

ADIRONDACK MOUNTAIN CLUB

ONONDAGA CHAPTER

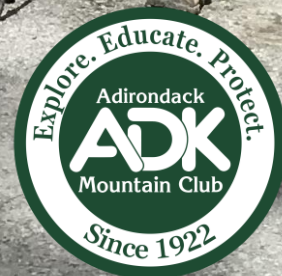
TALK OF THE TRAIL Summer 2023

June 🌻 July 🌻 August



HIGHLIGHTS IN THIS EDITION

- Meet the Publicity Chair
- Leave No Trace
- ADK 100 Mile Challenge
- Outings!



ADK ONONDAGA CHAPTER

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

ABOUT THE COVER

The hardworking PLWA Crew, April 28, Left to right: Dave Reau, Barb Kerker, Joe Condon, Bob Rosati, Jerry Smith, Sandy Manca, Teresa Parks, Forester Michael Marsh, Michael Graser, Kneeling Dick Harper

Photo Courtesy of Dick Frio

AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Katharine & Matthew Aupperle, Kathy & Andy Beardslee, Karen Benenati, Amanda Boyle, Frederick Burghardt, Stuart Cook & Ellen Lockwood-Cook, Barbara Dorsey, Jason Fahy, Paul Gerthoffer, Katherine Hahn, Adam Labonoski, Melissa Lamson, Mary Ann Maggio, Eva Fowler & Jeffrey Moffatt, Tonia & Jim McDonald, Lisa & Michael Melara, Starr Rudolph & Darlene Nesbitt, Paul Ciras, Christopher & Tia Daniel, Steven Featherstone & Deborah Mann, Pamela & John Herrington, Scott & Joan Roueche

CORRECTION: The spring newsletter should have listed Scott & Lisa Blystone as new members.

As of April 2023, the ADK Onondaga Chapter boasts total of 1,283 members and 9 affiliates. Adirondack Mountain Club overall membership stands at 26,210.

That is a decrease of 57 chapter members, no change in affiliates and a decrease of 877 in total ADK membership since December 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/

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 or call 800-395-8080.

BY LISA DRUKE



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

Welcome!

Chapter members and friends gathered for our Spring Potluck on a warm, spring day on April 1st at the Collamer United Church and heard an enlightening talk on the Bald Eagle presented by Chris Lajewski, the Director for Montezuma Audubon Center. Many thanks to the Social Committee, Pat Urban and Sandy Manca, for a wonderful event for all of us to enjoy. The following week, a group of ADKers visited the Montezuma Audubon Center to watch eagles, osprey, a rookery filled with great blue herons and many other birds. Thank you, Mary Niemi, for leading the bird watching event.

ADK Happenings. ADK's National Trails Day event will be held at the Heart Lake Program Center in the High Peaks on Saturday, June 3. Work projects will include the Mt Jo Long Trail and other trail work (www.adk.org to sign up). Locally, our chapter's National Trails Day project will be led by Harold Kyle, our Trails Chair, and involve finishing work on the new FLT trail section near Chippewa Falls. Contact Harold at harold@cnyhikes.com to sign up.


The [ADK 100-mile challenge](#) is BACK for 2023! The challenge will run from January 1 to October 9 and money raised will be used to support the ADK Trails program. Onondaga chapter member, Marge Eldridge, has signed on for the challenge to promote hiking and the ADK. Please

see the detail later in this newsletter if you would like to sponsor Marge. This is a great opportunity to promote hiking and support the ADK!

Thanks to Jeff Sargent, our Education Chair, for his success in connecting with the Fayetteville Free Library and offering educational classes on hiking, intro to backpacking, and CPR/First Aid. These educational classes are in line with ADK's mission to promote responsible outdoor recreation. Great work, Jeff!

Find us on Meetup! Thanks to Mike Graser, our chapter now has an active meetup group. Members are joining and the group is growing! Meetup is a social network for people who want to pursue their passion with others with similar interests and is open to everyone. Outing events are scheduled by our leaders who offer their knowledge and experience. This is an opportunity for our chapter to grow and become more diverse!

Welcome Chapter Volunteers! Welcome hike leaders: Joe and Jamie Condon and Saramarie Hoffman. And welcome Bryan Chambala, our new Publicity Chair!

Have a great summer! See you on the trail! 



April 8, 2023, Painted Turtle at the Montezuma Audubon Center

SAVE THE DATE! NOVEMBER 11, 2023 ANNUAL FALL MEETING

Location: Collamer Church

Guest Speaker: Roy Cooley, Adirondack Guide Boats expert

BY HAROLD KYLE

Once the snow melted, our trail maintenance crew was raring to go. On Earth Day, we kicked the season off with a “Boots on the Ground” event at Spruce Pond. 31 people came out, including several members of SUNY ESF’s rejuvenated Bob Marshall Club. After some trail maintenance refreshers, we broke into small teams to tackle some much-needed projects in the area: building puncheons through wet areas; constructing a 500 foot reroute of the Fellow’s Loop to avoid water; cleaning up trash around the campsites; designing a more sustainable ascent from Spruce Pond (for 2024); and, as always, clearing several blowdowns with a crosscut saw crew. Thanks to everyone who participated!

I’d like to welcome several new trail stewards who’ve volunteered their time to help maintain the FLT trail in 2023:

- Rod and Matt Radford (O1-3.1 Irish Hollow Spur and O1-4 Maxon Creek)
- Sam Arnold (O1-8 Morgan Hill Rd South)
- Willson Cummer (O1-15 Rowley Hill)
- Erika Schneider (M22-8 Manifold Hill)



Sanda Manca, Dick Harper, and Pat Urban worked with SUNY ESF Bob Marshall Club members to build a reroute on the Fellows Loop trail. *Photo Courtesy Harold Kyle*

Thank you to the more than 50 volunteer stewards who maintain sections of the FLT. If you’re interested in adopting a part of the trail, we’re always looking for more help—please email the address below.

This year, our local maintenance outings will focus on mitigating trail erosion. We’ll be installing better steps on the newly-opened Chippewa Falls trail, installing more puncheons on Jones Hill, and installing puncheons in the Tioughnioga Wildlife Management Area. All experience levels are welcome at these events, so please consider joining us for a weekend. There are also several outings to the ADK to help build more North Country Trail sections in advance of the annual NCT Celebration, scheduled September 27 through October 1 in Chestertown, New York.

