

# ADIRONDACK MOUNTAIN CLUB

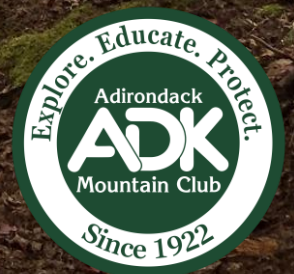
## ONONDAGA CHAPTER

# TALK OF THE TRAIL Fall 2023

September 🌻 October 🌻 November

### HIGHLIGHTS IN THIS EDITION

- Fall Business Meeting
- Outing Leader Requirements
- Edgecliff Park/Stone Crusher
- Outings!



# ADK ONONDAGA CHAPTER

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[adk-on.org](http://adk-on.org)

## EXECUTIVE COMMITTEE DIRECTORY

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*Submissions for the winter edition accepted until November 1. Send to Jamie Condon.*

### ABOUT THE COVER

Queer Lake Lean-to, taken on a chapter outing in October 2022 *Photo Courtesy of Pete Libera*

## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Renato Mandanas, Geoffrey Kessner, Latha Ramalingam, Mary Howard, Catherine Hrbac & Douglas Samson, Ken Walker

*Note: This is only one month of new members based on the information available.*

As of May 2023, the ADK Onondaga Chapter boasts total of 1,275 members and 9 affiliates. Adirondack Mountain Club overall membership stands at 26,054.

That is a decrease of 8 chapter members, no change in affiliates and a decrease of 156 in total ADK membership since April 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!

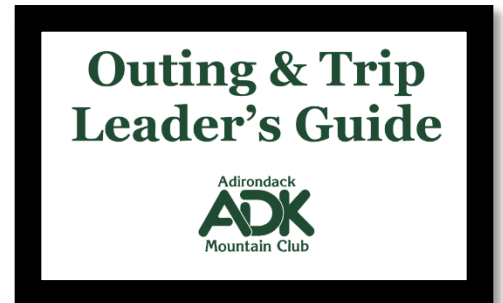
I am excited to share a personal note that I have completed my quest to climb the 46 ADK high peaks ending on Armstrong (#45) and Gothics (#46) in June, 46R #14,912. Thanks to all for their support, wisdom, and camaraderie over the last 10 or so wonderful years of adventures.




Armstrong Mountain (#45) 23 June 2023

National Trails Day was celebrated by our Chapter on June 3 by a hardworking group of volunteers, near Chippewa Falls, on a new trail section. Under the leadership of Harold Kyle, weed whacking, benching, pruning, and construction of new stairs were the activities of the day. Other trail clearings and projects were held in the Tioughnioga Wildlife Management Area, the Black River Wild Forest and on the Onondaga trail to Jones Hill (near the Morgan Hill State Forest). Thanks to our leaders Dick Frio, Harold Kyle, Mary Coffin, and Bob Rosati for organizing these outings and thanks to all of our volunteers for your hard work!

Outings Policy Changes! The ADK board has approved a new outings policy in April entitled “Outings and Trip Leader’s Guide”. The goal of the new policy is largely to gain more favorable Directors and Officers insurance for the ADK. The policy will align chapters to establish common protocols for outings that will include a Leader Certification program with oversight by the Club. The Chapter’s practices for selecting and mentoring volunteer chapter trip leaders will be enhanced by this change. Chapter Leaders will be required to certify Level One, Two or Three to continue leading outings with the ADK. A combination of online courses, in-class and hands-on training will be offered at no cost or reimbursed in full by the ADK. The timeline for completion is by the end of 2024. This is a great opportunity for members of our Chapter to grow their outdoor leadership skills and give back to our Chapter as a hike leader. For more information and where to go to get Chapter support on navigating these changes please refer to the Outings report later in this newsletter.



Fall is around the corner. Join us for our annual Fall Picnic at Land O’ Pines hosted by Mark del Pozzo and Mary Dineen!

I look forward to seeing you on the trail! 

FALL TRAIL MAINTENANCE OPPORTUNITIES		
Dates	Description	Leader(s)
Sept 6	FLT/NCT Trail Maintenance	Dick Frio
Sept 9	Oak Mountain Trail	Mary Coffin
Oct 4	FLT/NCT Trail Maintenance	Dick Frio

*Check the Outings section for additional details!*

BY PAT URBAN

## FALL BUSINESS MEETING

WHEN: NOVEMBER 11, 2023, 3PM START

WHERE: [FELLOWSHIP HALL, COLLAMER UNITED CHURCH](#)

**SPEAKER:** Our guest speaker at 3:30 is Roy Cooley who will speak on the history of the Adirondack guide boats. Roy has always been fascinated by small boats, particularly unique regional boats. Over the years he has built or restored over 30 boats including 10 Adirondack guide boats.

