

**ADIRONDACK MOUNTAIN  
CLUB**

**ONONDAGA CHAPTER**

**TALK OF THE TRAIL**  
**Spring 2023**

March 🌞 April 🌞 May

**HIGHLIGHTS IN THIS EDITION**

- Spring Potluck
- Outings Committee Report
- Panther Mountain Report
- Outings!



Adirondack  
**ADK**  
Mountain Club

# ADK ONONDAGA CHAPTER

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## EXECUTIVE COMMITTEE DIRECTORY

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*Submissions for the summer edition accepted until May 1. Send to Jamie Condon.*

### ABOUT THE COVER

Near Alexandria Bay at Jerry Smith's Birthday Party, May 17, 2022

*Photo Courtesy of Barb Kerker*

## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Stephen Auyer, Brian Fontaine, Dustin Gills, Tim McGinnis, Liza Scott, Jim Skvorak, William Ayling, Sarah Ayling, Ann Duffy, Victor Parker, Kathryn Sherlock, Scott Blystone, Christina Frega, Rebecca Fuentes & Jason Davis, Michael Gridley & Susan Coleman, Andrew Nguyen, Allan Peck, Nancy Skye, Patrick & David Tehan, Wade Wiers

As of December 2022, the ADK Onondaga Chapter boasts total of 1,340 members and 9 affiliates. Adirondack Mountain Club overall membership stands at 27,087.

That is an increase of 4 chapter members, an increase of 1 affiliate and an increase of 314 in total ADK membership since September 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

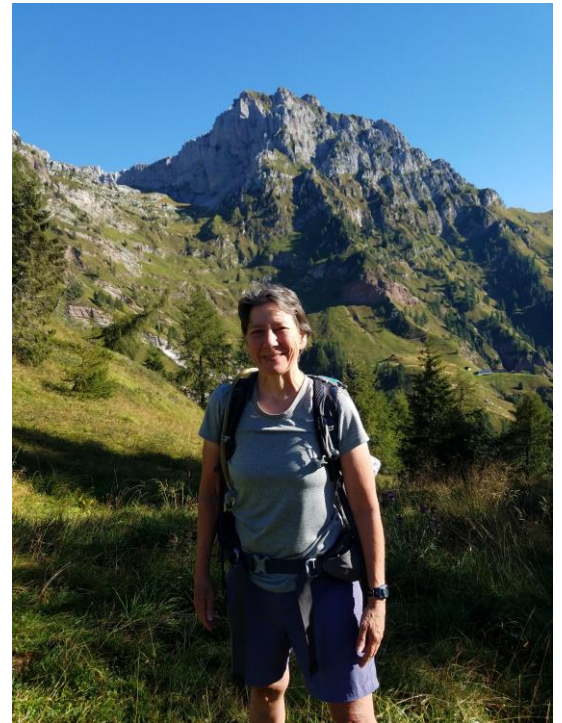
Welcome 2023!

Many thanks to Pat Urban and the Social committee for organizing our Annual November Pot Luck Dinner with guest speaker and podiatrist, Dr. Bryan Popovici, who gave an enlightening talk with Q & A on hiker's feet. It is wonderful to be able to gather at this event each year and we could not do it without the social committee's organization and efforts. Congratulations to our 2022 award winners. The Trail Master Award was presented to Bob Rosati and the Chapter Ambassador Award was presented to Sandy Manca.

Last year was an incredible year for our Chapter with special projects in trail building and maintenance, Centennial celebration events, ADK Voices, education outreach with the Fayetteville Free Library, etc... The energy is flowing as we start the new year. We have many opportunities to continue the good work we do and make a difference in our Chapter and organization. Much is happening at the club level with the opening of the Cascade Ski Center in Lake Placid as a year-round Welcome and Information Center, continued work on trails programs, Summit Steward program including the photo point monitoring and policy programs supporting the environment.

We have many volunteer opportunities in our Chapter including Chapter committee positions, trail stewards, outings leaders – please reach out to any members of our executive committee if you have any interest in learning more about what we do.

See you on the trail! 



Lisa Druke in the Dolomites, Italy, Alta Via 1, Summer 2022



Outing at Whetstone Gulf State Park on January 21, 2023, led by Jerry Smith.

From left to right: Jerry Smith, Rich Adams, Barb Kerker, Joe Condon, Jamie Condon, Dick Frio, Chris Kotula, Sandy Manca, Lisa Druke, Henry Seymour, Alicia Suarez

BY HAROLD KYLE



Harold Kyle, Bruce Holloway, Nigel Dyson-Hudson *Photo Courtesy Harold Kyle*

Our trail maintainers don't typically have many activities during the winter months, but our saw crew took advantage of recent warm weather to clear out some downed trees in Morgan Hill State Forest. When you're out hiking on the FLT, please keep an eye out for downed trees blocking the trail and message [harold@cnyhikes.com](mailto:harold@cnyhikes.com). The saw crew will jump into action when weather allows.