As always, if you notice anything amiss on the trails, whether it’s a logbook that’s full or a tree that’s blocking hikers, please let me know by email: harold@cnyhikes. 🏔️



On May 6, chapter members built box steps in Morgan Hill State Forest where rain had washed out a steep section of trail. *Photo Courtesy Dick Frio*

SUMMER TRAIL MAINTENANCE OPPORTUNITIES		
Dates	Description	Leader(s)
June 3	Chippewa Falls	Harold Kyle
June 7	FLT/NCT Trail Maintenance	Dick Frio
July 5	FLT/NCT Trail Maintenance	Dick Frio
July 8	Tioughnioga WMA	Harold Kyle
July 15	Little Woodhull Trail Clearing	Mary Coffin & Bob Rosati
July 22	Stone Dam Lake Trail	Mary Coffin & Bob Rosai
July 29-30	FLT Trail Maintenance	Harold Kyle
August 17-23	NCT ADK Work Week	Mary Coffin & Bob Rosati

Check the Outings section for additional details!

BY DICK FRIO

The 51,500 acres Pigeon Lake Wilderness (PLWA) is part of the Adirondack Forest Preserve. It lies between four of the largest bodies of water in the Adirondacks: Big Moose Lake, Stillwater Reservoir, Raquette Lake and the Fulton Chain of Lakes. The "pigeons" that inspired the name were passenger pigeons, an extinct species that was once the most abundant bird in North America, numbering in the billions. The area consists of 71 interior ponds and 60 miles of marked hiking trails.

Adopted by our chapter in 1998 our responsibilities include studying the natural history, offering recreational opportunities, maintaining trails and being an advocate for protecting its wilderness character. Sigi Schwinge is our PLWA coordinator. For many years Sigi has done a great job working with the DEC Senior Forester Michael Marsh to maintain several of the most popular trails.

On Friday April 28 at 7:30 am a group of Onondaga chapter members met at Thruway Exit 34 and began our carpool journey to the Windfalls Pond Trailhead located off Big Moose Road. It was an ideal day for trail maintenance, the skies were clear, and temperatures were in the fifties.

After our introductions and brief safety review we decided on a plan to hike out as a group to Windfall Pond then split into two groups. We agreed on a 2pm turnaround time. Our chain saw crew led by Forester Michael Marsh and Bob Rosati were to take the popular Windfall Pond-Queer Lake Trail. Their objective was to clear the trail to the lean-to on the north shore, 3.5 miles from the trailhead. Our side cutting and trail marking team were part of the crew and followed them out. The team removed 13 large blowdowns and did extensive side cutting. The lean-to is on a peninsula its location is peaceful and includes large hemlock, spruce, and white pines.

I led the second crew; we were equipped with axes and hand saws. We took the less traveled Chain Pond Loop. The trail was typical of many Adirondack trails with roots and rocks and lots of boot sucking mud. We were able to remove nineteen blowdowns and replaced many trail markers. We covered 7.3 miles while taking time to enjoy the rocky outcrops along the Chain Pond shoreline.



Queer Lake is named for its unusual shape.

We all made it safely back to the trailhead by 4pm without being bothered by black flies or mosquitoes. Teresa Parks helped end the trip on a sweet note by sharing her delicious homemade chocolate chip cookies. Following a mandatory ice cream stop on our return most of us were home by 6:30 that evening. We plan to return this fall for another fun and adventurous day in the PLWA. If you're interested in joining our trail maintenance team, contact [Sigi Schwinge](#).

BY DICK FRIO



Lunch Break at Queer Lake. Teresa Parks, Michael Marsh, Jerry Smith, Bob Rosati, Sandy Manca, Michael Graser.
Photo Courtesy of Barb Kerker



Side Cutting Crew. From left to right Teresa Parks, Barb Kerker and Sandy Manca. *Photo Courtesy Dick Frio*



Handsaw Crew. Dick Harper on the hand saw, Dave Reau adding some assistance, Joe Condon is the swamper. *Photo Courtesy Dick Frio*



Picture to right. Chainsaw Crew. Forester Michael Marsh sawing a large pine while Sandy Manca and Bob Rosati serve as swampers
Photo Courtesy Barb Kerker

BY BRYAN CHAMBALA



From left, Bryan's friend, Mike Stoogenke, Bryan's son Everett, Isaac Stoogenke, Bryan's son Wesley on Mount Washington in July of 2022. *Photo Courtesy Bryan Chambala*

I got my start in hiking late. I went up Mount Jo with a guy I knew from work when I was in my early 30s. He'd been everywhere, the Long Trail, out west, Maine, big chunks of the Appalachian Trail, and he knew everything. Good boots. Light backpacks. How to purify water. How to use a compass. I was wearing old work boots and had spent a lot of time walking around my grandparents' farm. We got chased off the mountain by lightning and came rattling down back to the Loj, and from there I was hooked. We did winter High Peaks with friends of his, big loops in Vermont, and long weekends on the Finger Lakes Trail. I had three kids, so I built my little gear library in fits and starts and borrowed his stuff when I needed. He was a good teacher: patient, safe, and less concerned with racking up big miles than having a good time. Our packs were a little heavier, so we kept

our days manageable and ate well, sometimes packing a reservoir of homemade wine and always taste-testing new bourbon.

We took my boys out, and they watched me drop a rolled-up tent off a bluff and bust my toe on a rock in a creek retrieving it, right after I walked barefoot through a patch of stinging nettles. I kept calm. They laughed hard enough they had to sit down, and we all were reminded of the value of a good first-aid kit and a hefty helping of humility. COVID cut down on the big trips, but my buddy and I still found time for the FLT and Highland Forest and the apple fritters I always bring and the Danish bread and good coffee he brings.

