke [315-447-4018](tel:315-447-4018)

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

Snowshoe around Moss Lake with side trip to Sis and Bubb Lakes and return to Moss to finish the loop. The trail has gradual elevation changes of 200 feet or so. Bring lunch and water. Dress in layers for winter conditions.

## **8953 Mountain Travel & Rescue Level 1 Course**

**Fri.-Sun. Dec. 16-18 See below for times of Zoom classes and field work.**

Meeting Place: Highland Forest-field work (Dec.17)

Rating: (S) This course is not for those with mobility/medical conditions.

Map: DeLorme 61

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

This is the ski patrol's version of Winter Mountain School. (but without the High peaks)

Priority is for ski patrollers, but I will open the course up to the public and ADK members. The overnight campout is optional for those taking the Fundamentals course.

The course consists of zoom classrooms sessions and a weekend in the field and is INTENSE! This

is not the course for those with limited mobility or underlying medical conditions.

Enroll at NSP's (National Ski Patrol) Center for Learning and please email the IOR Jeff Sargent at [sargentjj@netzero.com](mailto:sargentjj@netzero.com).

Are you a Ski Patroller, outdoor enthusiast, or SAR (search and rescue) team member looking to expand your survival and travel skills in the backcountry environment? Are you a weekend adventurer seeking the knowledge and skills to travel and enjoy yourself in reasonable safety and comfort in the outdoor environment? If so, this course can help you get prepared!

This course includes online pre-course homework, classroom study, and field sessions to ensure that students can apply what they have learned to real-life situations. Specific field practice includes practice in navigation, travel, survival skills, a search and rescue exercise, and an overnight campout.

## **Zoom sessions start Dec 1st (Tuesdays and Thursdays 1830 to 2030), Fieldwork begins Saturday, Dec 17th at 8 AM sharp.**

Space in this MTR Course is limited; a waitlist may develop, so put a group together, bring your friends and enjoy a weekend of fun and learning. For additional details about the course, go to the last page of the outings section.

## **8954 Green Lakes Hike/Snowshoe**

**Sat. Dec. 17 9:00AM**

Meeting Place: Green Lakes West Beach parking lot, near the old cobblestone bathrooms.

Rating/Distance: (S) 8 - 10 miles

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

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

Let's head for the hills! Indian Ovens, Elephant Hill, Hernia Hill & Hernia Bypass, Moose trail, Serengeti, etc. Please arrive prepared with both snowshoes & microspikes. We may need either (or neither), depending upon weather & trail conditions. Please note: Moderately brisk pace!

## **8955 Bear Swamp Ski, Snowshoe or Hike**

**Sun. Dec. 18 9:30 AM**

Meeting Place: Skaneateles Drive In, Route 20 one mile east of Skaneateles, corner of Rt 175-Lee Mulroy Rd.

Rating/Distance: Moderate, 5-7 miles depending on conditions

R/T Drive: 50 miles

Map: DeLorme 61

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

Hope for Snow! If we're lucky, we'll ski (snowshoers also welcome) through the varied woods of this State Forest at the southwest end of Skaneateles Lake. There are some significant ups and downs. If we're not lucky, we'll hike. But there better be good snow, because this will be my last chance before going to Flaaaarida through March, where the skiing is lousy! Call or email me the day before for a condition report.

## **8956 Downtown Ice Skating**

**Tues. Dec. 20 5:00PM**

Leader: John Lang [315-492-3414](tel:315-492-3414)

Meet at our beautiful downtown skating rink in Clinton Square for an hour or so of going in circles! There's no better place to enjoy the holiday season than our lovely skating rink adorned with lights and a beautiful Christmas tree. Bring or rent skates. Small fee to use the rink. Possibility of hot chocolate and/or a light meal afterwards. Please contact leader the weekend before if interested.