April 22 (in addition to being Earth Day) is our scheduled "Boots on the Ground" Trail Kickoff event. If you're maintaining trails (or are interested in maintaining trails) this year, please join us at 10am. This year we'll meet at a Spruce Pond campsite, get a fire going, review plans for the year ahead, and go over best practices for taking care

of the trails. There are a few small projects around Spruce Pond that we'll head out to tackle afterwards.

Last year, the Chapter conducted several major projects. This upcoming year will be focused on finishing them up. We'll install more puncheons on Jones Hill to help mitigate trail erosion. We'll also return to Chippewa Falls to make sure our switchbacks down to Route 12 are in good shape. There will also be work trips in the ADK to work on the North Country Trail and on several areas our Chapter maintains. Check our calendar for ways you could participate all are welcome, and keeping our trails clear requires volunteers like you.



Bruce Holloway & Nigel Dyson-Hudson working on the privy for Paradise Garden Leanto *Photo Courtesy Harold Kyle*

### SPRING TRAIL MAINTENANCE OPPORTUNITIES

Dates	Description	Leader(s)
April 5	Maintenance Wednesday	Dick Frio
April 22	<b>Spruce Pond, 'Trail Kickoff'</b>	Harold Kyle
April 28	Pigeon Lake Wilderness	Sigi Schwinge & Bob Rosati
May 3	Maintenance Wednesday	Dick Frio
May 6	FLT/NCT Trail Maintenance	Harold Kyle
May 20	FLT/NCT Trail Maintenance	Harold Kyle

*Check the Outings section for additional details!*

## CHAPTER OFFICERS ELECTED FOR 2023

Chair, Lisa Druke

Advisor, Dick Frio

Vice Chair, Bruce Holloway

Advisor, Open

Secretary, Mary Niemi

ADK Advisory Council Trustee, Bruce Holloway

Treasurer, Kathy Disque

BY PAT URBAN

Location: [Collamer United Church, 6865 Fly Rd, East Syracuse, NY 13057](#)

Date: Saturday, April 1, 2023

Time: 3:00 pm – 6:00 pm

## AGENDA ITEMS

3:00 pm	Social Hour	Catch up with old friends and make some new like-minded friends. Drinks and hors d'oeuvres provided.
3:40 pm	Chapter/Committee Updates	Hear from the executive committee on business/committee updates.
4:00 pm	Guest Speaker Chris Lajewski, Center Director for Montezuma Audubon Center.	Chris is a passionate conservationist and birder, so we are in for a real treat. The focus of the discussion will be the bald eagle.
5:00 pm	Potluck Dinner	Bring a dish to share and your own place setting.

### MORE ABOUT OUR GUEST SPEAKER

Chris Lajewski is a passionate conservationist and birder. A native of Pittsford, NY, Chris graduated with honors from SUNY Albany with a Bachelor of Science degree in Geology and obtained a Master of Science degree in Geology from Syracuse University where he researched human impacts on the Finger Lakes. He has been in the conservation field for more than 20 years and has worked for an environmental engineering company, the National Park Service and The Nature Conservancy. He began his career with the National Audubon Society in 2010 as the Montezuma [Audubon Center's](#) education manager. He was promoted to the center's Director in 2013. Chris manages all aspects of the Montezuma Audubon Center operations, environmental education programs and bird conservation projects. He is also director of Audubon's Onondaga Lake Conservation Corps program in Syracuse, NY Chris is a proud husband and father and enjoys camping, birding and playing softball with his wife and children.



### KNOW BEFORE YOU GO

- ✓ Pre-Registration is required, check our [website](#).
- ✓ Bring your own place setting.
- ✓ Check our [website](#) before the event for any updates.

BY LISA DRUKE

Last year, our Chapter had the highest 'number of individuals' participating in outing events in more than a decade. In 2022, the number of participants in one or more outings was 362 individuals, more than 100 greater than the previous year. The outings events tally includes Social, Education, Membership, Trails, and Outings. The total number of outing events has not changed and has consistently been around 185 events year to year thanks to our dedicated chapter committees and hike leaders. The primary contributing factor for the increase in individuals was the Education, Membership and Trails committee events that attracted new individuals or those who had not been active in the recent past:

- The Education Committee offered several introductory hiking, backpacking, map and compass classes through the Fayetteville Free Library (FFL) with full or near full attendance of mostly non-ADK members.
- The Membership Committee held two events including the ADK Centennial event at Meier's Creek and New Member Open House. Meier's Creek event was well attended and a few potential new members visited during the Beaver Lake Open House.
- The Trails Committee had many special trails projects completed. Some of their trail work included 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 including the new bridge across Mud Creek. Some of these projects were over several days or a week in duration with many new folks getting involved.