About the time I had all the gear I needed and had some real experience, it hit me that all that walking around I did before I got into "real" hiking wasn't that much different than this. The first couple years I thought I was out with the wolves, and I'd come back to the office or stores and wonder what the hell all these people were doing there *trapped* in society. Then, during one of those modest COVID hikes, it occurred to me – gently and slowly like most things do – that I wasn't ever really hiking or walking to get away from anything. The best moments I had were time spent with a very dear friend, time spent with my kids, and time spent in a place that was loved and cared for by countless people I'd never even seen or known. Where before I had seen wild stands of pine and felt the pull of escape everything human, I started to see careful stewardship of the land and signs of community.


I thought I'd find a way to participate. We started by stewarding a portion of trail in the Mariposa Forest. If you've ventured in that direction this year, I promise you I will be up there shortly with my trusty Silky and, of course, a wine- and apple-fritter laden pack. More recently, I was asked if would be interested in being the chapter's Publicity Chair, as I work in the communications field. It's not official yet, but in May it should be – and I will be pleased to do what I can to help get the word out about opportunities to learn, help, and socialize. I'm eager to learn more about the chapter and meet some of the people whose unseen work I finally had the eyes to see. 🏔️

BY BRUCE HOLLOWAY

Essentially, Leave No Trace is a set of seven principles and best practices promoted by The Leave No Trace Center for Outdoor Ethics, and is widely understood and adopted by outdoor enthusiasts to help ensure our enjoyment of the outdoors isn't reduced by our own impact. While most of us don't intend to harm our natural surroundings, we may not be aware or considering the outcome of decisions we make in the wild.

We need to put all [7 Leave No Trace principles](#) into action in our adventures to the outdoors. As you are considering how to enact Leave No Trace on your journeys, here are the seven principles to follow:

- 1) Plan Ahead and Prepare
 - √ Know the regulations and special concerns for the area you'll visit
 - √ Prepare for extreme weather, hazards and emergencies
 - √ Schedule your trip to avoid times of high use
 - √ Visit in small groups when possible; consider splitting larger groups into smaller groups
 - √ Repackage food to minimize waste
 - √ Use a map and compass to eliminate the use of marking paint, rock cairns or flagging
- 2) Travel and Camp on Durable Surfaces
 - √ Concentrate use on existing trails and campsites
 - √ Camp at least 200 feet from lakes and streams
 - √ Keep campsites small; focus activity in areas where vegetation is absent
 - √ Walk single file in the middle of the trail, even when it's wet or muddy
- 3) Dispose of Waste Properly
 - √ Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter. Dispose of trash in a proper place. Bear proof trash cans are located at most trailheads, hold on to your food wrappers until you find one. Always leave a place cleaner than you found it and pack out everything you packed in
 - √ Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished. (Some highly active areas require human waste to be packed out, too; check before leaving for your trip)
 - √ Pack out toilet paper and hygiene products
 - √ To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Strain your dishwater of any food scraps; scatter the strained water away from lakes and streams)
- 4) Leave What You Find
 - √ Preserve the past: examine, but do not touch cultural or historic structures and artifacts
 - √ Leave rocks, plants, and other natural objects as you find them
 - √ Avoid introducing or transporting non-native species
 - √ Do not build structure, furniture, or dig trenches
- 5) Minimize Campfire Impacts
 - √ Where fires are permitted, use established fire rings, fire pans or mound fires
 - √ Keep fires small; use only sticks from the ground that can be broken by hand
 - √ Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes
- 6) Respect Wildlife
 - √ Observe wildlife from a distance; do not follow or approach them
 - √ Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers
 - √ Protect wildlife and your food by storing rations and trash securely
 - √ Control pets at all times, or leave them at home (where permitted; again, check before going)
 - √ Avoid wildlife during sensitive times: mating, nesting, raising young, or winter
- 7) Be Considerate of Other Visitors
 - √ Respect other visitors and protect the quality of their experience
 - √ Be courteous, and yield to other users on the trail
 - √ Step to the downhill side of the trail when encountering pack stock
 - √ Take breaks and camp away from trails and other visitors
 - √ Let nature's sounds prevail; avoid loud voices and noises

By incorporating these Leave No Trace principles into your hiking experience, you can help preserve the natural beauty of the woods and ensure that future generations can also enjoy and appreciate the outdoors. 

A TRIBUTE TO TONY RODRIGUEZ

BY SANDY MANCA



Gary Mallow, Steve Markel, Sandy Manca, June Meyer, Jerry Smith, Mike Ogden, John Lang on the top of Mount Washington, June 2022


For those of you who know Tony, his motto is: Failing to prepare, is preparing to fail.

Last June I was hiking in the white mountains with several "psycho" hiking buddies. Peak bagger Mike Ogden needed Mt Washington for his New England 48 and his 115. It was a warm sunny day, and the spring flowers were all starting to bloom. With the flowers came the bees.

I am highly allergic to bees and became increasingly fearful and even contemplated turning back. As my anxiety increased, Tony's words came into my mind. I took inventory. I had my EpiPen and Benadryl, my fellow group members were all aware of my allergy and one conscientious member had even asked me where I kept my EpiPen prior to the hike. I had planned. I was prepared.

I thought of Tony and continued with a smile. I had the pleasure of accompanying Mike to the summit of Washington and sharing in his victory. "Congrats Mike"

I am forever grateful to Tony for all the lessons he has taught me over the years and mostly for all the cherished memories.

As our summer season peaks, I hope everyone takes heed from Tony and Prepares! 

REMINDER ADK PARKING RESERVATIONS

If you are heading to the Adirondacks with plans to hike any of the trails that start out from the Adirondack Mountain Reserve (AMR) parking lot which is located off of Route 73 on the South Ausable Road entrance to St Hubert's, check the [AMR Parking Reservation](#) system first! Reservations are required from May 1 to October 31. You can reserve your spot up to two weeks before your target date. The AMR also does not allow walk-ins or drop offs to utilize the trailheads without a reservation. Some popular peaks that are accessed from this trailhead are: Gothics, Armstrong, Sawteeth, Saddleback, Colvin, Blake, Nippletop, Dial, Indian Head, Noonmark, Bear Den.

Know before you go!



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

FLT FALL WEEKEND September 15 - 17

While there is no Adirondack Mountain Club Fall Weekend this year, our friends at the FLT are holding their [Annual Fall Weekend Festival](#) and celebrating their 60-year anniversary! Why not try something new this year!