## **8957 Holiday Gathering/New Year's Eve (Land O' Pines)**

**Sat. Dec. 31 11:00 AM**

Meeting Place: Call Leaders

Rating/Distance: (E) 2-3 miles

Map: DeLorme 48

Leaders: Peg Whaley, [315-633-0154](tel:315-633-0154); Mary Dineen, [315-424-1284](tel:315-424-1284)

Bring a snack to share. We will take a short walk (or snowshoe) and come back and sit by the fire (weather permitting we will have a bonfire outside). **Please RSVP** - bad weather will cancel.

Address to Land O Pines: 8644 Preston Hill Road, Camden, NY. Land O' Pines is on your right just past Preston Hill Gravel - black mailbox # 8644. Watch for the ADK signs. Current Covid-19 protocol will apply.

## **8958 Green Lakes State Park Hike/Snowshoe**

**Mon Jan 2 9:00AM**

Meeting Place: Green Lakes West Beach Parking at the little brick house/restrooms

Rating/Distance: (E-M) 3+ miles, depending on weather

Leader: [SigiSchwinge@aol.com](mailto:SigiSchwinge@aol.com), [315-437-6906](tel:315-437-6906)

We'll pick a trail suiting the weather and include some up-n-downs to make it more interesting. Many places to return to your car to shorten or lengthen per each individual's preference.

## **8959 Winona State Forest XC Ski**

**Sat. Jan. 7 9:30AM**

Meeting Place: Gander Outdoors, Cicero, NY

Rating/Distance: (S) 7 - 8 miles

R/T Drive: 100 miles

Map: DeLorme 33

Leader: Sandy Manca [315-807-9442](tel:315-807-9442)

We will ski Winona Way up to Hessel Road and back. Route may vary depending on conditions. Bring snack/lunch and water. Inclement weather, rain, ice, no snow cancels. Questions, call leader.

## **8960 Great Bear Springs/Fulton 10K**

**Sun. Jan. 8 10:00AM**

Meeting Place: Great Bear Springs Parking Lot

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

Driving Distance: 35 minutes from Syracuse

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

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

Winter Wonderland hike! Gently rolling terrain. We will hike the 10K loop (6+ Miles), return to cars, & hikers can then depart or (optional) add a 5K loop (+3 miles). Please arrive prepared with both snowshoes & microspikes. We may need either (or neither), depending upon weather & trail conditions. Please note: Moderately brisk pace!

## **8961 OK Slip Falls Snowshoe**

**Sat. Jan. 14 Contact Leader**

Meeting Place: Exit 34, Canastota

Rating/Distance: (S) (A) 6.4 -8 miles

R/T Drive: 280 miles

Map: DeLorme 37

Leader: Dick

Frio, [richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com) [315-679-0622](tel:315-679-0622)

I plan to get an early start. Let's hope for snow in the Hudson Gorge Wildernesses Area. The trail to the falls is relatively flat and typically broken out. The falls are beautiful in the winter, but it can be icy. Depending on trail conditions, time, and group preference, I would like to hike down to the



Hudson River. That would add 1.6 miles and 500 feet of elevation change. Dress for the weather, bring microspikes, lunch, snacks & hydration.

## **8962 Nelson Swamp Unique Area Snowshoe/Ski (NCT100)**

**Sun. Jan 15 11:00 AM**

Meeting Place: Cazenovia Lake Lot, Rte 20

Rating/Distance: (E) 3.2 miles

R/T Drive: 5 miles

Map: Delorme 61

Leader: Lisa Druke, [315-447-4018](tel:315-447-4018),

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

Take a leisurely ski or snowshoe (or hike if no snow) on an old rail-trail near Cazenovia. We will start from the Constine Bridge Rd parking area and include the interpretive trail loop. Bring snacks and water. Call leader to confirm conditions.