A summary of the 2022 outings report is as follows:

Outings Statistics (Oct 1, 2021 – Sept 30, 2022):

- Number of scheduled outings: 204
- Number of completed outings reported: 185
- Number of individuals on one or more outings: 362
- Total outing participation (all recorded names): 1,570
- Average number of persons per outing: 8.5

It is exciting to see a change and think about where we are headed in 2023 and beyond. We can start with building on our strengths and see where 2023 takes us.... Thanks to all of our hike leaders for a great year in 2022!



Map and  
Compass Class,  
Saturday,  
October 29,  
2022, Led by  
Jeff Sargent

BY DICK FRIO

Located in the Slide Mountain Wilderness Area Panther Mountain sits atop a 375-million-year-old meteorite hit. Most of the mountain rock is sandstone. Evidence of the meteor is present in the fractured rock of the Esopus creek.

Our group met in Lafayette at 7am. Approaching the mountain, we drove along the narrow winding road which follows the West Branch of the Neversink River to the DEC trailhead on Route 47. When we arrived at 10:30am it was a bluebird day with temperatures in the twenties. During the week we had monitored trail condition reports and our group concurred and we put on our micro spikes. Crossing the bridge over the Esopus creek we hiked 1.5 miles gaining 800 feet through a typical northern hardwood forest and reached the first of five ledges. Overlooking the Woodland Valley, the views were spectacular. To the south we could see Slide, Cornell, and Wittenberg Mountains. Looking to the northeast we had a panoramic view of the Devil's Path. We then dropped down 150 feet to the gentle col and began our ascent to the summit of Panther Mountain at 3725 feet. Just past the summit there is another gorgeous panoramic view of the Devils Path. At the summit, amidst the boreal forest of balsam fir and red spruce, we had lunch. We then reversed our course back to the trailhead. My GPS track was 6.70 miles with an 1,826 feet elevation gain in 4 hours and fifteen minutes. A fantastic day in the Catskills with a great group of well-prepared chapter members.

The Catskills 3500 Club was founded in 1962 to foster interest in hiking the Catskills. The club educates its members and the public in outdoor recreational skills, engages in public service and stewardship, and encourages responsible educational use of the region's natural resources. Anyone wishing to become a member must hike the 33 designated peaks as well as climb Slide, Blackhead, Balsam and Panther again in the winter.



Left to right: Sandy Manca, Lisa Druke, Bruce Holloway, Dave Reau, Kathy Campbell, Joe Condon and Bob Rosati. From the Giant Ledges panoramic of the Devils Path.



BY RICH ROSS, Black River Chapter Chair

Mother Nature wasn't generous for the Black River Chapter to host the 2023 Winter Outing at the Mad River Club. However, it was an outstanding event! With help from Black River Chapter-Outings Committee Chair, Cindy Stewart, the kitchen cooks, Linda Burns, Carol Bango, the Onondaga Chapter and many volunteers, a successful and fun weekend was had by all. About 40 people attended from all over the state including New Jersey, Pennsylvania and one from Virginia. Upon registration, each attendee received one or two reusable resealable plastic bags and a 2023 Black River Calendar. If anyone was unfamiliar with the Mad River Club, Ray Spahn provided a facility tour. The theme for the weekend included many topics on Winter Preparedness.

Following dinner on Friday there was a presentation on Hypothermia and Frostbite as well as a discussion describing the new First Aid Kits the troop leaders were carrying. These presentations were refreshers for the experienced and informative for the beginners.

Evening entertainment was unique in every way. The Black River Chapter developed a large, modified version of Jenga. Made of 2x4s, each game piece was marked with one of the 46 high peaks. Chips were drawn from a bucket and on each side, there was the name of the peak. After finding the game piece, they had to remove it and place it on top of the pile. Some of the chips were also marked, with such things and "your choice", "dehydration, you're done", "you broke a leg, you're done", and "lose your turn".

On Saturday there was something for everyone. A beginner XC ski option was offered that included a training video, practice on the Mad River grounds and then off to Winona. Others chose to XC ski Winona or the Osceola Forest Preserve or snowshoe near the East Osceola State Forest. Skiers suffered from sticky skis and tried everything from MaxiGlide to paraffin wax to Pam cooking spray to make it through the day. A couple people just opted out and enjoyed watching the "The 46ers" movie in the clubhouse.



Continuing with the Winter Preparedness theme, on Saturday afternoon, Black River Chapter-Education Committee Chair, Jesse Irwin, showed many of us how to construct Mors Kochanski's "Super Shelter" behind the clubhouse. He used two wooden tripods, a long slender log, a reflective sheet, tarp, and clear plastic sheet. "This shelter is designed to be a lightweight, dry and warm. By using the laws of physics, the shelter ... created a warm environment. Mors Kochanski is a legendary Canadian bushcraft instructor and the author of very well written books such as the book by the title of: Bushcraft: Outdoor Skills and Wilderness Survival." (Reference: [www.practicalsurvivor.com/supershelter](http://www.practicalsurvivor.com/supershelter))

Jesse built a fire which the radiant heat generated by the fire was refracted by the plastic sheet and reflected within the shelter

by the mylar sheet and raised the inside temperature from an outside temperature of 30 degrees to about 50 degrees. By using the laws of physics, he was able to create a warm environment using basic materials one might have available in the woods. Sunday found us either off to see the Salmon River Falls or Chateaugay State Forest.