*Registration will be required. Please bring a dish to share and your own place setting. Please check our [website](#) and your email for details and information to register. Turn-by-turn driving directions can be found in our outings section.*

### Fall Business Meeting Agenda

3:00 pm	Social Half Hour
3:30 pm – 4:30 pm	Roy Cooley, Guide Boat Expert
4:30 pm – 5:00 pm	Business Meeting
5:00 pm	Potluck Dinner

**NON-MEMBERS WELCOME! MEMBERS ARE ENCOURAGED TO BRING A FRIEND!**

### NOMINATING COMMITTEE

MIKE OGDEN

MARGE ELDRIDGE

JOE CONDON

### NOMINATIONS FOR 2024 ADK-ON CHAPTER OFFICERS

The nominating committee has worked diligently to produce the following slate of officers for 2024:

Chair - Bruce Holloway

Vice Chair - Mary Niemi

Secretary - Jamie Condon

Treasurer - Chris DeVoe

Chapter Advisor - Mike Ogden

Chapter Advisor - Kathy Disque

Advisory Council Trustee - Lisa Druke

### AWARD NOMINATIONS

#### Call For Distinguished Volunteer Nominations

The Awards Committee is accepting written nominations for the 2023 Chapter Distinguished Volunteer Award.

ADK-ON recognizes an individual who makes contributions to the Onondaga Chapter either through a specific project or for many years of service and who has demonstrated outstanding volunteerism, leadership or is a role model for membership.

The committee will select an individual to recognize, and the presentation of the award will be made at the annual meeting and banquet in November.

Past recipients comprise the committee and are not eligible:

Ann & Bill Brosseau, Mary & Bill Coffin, Dick Lightcap, Kathy Disque, Tony Rodriguez, Mary Dineen, Mary Niemi, Peg Whaley, Ken Kaufman, Jon Bowen, Sigi Schwinge, Marg Ong, Lisa Druke, Missy Ethridge, Mark Del Pozo and Dick Frio.

Nominations must be in writing (emails are acceptable) and must be received by [Peg Whaley](#) no later than September 30, 2023. – Peg Whaley

BY MARY COFFIN



Kim Putnam @ Stone Dam Lake carrying the "persuader" Photo Courtesy Dick Frio

## ADK Volunteers Clear Trails on the NCT Route in Black River Wild Forest

Building new trails such as the North Country Trail across the Adirondacks is exciting work. But once a trail is constructed it must be maintained or it will grow over. Trails in the Forest Preserve are adopted by ADK members, Chapters, families and other groups or individuals who become Trail Stewards like we have on local trails. Volunteer Trail Stewards venture into the Adirondack woods with loppers and saws to keep trails open.

ADK Onondaga has adopted the Little Woodhull Lake Trail and the beginning of the Stone Dam Trail. Both are close to home, part of the North Country National Scenic Trail and located just off North Lake Road in Black River Wild Forest. On July 15, twelve chapter members worked to clear the Little Woodhull Lake Trail. We divided into three teams. The strongest hiker team took the two-person crosscut saw, axe and wedges and hiked the furthest into the woods to remove blowdowns and post some trail markers. They found blowdowns to remove and that the trail deepest into the woods was so little used that the tread was disappearing. The middle group removed deadfall and lopped off branches growing

into the trail in the middle section. And the more leisurely workers mostly lopped growth and removed smaller blowdowns along the tread on the first two miles. By this divide and conquer method the group




Lisa Druke, Kim Putnam, Dick Frio, Bob Rosati @ Stone Dam Photo Courtesy Mary Coffin

collectively removed 8 blowdowns, cleared 4 miles of trail and donated 6 hours of sweat equity while driving only 3 hours round trip.

Continuing responsibilities, on July 22, our volunteer crew of 6 returned and cleared the neglected Stone Dam Lake Trail. Over the course of 3 miles the crew removed 22 blowdowns, lopped off many encroaching shrubs and overhanging, "in your face branches," and posted DEC markers while logging 5.5 hours of work and three hours' drive time.

Thank you to the following volunteers: Jon Bowen, Kathy Bowen, Jamie Condon, Joe Condon, Kathy Chillemi, Lisa Druke, Dan Dorrrough, Ruth Dorrrough, Dick Frio, Dick Harper, Kim Putnam and Bob Rosati. The next goal in this area is to flag a potential NCT Corridor between these two trails, Stone Dam Lake and Little Woodhull Lake Trails. Thanks folks.

If you would like to become a trail steward on an Adirondack section of the NCT contact [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com) - Mary C Coffin, Crew Coordinator 

Shout to Kathy Disque for always handling the printed copies of this newsletter!!!