BY LISA DRUKE



Marge Eldridge is often seen on the hiking trail and has said how much she enjoys walking and hiking. She heard about the ADK 100-mile challenge early this year and wants to get the word out and encourage others to walk too! Marge is one of more than forty ADK members rising to the '100-mile challenge' to support the ADK. The challenge is open from New Year's Day (Jan 1) to Indigenous People's Day (Oct 9) and Marge is well on her way towards meeting her goal of raising \$200 for the ADK. The activities to meet the challenge include walking, running, hiking, biking and paddling and all money raised is used for ADK trail work. Please consider becoming a sponsor to support Marge on her journey to 100 miles. Please contact Marge at meldridge129@gmail.com or go to the attached link to make a donation in her name (Marjorie Eldridge): <https://secure.qgiv.com/event/100milechallenge2023/>



From left to right: Kathy Chillemi, Kathy Eisele, Lisa Druke, Theresa Evans, Kathy Disque, Marge Eldridge, Don Goulet, April 15, 2023 Hike Mt Pleasant to Nelson Rd

GEAR SURVEY

Everyone has that special piece of gear that they wouldn't dream of leaving the house without. What's yours? We all would like to know about it! Email Jamie Condon with as much information or as little about this special item and watch a future newsletter to see the results of this survey.

BY LISA DRUKE



Organizers Mike Graser and Lisa Druke launched a new Chapter Meet-up group in March to supplement our outings offered in our quarterly schedule. Members have started to join, and the group is growing! Meet-up is a social app connecting people to do activities they love, allows people to get out of their comfort zone and to be with people who care about the same thing. Our chapter offers experienced leaders who are volunteers willing to share their knowledge on hiking and paddling and leave no trace. The same ADK chapter outing guidelines are followed with meetup events as our regularly scheduled outings. There is an opportunity, with meetup, to attract new members to join our Chapter and get involved!

Why create a Meetup group? Some leaders prefer the flexibility of meetup where an event can be scheduled within days or a week or two of the outing. Weather conditions and leaders' availability are known closer to the event date. The leader can set a limit to the number of participants, communicate any change to meeting location or time, and with ease, can send notifications that an event is cancelled or rescheduled. Google or Apple maps are linked to the event for direction to the meeting location. Creating and joining an event is very simple!

To join our meetup group, download the meetup app and search for 'ADK Onondaga Chapter Outings'. Click 'Join this group'. To join an event simply click on the event and click 'Join'.



April 25, 2023 Meetup Event on Cayuga Trail Hike, Cornell Botanical Gardens, led by ADK Onondaga chapter leader, Ann Furze *Photo Courtesy Lisa Druke*

BY JAMIE CONDON



Me, Jamie Condon, on the [Fisherman's Trail](#) near Lagos, Portugal

If you've been anywhere near Joe or I on a hiking trail in the past year you know we had a trip to Portugal planned in February. In the weeks leading up to that trip our elderly cat was clearly getting ready to exit this world and going away at that time created a lot of anxiety for me. That anxiety turned into motivation for learning how to communicate with our pet sitter back home cheaply and confidently.

The first thing we needed was Internet. Internet was going to be critical not just for checking email but also to be able to navigate, get Ubers, research restaurants, all the things we take for granted at home and that make a vacation more enjoyable. In the past we paid for the TravelPass from Verizon. At \$10/day/line, TravelPass was pretty pricey. So, Joe put his research skills to work on YouTube and came up with something called an eSIM.

It used to be that every cell phone had a physical SIM card in it and that little SIM card was what held your phone number. Inserting the SIM card into a phone, linked your phone hardware to your phone number. Now if you buy a new cell phone it likely has an eSIM, not a physical one. The magic is you can have more than one eSIM on your device at a time.

Using an app called [Airalo](#), you can purchase* pre-paid, onetime, or ongoing cell phone data plans from local carriers in more than 200 countries. Then Airalo walks you through installing an eSIM on your phone. This eSIM stays disabled until you hit the ground at the country you are traveling to. At that time, you turn off your normal SIM and turn on the eSIM for the country you are in. Bingo! You have data. In our case we each purchased a plan from different carriers in Portugal so that in the event one of us didn't have a signal in some area the other might and that did work out for us on a couple of occasions.

Another advantage of using the eSIM is you won't feel the need to connect to sketchy Wifi and put your personal information at risk.

This does not let you use your US cell phone number for sending and receiving texts or making and receiving voice calls. This is where [Google Voice](#) comes in. Getting a second phone number on Google Voice is free and easy. You just to download the Google Voice app and then sign up for Google Voice. You can use your US Google Voice number to call/text another US phone number without any charge. If you are going to use Google Voice to call/text a phone number issued by another country, you will need to add funds to your Google Voice account to cover those international calling charges. However, I made a 20-minute call to a Portuguese number, and it cost me \$0.66.

I said second phone number because you wouldn't want to ditch your carrier issued cell phone number and just use Google Voice. Most financial institutions will not let you use a phone number hosted by Google Voice (or other free VoIP providers) as part of your multifactor solution to gain access to your bank account as VoIP solutions can be more prone to hacking. However, Google Voice is a handy tool to have in your kit.

To round out your communication abilities abroad, download and start getting familiar with [WhatsApp](#). It's a convenient, device agnostic and international way of communicating. Why WhatsApp is important is there are 2.5 billion people globally on WhatsApp and likely the host of your Airbnb or Bed and Breakfast is using WhatsApp to communicate with their guests. This helps them avoid international calling and text charges and provides a common platform that is in use by visitors from many countries without having to 'friend' every person that stays at their rental. Like Google Voice WhatsApp is something you should download and start practicing with before you leave the US.

Between these three solutions we were able to easily communicate with each other and friends and family back home as well as all the people we needed to in Portugal for less than \$30 between us for 10 days and we had plenty of data left over without even trying to limit ourselves.