## **8963 Whetstone Gulf State Park Snowshoe**

**Sat. Jan. 21 9:00AM**

Meeting Place: Exit 34 Canastota

Rating/Distance: (M-S) 5 miles with a steep ascent and descent

R/T Drive: 110 miles

Map: DeLorme 34, (Rt. 26 south of Lowville)

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

[315-967-4725](tel:315-967-4725)

I enjoy snowshoeing this route every year. I know it takes 3 hours to complete the course along and above the deep Whetstone Gorge. The snow is often deep. We will snack at the turn around point (2 ½ mi.). Perhaps the park lodge will be open after the hike. Here we can have a second snack and change into warm, dry clothes. Another possibility is a hot lunch at one of the restaurants at the base of Snow Ridge Ski Center.

## **8964 Black River Canal BREIA Trails XC Ski**

**Sun. Jan. 22 9:00AM**

Meeting Place: Exit 34 Canastota

Rating/Distance: ( M-S) 6 miles one way, or 12 miles for complete route

R/T Drive: 120 miles

Map: DeLorme 48 & 49, Rt. 46 north of Rome

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

[315-967-4725](tel:315-967-4725)

This is one of my favorite XC Ski routes (also Winona). We will begin from the warming hut in Boonville and ski 6 miles (1 ½ hr.) to Pixley Falls

State Park on the towpath of the old Black River Canal. There the route is almost flat, and the track is usually well-set. We will have a snack at Pixley Falls before the return (1 ½ hr.) to the warming hut for a lunch next to the woodstove. A second possibility is lunch at the Boonville Hotel. Those not wishing to ski 12 miles could turn around at the Rt. 46 crossings before removing their skis.

## **ADK Tug Hill Winter Outing, Black River Chapter Host**

**Fri. Jan. 27 - Sun. Jan. 29**

Winter Outing is back after a 2-year hiatus! Come out and play in the East's heaviest snows for a weekend of cross-country skiing, snowshoeing, and camaraderie. Enjoy the rustic setting of the Mad River Club and explore the numerous groomed and backcountry trails within minutes from the clubhouse. Host is the Black River Chapter. We are limiting the number of occupants staying at the Mad River Clubhouse to 30, so reserve your spot early! The Mad River Club is five miles east of I-81 Exit 37, the Sandy Creek-Lacona exit, halfway between Syracuse and Watertown. Check the website <https://adk.org/event/2023-winter-outing/>. Chapter members are welcome to join the Mad River Club for the day, meet at 8:30 am Saturday or Sunday to join a group outing.

## **8965 Catskill 3500 Winter Peak Snowshoe**

**Thur. Feb. 2 Contact Leader**

Meeting Place: McDonald's Lafayette, park in the rear lot

Rating/Distance: (VS) 7-10 miles, elev. 2000ft.

R/T Drive: 380 miles

Map: Nat. Geo. #755, NY/NJ Catskills Trail

Conference Map

Leader:

Dick

Frio, [richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com) [315-679-0622](tel:315-679-0622)

We will get an early start and our pace will be moderate. There are 33 peaks in the Cats that are over 3500 feet. In order to qualify for the 3500 club: Slide, Blackhead, Balsam, and Panther must be hiked again in the winter. Depending on the group's needs and experience, I will select one of these peaks. Trail conditions can vary and trails may be unbroken. Be prepared for snow, ice, stream crossings, wind and weather. Mountaineering snowshoes are more effective on steep ascents. Dress for weather, bring



microspikes, snacks, lunch, and fluids. For information on these peaks, visit the website [www.Catskill-3500-club.org](http://www.Catskill-3500-club.org).

## 8966 Verona Beach State Park

### Snowshoe/Hike

**Sat. Feb. 4 10:00AM**

Meeting Place: Canastota Thruway Exit 34

Rating/Distance: (M) 4 – 5 miles

R/T Drive: 10 miles

Map: DeLorme 48

Leader: Peg Whaley, [315-633-0154](tel:315-633-0154)

We will snowshoe or hike some of the 14 miles of trails on the east side of Route 31.