Many thanks go out to all the volunteers who made this year's Winter Outing a success. The Black River Chapter will also be hosting the 2024 Winter Outing, and we'll be looking for additional volunteers to make next year's event even better.

*Excerpted from the Black River Currents Newsletter article by Rich Ross*

BY MARY COFFIN

## NORTH COUNTRY NATIONAL SCENIC TRAIL

### ADAK SECTIONS

The North Country Trail (NCT, NCNST) is the longest of eleven the National Scenic Trails at 4,700 miles. It spans the eight northern tier states from North Dakota to Vermont where it joins its sister trail the Appalachian Trail. The NCT enters NYS from the west at Allegany State Park and follows the Finger Lakes Trail for 422 miles to Central New York where it heads north to the Adirondack Park blue line near Forestport. Trail at the west end still needs to connect the Stone Dam Lake and Little Woodhull Lake Trails to West Canada Lakes Wilderness Trails. Temporary road walks through Old Forge and Inlet provide this connection for now.



Puffer Pond

The hiker can follow the NCT continuously from Moose River Plains across West Canada Lakes Wilderness on existing trails and logging roads out to Route 30 north of Speculator then via a snowmobile trail by following the NCT blue markers to Oak Mt. Ski area. The trail joins Elm Lake Road heading north and across Siamese Ponds Wilderness to North Creek. The following trails in your neck of the woods are on the NCT: Kunjamuk, Wakley Crossover, Puffer Pond, Botheration and Raymond Brook. North Creek and Johnsbury are considered trail towns to the extent that they provide amenities a long-distance hiker might need. The trail is continuous from Inlet to North Creek via trail and a few logging roads, a nice multiday backpack.

The trail crosses the Upper Hudson on 28N and then there is a series of temporary road walks to enter

Hoffman Notch Wilderness at Loch Muller to follow the lower Hoffman Trail and Big Pond Trail. At some point, access to Vanderwhacker Mt. WF will be possible and we hope to include Moxham Mt. on the NCT and replace the road walks. For the past four years, we have been building a new 7-mile trail in Hoffman over Jones Hill, 1882', from the Big Pond Trail to Route 9 at the Dirgylot trailhead. From here, someday the trail will extend into Hammond Pond Wild Forest then on to Crown Point State Historic Site and across the Lake Champlain Bridge to VT. For more information check [www.northcountrytrail.org](http://www.northcountrytrail.org) and open the New York trail page.

### HELP NEEDED!

#### NORTH COUNTRY TRAIL ASSOCIATION (NCTA) ANNUAL CELEBRATION

September 27- October 31, 2023

Forest Lake Camp, Chestertown, NY

The eight states crossed by the NCT take turns hosting this event and NY and VT are sharing the responsibility for 2023. Over 200 are expected to attend and partake in workshops, keynote speakers, hikes, meals, music, campfires and general trail folk camaraderie. We are currently recruiting hike leaders for area trips of various levels and lengths for Thursday 9/28, Friday 9/29 and Saturday 10/30. ADKers from several chapters including the Cold River Chapter have stepped up to lead trips. We can use a few more trip leaders. Leaders do not need to register for the event. If interested in volunteering contact [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com).



The OK Slip participants on a side trip to the Hudson on January 14, 2023. Who stood here before us? *Photo Courtesy Dick Frio*



Barb Kerker and Lisa Druke @ the Hudson. January 14, 2023. *Photo Courtesy Dick Frio*

## VANDERKAMP

Many of you know [Vanderkamp](#) as a rustic boy scout camp or local hiking area from days gone by. Today it is reinventing itself as an eco-resort and the owners consider protecting and preserving the land as important as providing cool hiking and lodge experiences. Vanderkamp, 850 acres located on the north shore of Oneida Lake in Cleveland, NY, boasts four (soon to be five) lodges and nine miles of hiking trails. To keep the experience of exploring and discovering the natural world as intimate as possible the trails at VK are only available to those who booked an overnight experience. But they will be having public events and exploration days so everyone can go enjoy the property. The four lodges can accommodate up to 26 guests. Keep your eye on Vanderkamp as they continue to evolve this little oasis so close to home.