**Before you purchase an eSIM verify that your [Android](#) or [Apple](#) device can activate an eSIM, older models cannot.*

Date	Day	Outing	Leader
Repeating	Wed	Walking Wednesdays	S. Schwinge/M. Niemi
Jun 3	Sat	National Trails Day – ADK Heart Lake	www.adk.org
Jun 3	Sat	National Trails Day – FLT Trail Maintenance, Chippewa Falls	H. Kyle
Jun 4	Sun	Rambling Around the Countryside	D. Lightcap
Jun 4	Sun	Onondaga Lake Walk	B. Veilleux
Jun 5	Mon	Midlum Hill and Chippewa Falls, FLT/NCT100	S. Schwinge
Jun 6	Tues	Cazenovia Lehigh Valley RR Evening Hike, NCT100	P. Whaley
Jun 7	Wed	Walking Wednesday – FLT Trail Maintenance	D. Frio
Jun 8	Thu	Hike Leader Appreciation Social – Meier’s Creek Brewery	L. Druke
Jun 10	Sat	Rogers Environmental Education Center	T. Evans
Jun 11	Sun	Highland Forest Hike	L. Druke
Jun 13	Tues	Lifestyles of the Rich & Famous – Skaneateles Lake Paddle	J. Lang
Jun 17	Sat	FLT Shackham Rd. S. to W. Keeney Rd. + Rte 13, Cuyler, NCT100	M. Aungier
Jun 24	Sat	Edgecliff/Stone Crusher Hike – Split Rock Unique Area	J. Bowen
Jun 25	Sun	Burlingame Rd Trails Hike	K. Disque
Jul 1	Sat	Clark Reservation Hike	M. Niemi
Jul 5	Wed	Walking Wednesday – FLT Trail Maintenance	D. Frio
Jul 8	Sat	FLT Trail Maintenance – Tioughnioga WMA, NCT100	H. Kyle
Jul 9	Sun	FLT Dublin Rd to Ratville Rd	J & J Condon
Jul 10	Mon	Fellows Hill Loop	S. Schwinge
Jul 11	Tues	Deer Creek Paddle	J. Lang
Jul 15-16	Sat-Sun	Sacandaga Lean-to Backpack	J. Bristol
Jul 15	Sat	Mary Dineen’s 90 th Birthday Celebration – Land O’Pines	M. del Pozzo/K. Disque
Jul 15	Sat	Little Woodhull Trail Clearing, Black River WF, NCT100	M. Coffin & B. Rosati
Jul 16	Sun	Little Long Lake Paddle	L. Druke
Jul 18	Tues	Nelson Swamp Evening Hike, NCT100	P. Whaley
Jul 22	Sat	Stone Dam Lake Trail, Black River Wild Forest, NCT100	M. Coffin & B. Rosati
Jul 23	Sun	FLT Abbott Loop	M. Niemi
Jul 29 - 30	Sat - Sun	FLT Trail Maintenance – Puncheon Punchout	H. Kyle
Aug 6	Sun	Bear Lake Hike	L. Druke
Aug 7	Mon	Highland Forest	S. Schwinge
Aug 8	Tues	Erie Canal Evening Hike (Kirkville)	P. Whaley
Aug 9	Wed	Walking Wednesday – FLT Trail Maintenance	D. Frio
Aug 17-23	Thu – Wed	NCT Adirondack Work Week, NCT100	M. Coffin & B. Rosati
Aug 19	Sat	Camillus Forest Unique Area	J. Bowen
Aug 20	Sun	W. River Rd (near Tuller Hill SF) FLT/NCT100	M. Niemi
Aug 27	Sun	Oneida Rail Trail 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](#)

ADK Onondaga Chapter Covid-19 Guidelines	
Low Level	
Stay up to date with COVID-19 vaccines	
Stay home and get tested if you have COVID-19 symptoms	
Medium Level	
Stay up to date with COVID-19 vaccines	
Stay home and get tested if you have COVID-19 symptoms	
Masks recommended while carpooling	
High Level	
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.	

9007 Walking Wednesday Every Wednesday 9:00 AM

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

Rating: (E-M)

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

maryrwniemi@gmail.com and Sigi Schwinge 315-437-6906, 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.

ADK National Trails Day, June 3. This year, ADK's National Trails Day event will be held at Heart Lake Program Center, Saturday, June 3 from 8:00 a.m. to approximately 3:30 p.m. Individual projects will range from corridor and tread work on the new Mount Jo Long Trail, to drainage and blowdown clearing on select trails in the High Peaks from Adirondack Loj trailhead. Visit ADK.org for additional details and to sign up for a project.

9008 National Trails Day - FLT Maintenance Hike - Chippewa Falls

Sat. Jun 3 9:00 AM

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby) **at 9am** OR Stoney Brook Road at 42.70676, -75.89837

Rating/Distance: (E) ~4 miles

R/T Drive: 60 miles

Map(s): DeLorme 61, FLT-M22

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

We'll continue the work benching and building steps on the steep hill beside Chippewa Falls. We built and opened this trail last year, but have some clean-up work that we'd love your help to complete. No experience necessary, but there will be some heavy lifting and tool use. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing.

9009 Rambling Around the Countryside
Sun Jun 4 9:00 AM

Meeting Place: DeWitt Wegman Park-n-Ride (in front of the Hobby Lobby)

Rating/Distance: (E) 4.5 miles

R/T Drive: 45 miles

Map(s): DeLorme 61

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

We will go on several short, slow hikes at Woodchuck Hill Field and Forest Preserve, 3 Falls Woods (waterfall optional), Indian Hill, Delphi Falls and Carpenter's Pond.

9010 Onondaga Lake Walk
Sun. Jun 4 12:00 PM

Meeting Place: Contact Leader

Rating/Distance: (E)

Map(s): DeLorme 61

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

Enjoy an easy, beautiful walk along Onondaga Lake. Walk your pace and as long as you wish.

Must call (before 8:00 pm) for meeting place and to confirm.

9011 FLT/NCT Midlum Hill and Chippewa Falls

Mon Jun 5 9:00 AM

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

Rating/Distance: (M) 4+ miles

R/T Drive: 60 miles

Map(s): FLT O1, DeLorme 61

Leader(s): Sigi Schwinge, sigischwinge@aol.com, 315-437-6906 (leave message)

We'll walk the Finger Lakes Trail from Midlum Rd. to Midlum Hill, enjoy the view and return to Midlum. Then we have a brief drive to Stoney Brook Dr. and walk down to the valley on the new trail to our spotted car on Rt. 12. Monday walk-n-talk group finds a nice trail every Monday. Email Sigi for other Monday outings.