## 8967 Morningside Cultural Trail Hike

**Sun. Feb. 5 1:00PM**

Meeting Place: Barry Park parking lot on Broad St. at the junction of Meadowbrook Drive

Rating/Distance: (E) 3 – 4 miles

Map: DeLorme 61

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

Enjoy an afternoon exploring this network of trails on the East side of Syracuse beginning at Barry Park, then to Morningside Park by Ed Smith School and over to trails along Comstock Ave.

## 8968 Highland Forest Hike/Snowshoe

**Mon. Feb. 6 9 AM**

Meeting Place: Dewitt Wegmans Park-n-Ride

Rating/Distance: 4-5 miles

R/T Drive: 40 miles

Map: DeLorme 61, FLT O2 and Highland Forest winter map

Leader: [SigiSchwinge@aol.com](mailto:SigiSchwinge@aol.com), [315-437-6906](tel:315-437-6906)

We'll walk from the dam on the FLT Onondaga Branch Trail to Skytop to enjoy the spectacular view and return with maybe a loop on HF trails to the lean-to.

To join our merry group of walk-n-talkers please email Sigi for other weekly Monday walks.

## 8969 Carpenter Rd. Recreational Trails

**Sat. Feb. 11 9:00AM**

Meeting Place: Thruway Exit 34 Canastota

Rating/Distance: (M) 6 miles

R/T Drive: 100 miles

Map: DeLorme 34

Leaders: Sandy Manca [315-807-9442](tel:315-807-9442)

We will explore the trails in this DEC Forest on the back side of Snow Ridge. Bring snacks/lunch and water. In case of inclement weather, call the leader. Rain cancels.

## 8970 Chateaugay State Forest Snowshoe

**Sun. Feb 12 9:00 AM**

Meeting Place: Gander RV (Cicero)

Rating/Distance: (M) 4 miles

R/T Drive: 80 miles

Map: DeLorme 33

Leader(s): Lisa Druke [315-447-4018](tel:315-447-4018)

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

The Chateaugay state forest trails meander through pine forests and follow stone walls that are

often covered in snow during the winter. Bring lunch and water. Call the leader to confirm conditions.

## 8971 Onondaga Creek Walk

**Tues. Feb. 14**

**Contact**

### Leader

Leader: John Lang, [315-492-3414](tel:315-492-3414)

We'll walk the walk and talk the talk and maybe see an eagle or two. Total walk about 2+ miles. Possibility of a Mexican lunch afterwards. Contact leader the weekend before for time and meeting place, if interested.

## 8972 Pratt's Falls Snowshoe/Hike

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

Meeting Place: Pratt's Falls Parking Lot

Rating/Distance: (E) 4 miles

Map: DeLorme 61, Pratt's Falls Trail Map

Leader: Mary Niemi, [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)

[315-753-7492](tel:315-753-7492)

Let's enjoy a hopefully snowy weekend hike through this lovely park. It is always fun to check out the waterfall in the winter. Please bring water and a snack.

## 8973 Tuller Hill State Forest Snowshoe/Hike

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

Meeting Place: Green Hills Plaza

R/T Drive: 96 miles

Rating/Distance: (M) 4-5 miles

Maps: DeLorme 77, FLT M20, McGraw 7.5 topo, Snowtrails, Freeman, p 209



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

Join us for an outing in Tuller Hill State Forest south of Cortland. We are planning a loop hike using the FLT and spur trail to Cortland 9 road back to FLT. Come play in the snow (or just hike if no white stuff)!

### **8974 Cascade Lake Snowshoe**

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

Meeting Place: Exit 34 Canastota  
Rating/Distance: (M) (A) 6 miles  
R/T Drive: 170 miles  
Map: DeLorme 36, ADK West Central, ADK Nat Geo 745

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

We will snowshoe from the parking lot on Big Moose Rd. to a frozen waterfalls about halfway on this loop path. Perhaps we will snack here. The return is a bit more uneven, but not difficult. You must plan on a minimum of 3 hours for the full circuit. Of course, you will dress for the weather. You might bring extra dry or warm clothes for the ride home. There is a heated bathroom in Eagle Bay. Another possibility is a stop for a hot lunch at the Adirondack Market in Thendara. It offers big sandwiches.