Date	Day	Outing	Leader
Repeating	Wed	Walking Wednesdays	S.Schwinge/M. Niemi
Mar 5	Sun	Blue Mountain Snowshoe	L. Druke
Mar 6	Mon	Midlum Hill – Irish Hollow – NCT100/FLT	S. Schwinge
Mar 11	Sat	Fellows Hill Loop - NCT100/FLT	M. Niemi
Mar 19	Sun	Gorge Trail (Freber Rd to Bingley Rd) NCT100	L. Druke
Mar 25	Sat	Shackham Rd. S. to W.Keeney Rd. + Rt 13/Cuyler – NCT100/FLT	M. Aungier
Mar 28	Tues.	Downtown Syracuse History Walk	J. Lang
Apr 1	Sat	Spring Pot Luck	P. Urban / S. Manca
Apr 2	Sun	Green Lakes Hike	P. Whaley
Apr 3	Mon	Camillus Forest Unique Area Hike	S. Schwinge
Apr 5	Wed	Walking Wednesday Trail Maintenance	D. Frio
Apr 8	Sat	Bird Migration Watch / Northern Montezuma WMA	M. Niemi
Apr 15	Sat	Link Trail Mount Pleasant to Nelson Rd NCT100	K. Disque
Apr 16	Sun	Onondaga Lake Walk	B. Veilleux
Apr 22	Sat	Trail Steward Kick-Off at Spruce Pond	H. Kyle
Apr 23	Sun	Webber Rd to Tromp Rd - NCT100/FLT	L. Druke
Apr 28	Fri	Pigeon Lake Wilderness Trail Clearing	S. Schwinge/B. Rosati
Apr 29-30	Sat/Sun	Middle Branch Lake Lean-to Backpack	J. Bristol
Apr 30	Sun	Morgan Hill Short Loop NCT100/FLT	M. Stevens
May 1	Mon	Great Swamp Conservancy	S. Schwinge
May 3	Wed	Walking Wednesday Trail Maintenance	D. Frio
May 6	Sat	Trail Maintenance Outing	H. Kyle
May 7	Sun	Onondaga Lake Walk	B. Veilleux
May 9	Tues	Baltimore Woods Hike	J. Lang
May 13	Sat	Five Falls Loop – Fillmore Glen State Park	M. Stevens
May 14	Sun	Skyline Trail Hike NCT100/FLT	M. Niemi
May 20	Sat	Trail Maintenance Outing	H. Kyle
May 27-29	Sat-Mon	High Falls Lean-to Backpack	J. Bristol
May 27	Sat	Chaumont Barrens Wildflower Hike	K. Disque

## 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

Rating	Effort	Elevation Gained (ft) Miles	Miles
E	Easy	≅ Level	< 4
M	Moderate	< 1000 or	4 - 7
S	Strenuous	1000-2500 or	7 - 12
VS	Very Strenuous	> 2500 or	> 12
A	Adirondacks		

## Meeting Places

Participants gather at a meeting place as designated in the outing write-up. Primary meeting places are:

Thruway Exit 34: For outings to the east and northeast. Park & Ride Lot is on the left as you approach the toll plaza from N. Peterboro St (Canastota).

Thruway Exit 39: Park & Ride Lot (relocated to Jones Rd). Heading west on Rt. 690, the Jones Rd. exit is located just before the 690 exit for the Thruway entrance.

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

Green Hills Plaza For outings to the south and southwest. Parking lot is on the east side of South Salina Street across from Green Hills 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](#)

<b>ADK Onondaga Chapter Covid-19 Guidelines</b>
<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.

## 8978 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.

## 8979 Blue Mountain Snowshoe

**Sun. Mar 5**

Meeting Time/Place: Contact Leader

Rating: (A) (S) 4.4 miles

R/T Drive: 246 miles

Map(s): DeLorme 37, ADK West Central Guide

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

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

The Blue Mountain summit (3759') with ascent of 1550' has some of the prettiest views in the Adirondacks. The trail is located in the Blue Mountain Wild Forest and has a steady climb with some fairly steep rocky stretches near the summit. Contact leader to reserve a spot and discuss equipment needed on this early March snowshoe adventure.

## 8980 Midlum Hill – Irish Hollow – NCT100/FLT

**Mon. Mar 6**

Meeting Time/Place: Contact Leader

Rating/Distance: (M) 4-6 miles (Irish Hollow optional)

R/T: 60 miles

Map: FLT O1, DeLorme 61

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

We'll walk to Pardee Rd. and return where we might go down-n-back up to Irish Hollow depending on snow conditions. There are 3 little creek crossings in Irish Hollow along the way. Contact leader if you want to meet us at the trailhead in case we need to make a weather related change in hike location. Snowshoes or microspikes might be needed.

Monday walk-n-talk group goes out every Monday. Please email Sigi for other Monday outings.

## 8981 Fellows Hill Loop - NCT100/FLT

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

Meeting Place: Dewitt Wegmans Park & Ride (in front of Hobby Lobby) (or if at trailhead- email leader)

Rating/Distance: (M) 4 miles

R/T Drive: 40 miles

Map: DeLorme 61 or FLT O1

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

A pleasant loop walk with a beautiful pond and creeks with little waterfalls. Bring snacks and water. Depending on weather, crampons or snowshoes may be needed.