9012 Cazenovia Lehigh Valley Railroad Evening Hike, NCT100

Tues. Jun 6 6:00 PM

Meeting Place: Cazenovia Lake Lot (Rt. 20)

Rating/Distance: (M) 5 miles

R/T Drive: 5 miles

Map(s): DeLorme 61

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

pegw1909@gmail.com

Join me for a walk from Bingley Rd to Freber Rd. and return.

9013 Walking Wednesday – FLT Trail Maintenance Hike (NCT100/FLT)

Wed. Jun 7 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(s): DeLorme 60,61,77, FLT M-21, O-1 or O-2

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

richardfriood@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.

9014 Hike Leader Appreciation Social – Meier's Creek Brewery

Thur. Jun 8 5:00 PM (RSVP)

Meeting Place: Meier's Creek Brewery, 33

Rippleton Road, Cazenovia, NY 13035

Leader(s): Lisa Druke, lisadruke@gmail.com

In appreciation for your leadership and dedication for our chapter programs including outings, trails, education, membership and social programs, our leaders past and present are cordially invited to our annual 'hike leader appreciation social' at the Meier's Creek Brewery in Cazenovia. We will welcome our new 2023 hike leaders including Joe and Jamie Condon and Saramarie Hoffman. Please **RSVP** Lisa Druke at lisadruke@gmail.com by Wednesday, June 7.

9015 Rogers Environmental Education Center

Sat. Jun 10 8:30 AM

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

Rating/Distance: (E) < 4 miles

R/T drive: 90 miles

Map(s): DeLorme 78, Visitor Center Trail Map

Leader(s): Theresa Evans, 315-414-0431,

tj_evans@verizon.net

We will hike the variety of trails accessed from the main visitor area. There could be interesting wild flowers and/or birds as there are water areas in this locale. We also can travel a short distance to 1 or 2 nearby trail heads to extend our walk and exploration of this DEC site in the Sherburne, NY area. Please bring snacks or lunch and water for the time out in the fresh air. Note: Per the website there is a special event - Outdoor Day being led (1000-2:00). We could join if so inclined but can do our own thing alternatively.

9016 Highland Forest Hike

Sun Jun 11 Contact Leader

Meeting Place: Highland Forest Skyline Lodge parking

Rating/Distance: (S) 8.8 miles

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

Leader(s): Lisa Druke, lisadruke@gmail.com

We will hike the trails in the park and hope to see many wild flowers. The trails are rolling and varied terrain with ~1200 ft. elevation gain. Onondaga County Parks Trail use fee is \$3. The pace will be moderate. Bring lunch/snacks and water, bug net, rain gear and hiking boots.

9017 Lifestyles of the Rich and Famous - Skaneateles Lake Paddle

Tue Jun 13

Meeting Time/Place: Contact Leader

Rating/Distance: (E)

Map(s): DeLorme 60

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

We will paddle along the western shore of Skaneateles Lake and drool at the gorgeous properties that dot that side of the lake. Will David Muir come out to greet us? We'll just have to see. We'll paddle from the state boat launch and head northerly toward the village. This will be either a morning or afternoon

paddle. Contact leader ahead of time for more details. Possibility of lunch or dinner at Doug's Fish Fry. PFD's required. Inclement weather cancels.

9018 FLT Shackham Rd. S. to W. Keeney Rd.+ Rte 13, Cuyler, NCT100

Sat Jun 17 10:00 AM

Meeting Place: Contact Leader

Rating/Distance: (M) 6.5 miles

R/T Drive: 30 miles

Map(s): DeLorme 61 & 77, FLT O1

Leader(s): Monica Aungier, 315-481-5903

monica.aungier@gmail.com

We will take a light to moderately paced, early summer 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 and snacks. We will spot cars.

9019 Edgecliff / Stone Crusher Hike - Split Rock Unique Area

Sat Jun 24 9:00 AM

Meeting Place: Camillus Tops, Genesee St.

Rating/Distance: (E) 4-5 miles

R/T Drive: 1 mile

Map(s): DeLorme 60

Leader(s): Jon Bowen, jkbowen@gmail.com

We will walk to the end of the Edgecliff Trail, owned by Onondaga County Parks, and then hike up to the stone crusher to explore. We will be in the Split Rock Unique Area.

9020 Burlingame Trails Hike - Cazenovia

Sun. Jun 25 1:00 PM

Meeting Place: Caz Lake Lot, Rt 20

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

R/T Drive: 6 miles

Map(s): DeLorme 61

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

kathydisque@yahoo.com

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

9021 Clark Reservation Hike

Sat. Jul 1 9:00AM

Meeting Place: Clark Reservation Parking Lot

Rating/Distance: (E) 3-4 miles

Map(s): DeLorme 61, Clark Res. SP trails map

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

maryrwniemi@gmail.com

Enjoy the start of the 4th of July weekend with a hike through the trails in this beautiful park. Bring snacks, water.

9022 Walking Wednesday – FLT Trail Maintenance Hike (NCT100/FLT)

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

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

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.

9023 FLT Trail Maintenance – Tioughnioga WMA, NCT100

Sat Jul 8 9:00 AM (Contact Leader)

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby) **at 9am** OR TBD

Rating/Distance: (E) ~4 miles

R/T Drive: 44 miles

Map(s): DeLorme 77, FLT-O2

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

There are some very wet parts of the Tioughnioga Wildlife Management Area at the very end of the Onondaga Branch Trail. The DEC has authorized us to build puncheons to help mitigate erosion on our trail here. No experience necessary, but there will be some heavy lifting and tool use. The

chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing.

9024 FLT Dublin Rd to Ratville Rd

Sun Jul 9 9:00 AM

Meeting Place: Cazenovia Lake Lot on Rt. 20

Rating/Distance: (M) 5.5 miles

R/T Drive: 36 miles

Map(s): DeLorme 77 FLT-M22

Leader(s): Joe & Jamie Condon,

315.726.3755, jalynncondon@outlook.com

Join us for a moderately paced hike on a small piece of the FLT that we maintain as volunteer stewards. This should be a relatively shady hike for a Sunday morning in July. This hike takes us up a little hill, through a forest, along a pasture, and meanders along a relatively flat second half. We will start at Dublin Road, but first, we will spot cars to Ratville Road where we will end. Bring snacks and water.