### **8975 Nicks Lake Snowshoe**

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

Meeting Place: Exit 34 Canastota  
Rating/Distance: (M) (A) 5 miles  
R/T Drive: 150 miles  
Map: DeLorme 35, ADK Nat. Geo. 745

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

I make the trip every winter. The snow can be DEEP, and the temperature can be COLD, so dress for the weather and bring extra clothes for a change of clothes later. Bring snacks, but we might want to stop in the Adirondack Market or Fast Track in Thendara for bathrooms and a hot snack before the drive back to Canastota. Warning: the leader may be staying in Old Forge for the night. Who wants to go to the Strand Theatre in Old Forge? Who wants a hot dinner at the Mill Restaurant?

### **8976 Stoney Pond XC Ski (Snowshoe)**

**Sun. Feb. 26 10:00 AM**

Meeting Place: Cazenovia Lake Lot (Route 20)  
Rating/Distance: (M) 5-6 miles  
R/T Drive: 15 miles  
Map: Delorme 61-62  
Leader: Peg Whaley  
We will ski the trails on the west side of Jones Road (opposite the pond). Snowshoers are welcome.

### **8977 Fulton Chain Trifecta**

**Sun. Feb. 26 9:00AM & 11:00AM**

Meeting Place: Exit 34 Canastota at 9:00am or Fast Track in Thendara at 11:00AM  
Rating/Distance: (S) (A) 10 miles (approx.)  
R/T Drive: 190 miles  
Map: DeLorme 36, ADK Nat. Geo. 745  
Leader: Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com),  
[315-967-4725](tel:315-967-4725)

I completed this challenge in about 5 hours last winter. It involves climbing 3 mountains: Black Bear, Rocky and Bald. Black Bear is more difficult, so we will begin here. Rocky is easier and shorter. Bald Mt. can be climbed and descended in about one hour. Bring a few snacks for this challenge. To earn the Fulton Chain patch and window sticker you need not climb all 3 in one day. You do need to send \$6.00 to the Town of Inlet. For your well-deserved reward, I would recommend Sunday evening's prime rib dinner at the Steakhouse in Thendara.

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### **Additional Information for:**

Mountain Travel and Rescue LEVEL 1 Course — Highland Forest CNY region 2022 – Dec. 16,17, 18.

Open to all in the Eastern Division interested in the **Mountain Travel & Rescue LEVEL ONE** course.

Enroll at NSP's (National Ski Patrol) Center for Learning and please email the IOR Jeff Sargent at [sargentjj@netzero.com](mailto:sargentjj@netzero.com).

### **Course Overview:**



Students taking the Mountain Travel & Rescue 1 (MTR1) course will learn a variety of skills, including:

- hydration and nutrition
- weather patterns and route selection
- proper clothing and adaptation to the wilderness environment
- medical and survival skills
- teamwork and group dynamics
- incident command system and basic search and rescue operations
- knot tying and low-angle rope rescue skills
- emergency transport and improvised toboggan construction
- land navigation with map & compass and GPS

**Pre-Course Homework requires:**

1. Purchase the NSP MTR textbook, "*MOUNTAINEERING, The Freedom of the Hills*" 9th Edition, by E. Linxweiler and M. Maude. It's not a long read, Chapter reading assignments will be given by IOR
2. Complete the FEMA online courses for IS-100 and IS-700 courses. Visit the MTR FEMA web page for guidance. Print the Certificates of Completion or email the PDF's to the IOR. If you already have IS-700 completed, please bring a copy of your Certificate of Completion.
3. Pack your gear for the campout; the IOR will provide checklists and planning ideas.
4. Practice your Knots. A list of knots will be sent out by IOR

Mailing Address:

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

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