## 8982 Gorge Trail (Freber Rd to Bingley Rd) NCT100

**Sun. Mar 19 11:00 AM**

Meeting Place: Cazenovia Lake Lot on Rt. 20

Rating: (M) 5.4 miles

R/T Drive: 16 miles

Map(s): DeLorme 62

Leader(s): Lisa Druke 315-447-4018  
[lisadruke@gmail.com](mailto:lisadruke@gmail.com)

Join me for a nice walk on the Gorge trail hiking from the Freber Rd parking area to Bingley road and return. The trail parallels Chittenango Creek and is a *gorgeous* part of the NCNST. Bring water and a snack.

## 8983 Shackham Rd. S. to W.Keeney Rd.+ Rte 13, Cuyler - NCT100/FLT

**Sat. Mar 25 10:00 AM**

Meeting Place: Contact Leader

Rating/Distance: (M) 6.5 miles

R/T Drive: 30 miles

Map(s): FLT O1

Leader(s): Monica Aungier, 315-481-5903  
[monica.aungier@gmail.com](mailto:monica.aungier@gmail.com)

We will take a light to moderately paced, early spring walk on a section of the Finger Lakes Trail. Elevation gain from Shackham Rd. to highest elevation on the hike is about 600 feet. Descent is via a series of switchbacks. There is a short road walk back to the parking area on Rte. 13. Bring water, lunch and possibly microspikes. We will spot cars. Inclement weather will cancel.

## 8984 Downtown Syracuse History Walk

**Tues. Mar 28**

Meeting Time/Place: Contact Leader

Rating/Distance: (E) < 4 miles

Leader(s): John Lang 315-492-3414

We will meet at Clinton Square to begin our historical walk of the Salt City. We will observe several sites mentioned in the Onondaga Historical Association's guidebook to both the history and architecture of Syracuse. We will observe and if possible visit several historic downtown sites including the Canal Museum and the Onondaga Historical Association's Museum. Possible coffee stop and/or lunch stop along the way. Contact leader by Sunday March 26 for time and meeting place. Inclement weather may change the date.

## 8985 Spring Pot Luck

**Sat. Apr 1 3:00 PM**

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

Directions: Take Rt. 481 North from Syracuse to Exit 7 (Rt. 298) take **right onto** 298 West to Fly Road, go south on Fly Road (left turn by Adirondack Furniture) the driveway to the church is 1/4 mile on your right.

Leaders: Pat Urban, [sabharp@att.net](mailto:sabharp@att.net), Sandy Manca, [smank777@aol.com](mailto:smank777@aol.com)

**Social hour** at 3:00 p.m. Drinks and hors d'oeuvres will be provided. 3:40 p.m. Chapter/Committee updates. Our guest speaker at 4:00 p.m. is Chris Lajewski, Center Director for Montezuma Audubon Center. He will speak on Bald Eagles. Chris is a passionate conservationist and birder so we are in for a real treat. Chris manages all aspects of the Montezuma Audubon Center operations, environmental education programs and bird conservation projects. He is also director of the Audubon's Onondaga Lake Conservation Corps program in Syracuse, NY. At 5:00 p.m. we will have a potluck dinner. Please bring a dish to share and your own place setting. **Reservations are required.** Please check our website at [www.adk-on.org](http://www.adk-on.org) for updates and to access the link for registration.

## **8986 Green Lakes Hike**

**Sun. Apr 2 1:00 PM**

Meeting Place: Green Lakes Park office (at Rt. 290 entrance)

Rating/Distance: (E) 3 - 4 miles

Map(s): Green Lakes State Park Map

Leader(s): Peg Whaley

This is a joint outing with the Fayetteville Free Library. We will walk around Green Lake and Round Lake at an easy pace. Bring snack and water.

## **8987 Camillus Forest Unique Area**

**Mon. Apr 3**

Meeting Time/Place: Contact Leader

Rating/Distance: (M) 5 miles

Leader: Sigi

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

We'll walk the trails in this unique forest and complete a loop. Snowshoes or microspikes might be needed. Maybe lunch in Camillus afterwards? Monday group walks every Monday. Please email Sigi for other Monday outings.

## **8988 Walking Wednesday - Trail**

**Maintenance Hike (NCT100/FLT)**

**Wed. Apr 5 9:00 AM**

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

Rating/Distance: (E) ~4 miles

R/T Drive: Less than 100 miles

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

Leader(s): Dick Frio 315-679-

0622, [richardfrioood@hotmail.com](mailto:richardfrioood@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.

## **8989 Bird Migration Watch / Northern Montezuma WMA**

**Sat. Apr 8 10:00 AM**

Meeting Place: Thruway Exit 39-Commuter Lot on Jones Rd. Call leader for meeting time & location, if you are not coming to Exit 39.

Rating/Distance: (E) 4 miles

R/T Drive: 60 miles

Map: DeLorme 59

Leader: Mary Niemi 315-751-7492,

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

This hike is during bird migration season and birds are attracted to flooded areas which are hard to predict in advance. In order to maximize our chances of seeing birds, I will be following the alerts from The Montezuma Audubon Center in Savannah, NY for the best options for viewing while walking in the Montezuma Wetlands Complex. Bring water, lunch.