9025 Fellows Hill Loop

Mon. Jul 10 9:00 AM

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

Rating/Distance: (E) 4 miles

R/T Drive: 40 miles

Map(s): DeLorme 61, FLT O1

Leader(s): Sigi Schwinge, sigischwinge@aol.com, 315-437-6906 (leave message)

We'll start uphill to the "peak" (sorry no view) then descent to Spruce Pond and complete our loop along scenic creeks with little waterfalls. This is a Finger Lakes Trail Passport hike. Find info on the passport program on www.FingerLakesTrail.org and go to Hiking then go to Passports.

Our **walk-n-talk** group finds an interesting trail every Monday. Email Sigi for more info.

9026 Deer Creek Paddle

Tues Jul 11

Meeting Time/Place: Contact Leader

Rating/Distance: (E) 5.4 miles

R/T Drive: 66 miles

Map(s): DeLorme 32, Take a Paddle, Finger Lakes, Rich and Sue Freeman

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

We will put in at the state boat launch on Rt 3 near Pulaski and paddle through the creek and marsh to the shore of L. Ontario where we will have lunch and go for a swim. Of course, bring lunch and bathing suit. PFD required. Contact leader ahead of time for time and meeting place. Inclement weather cancels.

9027 Sacandaga Lean-to Backpack

Sat-Sun Jul 15 -16

Meeting Time/Place: Contact Leader

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

R/T Drive: 230 miles

Map(s): DeLorme 37

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

Let's take a walk into the Siamese Ponds Wilderness. We will hike along the East Branch of the Sacandaga River to the junction of a trail up to Siamese Ponds. Bug nets and bug dope are advisable. Group size is limited to 8.

9028 Mary Dineen's 90th Birthday

Celebration at Land O'Pines

Sat. Jul 15 11:00 AM (RSVP to

Kathy Disque by July 12)

Meeting Place: Land O'Pines, 8644 Preston Hill Drive, Camden, NY

Rating/Distance: (E) 3.5 miles

Maps: DeLorme 47

Leader(s): Mark del Pozzo 315-245-0772, Kathy Disque, 315-656-3383, kathydisque@yahoo.com

Join us for an ADK get together to celebrate Mary Dineen's 90th birthday. Bring a dish to share (cake and beverages will be provided). **Please no gifts.** We may take a walk in Forest Park for those who want to walk starting at 11:00 AM.

Please **RSVP by July 12th to Kathy Disque** (email response preferred).

Directions from the North & West take I81 north to the Central Square Exit, then right on NY49 to Mulholland Dr. in North Bay. Turn left onto

Mulholland and follow it to Preston Hill Dr. Turn right onto Preston Hill Dr. From the South and East, Take the Thruway to Canastota (Exit 34) turn right on Rt. 13. Follow Rt. 13 past Sylvan Beach to Rt. 49. Turn left on Rt. 49 and follow it to North Bay, turn right on Mulholland Dr. and follow it to Preston Hill Dr., turn right. Land O' Pines is on your right just past Preston Hill Gravel – black mailbox # 8644. Watch for the ADK signs.

9029 Little Woodhull Trail Clearing, Black River Wild Forest, NCT100

Sat. Jul 15 8:30 AM (please RSVP)

Meeting Place: Canastota Exit 34 (contact leader)

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

R/T Drive: 200 miles

Map(s): Delorme 49

Leader(s): Mary Coffin, maryccoffin@gmail.com & Bob Rosati, brosati@twcny.rr.com

We will clear our adopted section of the North Country National Scenic Trail of blowdown and side cutting and post some more markers on the red section. Head nets and repellent are advised. Wear work gloves, dress for the weather and pack the 10 essentials, including lunch, snacks and extra water. No experience is needed. Tools will be supplied but you are welcome to bring your own saws and loppers.

9030 Little Long Lake Paddle

Sun. Jul 16 8:30 AM

Meeting Time/Place: Contact Leader

Rating/Distance: (A) (E) 4 miles

R/T Drive: 114 miles

Map(s): Delorme 49

Leader(s): Lisa Druke, lisadruke@gmail.com

We will launch at the state launch site on Long Lake Rd (at junction with Capron Rd) and explore the shoreline watching for loons and other birds and observing the variety of plants. A short hike to Brandy Lake (0.9 mi. one way) is an option depending on the group's desire. After the paddle, the group is welcome to refreshments at my camp (short drive from the launch site).

9031 Nelson Swamp Evening Hike, NCT100
Tue Jul 18 6:00 PM

Meeting Place: Cazenovia Lake Lot (Rt. 20)

Rating/Distance: (E) 4 miles

R/T Drive: 8 miles

Map(s): DeLorme 61

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

pegw1909@gmail.com

We will walk out to Hardscrabble Rd. and return to do the interpretive trail on the way back.

9032 Stone Dam Lake Trail, Black River
Wild Forest, NCT100

Sat. Jul 22 8:30 AM (please RSVP)

Meeting Place: Canastota Exit 34 (contact leader)

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

R/T Drive: 200 miles

Map(s): Delorme 49

Leader(s): Mary Coffin, maryccoffin@gmail.com & Bob Rosati, brosati@twcny.rr.com

We will clear this section of the North Country National Scenic Trail where it first enters the Adirondack Park. We will remove blowdown and do side cutting and post some more markers. Head nets and repellent are advised. Wear work gloves, dress for the weather and pack the 10 essentials, including lunch, snacks and extra water. No experience is needed. Tools will be supplied but you are welcome to bring your own saws and loppers. This section will eventually be connected by a new trail to the Little Woodhull Lake Trail.

9033 FLT Abbott Loop
Sun Jul 23 8:30AM

Meeting Place: Dewitt Wegmans Park-n-Ride or call leader to meet at McDonald's at LaFayette exit on Rt. 81 South.