## **8990 Link Trail Mount Pleasant to Nelson Rd NCT100**

**Sat. Apr 15 10:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)

Rating/Distance: (M) 4.5 miles

R/T Drive: 4 miles

Map(s): Delorme 61

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

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

We'll hike this combination of wooded trails and rail-bed near Canastota. The early spring flowers should be blooming.

## **8991 Onondaga Lake Walk**

**Sun. Apr 16 12:00 Noon**

Meeting Place: Contact Leader

Rating/Distance: (E) 4 miles

Map(s):

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

Begin spring with an easy walk to get those legs limbered. We will walk as far as you wish. Come and enjoy the sights and company. Call the leader at least one day in advance and before 8:00 pm. Event cancelled if inclement weather – contact leader to confirm.



**8992 "Boots on the Ground" Trail Kick-off at Spruce Pond – NCT100/FLT  
Sat. Apr 22 9:00 AM**

Meeting Place: Dewitt Wegmans Park & Ride (in front of Hobby Lobby) **at 9am** OR Spruce Pond Campsite area **at 10am**, Spruce Pond, Herlihy Rd, Tully, NY 13159

Rating/Distance: (E) ~4 miles

R/T Drive: 38 miles

Map(s): DeLorme 61, FLT-O1

Leader(s): Harold Kyle, [harold@cnyhikes.com](mailto:harold@cnyhikes.com)

Start the season off with a bang. We will review trail steward maintenance criteria and reporting procedures before a "boots on the ground", "hands on the tool" hike on a section of the FLT and NCT. Bring gloves, lunch and water and dress for the weather. Tools are supplied. No experience needed. We'll meet at a campsite location of Spruce Pond off Herlihy Rd in Morgan Hill State Forest. Weather permitting we'll get a fire started in a campsite fire pit. Trail stewards and anyone interested in maintaining trails is highly encouraged to join.

**8993 Webber Rd to Tromp Rd - NCT100/FLT**

**Sun. Apr 23 11:00 AM**

Meeting Time/Place: Caz Lake Lot on Rt. 20

Rating/Distance: (M) 4 miles

R/T Drive: 20 miles

Map(s): DeLorme 61, FLT O2

Leader(s): Lisa Druke, 315-447-4018, [lisadruke@gmail.com](mailto:lisadruke@gmail.com)

Enjoy an easy hike with nice views of Cazenovia Lake starting from Webber Rd. in New Woodstock to Tromp Rd and return. The trail climbs ~500 feet with switchbacks and then descends to a pond at the crossing of Fairbanks Rd and then on to Tromp Rd. The spring flowers and leeks should be popping up this time of year. Bring water and a snack.

**8994 Pigeon Lake Wilderness Trail Clearing**

**Fri. Apr 28**

Meeting Time/Place: Contact Leader

Rating/Distance: (M-S) (A) 7+ miles

R/T: 200 miles

Maps: DeLorme 36, ADK West Central Guide

Leader: Sigi

Schwinge [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906, Bob Rosati, [brosati@twcnny.rr.com](mailto:brosati@twcnny.rr.com)

Actual date will depend on snow melt conditions, but we also want to beat black flies. Contact Sigi towards the end of April if you are interested in joining us. We'll pick one of the trails off Big Moose Rd. and clear winter blow down. Enjoy the hike along creeks and ponds while getting a trail ready for the hiking season. Usually an early meeting time for the 2+ hr. drive there and we might be out all day. Bring water and food, but we can also stop in Old Forge for food afterwards. Pack rain gear, work gloves and hand tools, if you have them. We also provide tools.

**8995 Middle Branch Lake Lean-to Backpack Sat. - Sun. Apr 29 - 30**

Meeting Time/Place: Contact Leader

Rating/Distance: (A) (S) 6.8 miles

R/T Drive: 200 miles

Map(s): DeLorme 35, Nat'l Geo 745

Leader(s): Jim Bristol, 315-935-3623

Let's take a walk to picturesque Middle Branch Lake lean-to in the Ha-De-Ron-Dah Wilderness. Expect bugs this time of year. Bug nets and bug dope are recommended. Call the leader for equipment requirements. Trip size is limited to 8. Contact leader to reserve a spot.

**8996 Morgan Hill Short Loop NCT100/FLT**

**Sun. Apr 30 9:00 AM**

Meeting Place: Shackham Rd (South) NCT Trailhead: From Lafayette, US 20 East then right on Apulia Road. Turn left on NY 80 East, then right NY 91 in Apulia. Pass the Tinker Falls parking area and soon turn left onto Shackham Rd. Continue to a snowplow turnaround on your right just north of the Onondaga/Cortland County line (across from a Morgan Hill state Forest DEC sign).