Rating/Distance: (S) 8.8 miles

R/T Drive: 90 miles

Map(s): Delorme 92, FLT M17

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

maryrwniemi@gmail.com

This trail was built and is maintained by the Cayuga Trails Club and it encompasses some of the most beautiful scenery in Danby SF. The trail area overlooks West Danby, the Lindsay-Parsons Biodiversity Preserve and the forest hills in the distance. We will start at the Michigan Hollow Rd.

parking area. There will be steep hills, descents and creeks. Bring snacks and water.

9034 FLT Trail Maintenance – Puncheon
Punchout, NCT100

Sat - Sun. Jul 29 - 30

9:00

AM

(each day)

Meeting Place: Dewitt Wegmans Park-n-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-O2

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

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

9035 Bear Lake Hike

Sun Aug 6

9:00 AM

Meeting Place: Contact Leader

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

R/T Drive: 120 miles

Map(s): Delorme 35 ADK West Central Guide

Leader(s): Lisa Druke, lisadruke@gmail.com

Bear Lake (near McKeever) is located in the Black River Wild Forest in the Adirondacks. We will take the Woodhull Mt. Trail, then the spur trail to the lean-to at Bear Lake and return.

**9036 Highland Forest
Mon Aug 7 9:00 AM**

Meeting Place: Highland Forest Skyline Lodge parking

Rating/Distance: 4+ miles

R/T Drive: 40 miles

Map(s): DeLorme 61, FLT O2

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

We'll take one of the many trails and have fun walking in our group observing nature. There is a \$3.00 fee for a day hike pass in this county park. Monday walk-n-talk group hikes every Monday. Email Sigi for details.

**9037 Erie Canal (Kirkville) Evening Hike
Tue Aug 8 6:00 PM**

Meeting Place: Erie Canal Parking Lot on Kirkville Rd

Rating/Distance: (E) 4-5 miles

Map(s): DeLorme 61

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

Join me for a nice leisurely walk on the canal from Kirkville to the white bridge (past Poolsbrook Park) and return.

**9038 Walking Wednesday – FLT Trail
Maintenance Hike (NCT100/FLT)
Wed. Aug 9 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(s): DeLorme 60,61,77, FLT M-21, O-1 or O-2

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

**9039 NCT Adirondack Work Week,
NCT100**

Thu – Wed Aug 17 - 23

Meeting Time: **email leader to reserve a spot, maryccoffin@gmail.com**

Rating/Distance: (A) (M-S) 3-7 mi daily, varies

Meeting Place: Dirgylot Trailhead for Jones Hill

Map(s): DeLorme 38

Leader(s): Mary Coffin, maryccoffin@gmail.com, cell 315-657- 0229 & Bob Rosati,

brosati@twcny.rr.com

We will be putting the finishing touches on the new NCT section over Jones Hill in Hoffman Notch Wilderness. The plan is for the ADK Pro crew and SCA crew to complete the new trail from Platt Brook to the summit. Our volunteer group will be putting finishing touches on benching started last year, posting markers, checking drainage etc. No prior skills are needed. Instruction will be provided. Volunteers will provide their own food and lodging. Schroon Lake village offers many motel/ B&B opportunities and 2 DEC campgrounds. Limited complimentary camping is available in a first come/first served basis by contacting Mary Coffin. Join like-minded trail folks and become involved literally on the ground floor of this project while soaking up the Adirondack ambience. Join us for all 5 days, just the weekend or a day or two. Space is limited.

**9040 Camillus Forest Unique Area
Sat Aug 19 9:00 AM**

Meeting Place: Camillus Forest Parking Lot

Rating/Distance: (E) about 4 miles

Map(s) DeLorme 60

Leader(s): Jon Bowen 315-638-8749 jkbowen@gmail.com

We'll walk the perimeter trails in this forest. Bring water and a snack.

9041 NCT/FLT W. River Rd (near Tuller Hill State Forest)

Sun Aug 20 9:00 AM

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of the Hobby Lobby) or call leader to meet at McDonald's at LaFayette exit on Rt. 81 South.

Rating/Distance: (M/S) 7.7 miles

R/T Drive: 70 miles

Map(s): Delorme 77, FLT M20

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

maryrwniemi@gmail.com

The plan is to start in Tuller Hill SF at the Neal Brook Trail at Pipeline Rd. and hike down W. River Rd. to the parking area at Steve Russell Rd. by the Rt. 81 underpass. W. River Rd. is one of my straggler hikes that I need to finish towards completing my FLT End-to-End. Bring snacks and water.

9042 Oneida Rail Trail Hike

Sun Aug 27 1:00 PM

Meeting Place: Thruway Exit 34 (Canastota)

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

R/T Drive: 6 miles

Map(s): DeLorme 61

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

kathydisque@yahoo.com

The trail runs through woodlands on an old corridor once used by the New York Central's West Shore Railroad. We'll hike the section from Wampsville to Oneida and return.

Mark Your Calendar

Bike to Great Camp Santanoni, Newcomb, NY Date to be determined (late June through Labor Day 2023) and to coincide with free tours led by Adirondack Architectural Heritage. We will drive the 3+ hours to Newcomb, NY and bike the 5 miles (10 mi R/T) into Great Camp Santanoni on the gravel road with several stops to visit various exhibits enroute to the main lodge. (Not suitable for road bikes, electric bikes are prohibited on these trails.) Bring water, lunch and appropriate gear (incl bike helmet) and clothing. Possible stop for food and beverage in Old Forge enroute home. This will be an all-day trip departing Syracuse at 8:00 and returning after 6:00pm. Contact leader for date, meeting place and details. John Lang 315-492-3414.

North Country Trail Association Annual Celebration, Sept 27 – Oct 1. This is a multi-day event that offers opportunities to explore the North Country National Scenic Trail in unique locations. Celebration allows you to network with trail enthusiasts from North Dakota to Vermont and beyond, attend skills workshops and volunteer training, and participate in engaging evening presentations.

<https://northcountrytrail.org/annual-events/celebration/>

Chapter November Business Meeting, November 11, 2023, Collamer United Church, **Open to Non-Members-Bring a Friend,** Guest Speaker, Roy Cooley will speak on the history of the Adirondack guide boats.

Mailing Address:

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

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