Rating/Distance: (S) 8 miles

Map Reference: DeLorme 61, FLT O1, GPS coordinates of the snowplow turnaround is N42 47.125 W76 00.707

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

This hike utilizes a part of the blue blazed North Country Trail, paved Shackham Rd and some seasonal dirt roads to create a loop of 7.8 miles in Morgan Hill State Forest. This moderate to difficult

hike has an elevation change of 868 feet. Contact the leader with any questions.

## 8997 Great Swamp Conservancy

**Mon. May 1**

Meeting Time/Place: Contact Leader

Rating/Distance: (E) 3-5 miles

Map(s): Great Swamp Conservancy Map

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

Wear rubber or waterproof boots, as some trails are very wet. GSC is a great place to watch activity in the Heron Rookery. Bring binoculars. We'll also walk a loop in a GSC area close by which can be very buggy later on in the year.

Monday walk-n-talk group hikes every Monday. Email Sigi for more information.

## 8998 Walking Wednesday Trail Maintenance

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

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

Rating/Distance: (E) ~4 miles

R/T Drive: Less than 100 miles

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

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.

## 8999 Trail Maintenance Outing – NCT100/FLT

**Sat. May 6 9:00 AM**

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

Rating/Distance: (E) ~4 miles

R/T Drive: Less than 100 miles

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

Leader(s): Harold Kyle, [harold@cnyhikes.com](mailto:harold@cnyhikes.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.

## 9000 Onondaga Lake Walk

**Sun. May 7 12:00 Noon**

Meeting Place: Contact Leader

Rating/Distance: (E) < 4 miles

Map(s): DeLorme 61

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

Come and enjoy a spring walk along Onondaga Lake. Walk as much or as little as you wish. Please contact leader 1 day in advance and before 8:00 pm.

## 9001 Baltimore Woods Hike

**Tues. May 9**

Meeting Time/Place: Contact Leader

Rating/Distance: (E) 3 miles

Map(s): Baltimore Woods Trail Map

Leader(s): John Lang, 315-492-3414

We will hike approx 3 miles in this beautiful Marcellus Park seeing what this time of year spring has to offer. Terrain is hilly and hiking poles and boots are recommended. Contact leader by Sunday May 28 to agree upon the meeting place and time for this am hike. Inclement weather cancels or changes date.

## 9002 Five Falls Loop – Fillmore Glen State Park

**Sat. May 13 9:00 AM**

Meeting Place: Parking lot behind the **Lafayette McDonald's** address 5961 Rt 20, Lafayette, NY.

Rating/Distance: (M) 3.5 miles

R/T Drive: 98 miles

Map(s): DeLorme 76, Fillmore Glen Trail Map

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

The trail is a 3.5-mile loop that follows a combination of the Gorge, South Rim, and North

Rim Trail. The trail passes by the swimming area before entering the gorge and hiking along the beautiful Dry Creek.

**9003 Skyline Trail Hike - NCT100/FLT**

**Sun. May 14 9:00 AM**

Meeting Place: Wegmans Park & Ride (in front of Hobby Lobby) or 9:45am at Labrador Pond parking (contact leader)

Rating/Distance: (M) 4 - 5 miles

R/T Drive: 40 miles

Map: DeLorme 61

Leader: Mary Niemi 315-751-7492,

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

We'll walk to Tinker Falls, then up to the hang glider take-off and back. Bring snacks and water.

**9004 Trail Maintenance Outing -**

**NCT100/FLT**

**Sat. May 20 9:00 AM**

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

Rating/Distance: (E) ~4 miles

R/T Drive: Less than 100 miles

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

Leader(s): Harold Kyle, [harold@cnyhikes.com](mailto:harold@cnyhikes.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.

**9005 High Falls Lean-to Backpack**

**Sat. - Mon. May 27 - 29**

Meeting Time/Place: Contact Leader

Rating/Distance: (A) (S) 18 miles

R/T Drive: 260 miles

Map(s): DeLorme p. 27- 28 Nat'l Geo 745

Leader(s): Jim Bristol, 315-935-3623

Let's spend Memorial Day weekend exploring a part of the Five Pond Wilderness. We will be hiking a part of the Cranberry 50. I plan to spend a couple of nights camping at one of the 2 lean-tos at scenic High Falls on the Oswegatchie River. A day hike on

Sunday is a possibility. The bugs will be out so head nets and bug dope will be highly recommended. Call leader for details and equipment requirements Trip size is limited to 8.

**9006 Chaumont Barrens Wildflower Hike**

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

Meeting Place: Gander RV & Outdoors

Rating/Distance: (E) 2 miles

R/T Drive: 150 miles

Map(s): DeLorme 25

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

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

Hike the unique Alvar landscape at this Nature Conservancy property in Jefferson County. There are many unusual flowers that bloom in this area. The orchids and prairie smoke should be blooming at this time. We will hike slowly with many opportunities to explore the area and take pictures.

Mailing Address:

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

## GO GREEN! GO DIGITAL!

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