Thanks Kathy! ♥

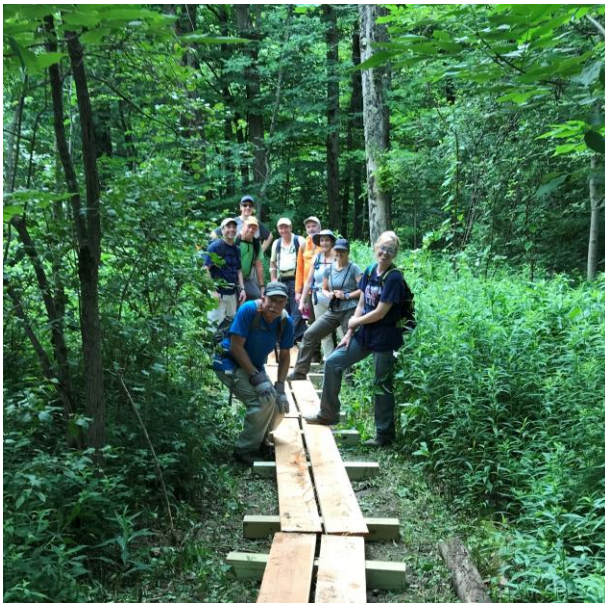
BY HAROLD KYLE



Ben Fox, Julie Crimmins, Dick Harper, Doug Burdick @ Jones Hill Photo Courtesy Dick Frio

The ADK Onondaga trails crew has put in many hours this summer keeping the trail clear and building puncheons. In addition to regular crosscut saw and string trimmer outings, we had three productive events on the FLT trails we maintain.

Last year we built a new trail to connect Cuyler Hills State Forest to Mariposa State Forest, but there are still several steep segments by Chippewa Falls. On National Trails Day this year, a crew assembled about 20 box steps to help the footing and to prevent erosion. These steps are dug by hand deep into the sidehill and are filled with the loose rock we uncover. It's a nice stretch of trail if you're looking for a steep climb. Parking is available on Route 12 where the trail continues east.



The crew celebrates after completing 25 puncheons in Tioughnioga WMA Photo Courtesy Harold Kyle

The north end of the Onondaga Trail at Tioughnioga Wildlife Management Area needed quite a bit of TLC this year, so thankfully an enthusiastic crew showed up on July 9. First, we cut back brush and multiflora rose. Then, 25 long puncheons were hauled in and installed in swampy parts. New York State requires the trail to stay on the periphery of the WMA, so we can't route around the wet areas as we would like. The new puncheons should allow people a more pleasant hiking experience.

We had two days of puncheon building on Jones Hill in Morgan Hill State Forest planned for July, but inclement weather forced us to do everything in one day. This stretch is one of the most heavily used sections of the FLT we maintain, so the wet areas have become rutted and braided over time. By the time the day was over, we'd installed about 34 new puncheons to make the trail more sustainable.

The season is winding down for us this year but stay tuned for opportunities to join one of our outings next year. Thanks to everyone who helped out with outings and who volunteer as stewards for sections of our 74 miles of trail. Reach out to me at [harold@cnyhikes.com](mailto:harold@cnyhikes.com) if you'd like to hear about volunteer opportunities.



Paul Dobrzynski, Bob Rosati, and Dick Harper assemble a puncheon in Tioughnioga WMA Photo Courtesy Harold Kyle

BY JON BOWEN

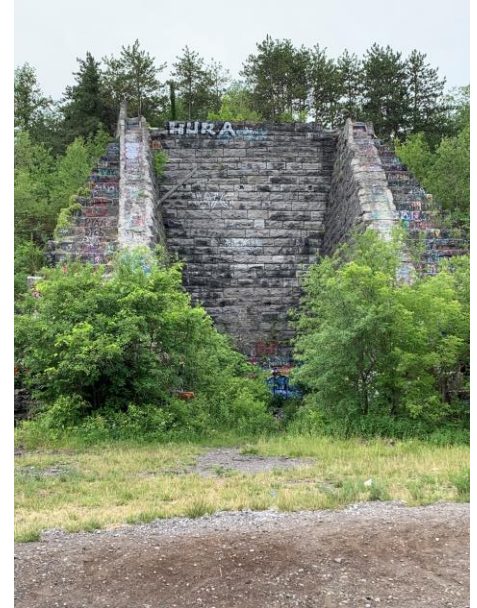
Our local ADK hikes generally take place on trails that are repeated over and over. The information below may provide you with another place to walk.

Despite being aware of the Split Rock area's existence, I had never paid too much attention to it. I am always looking for new places to hike and explore and earlier this year, I was playing with the Gaia app on my phone, and I thought I'd see what was in the Split Rock area. As soon as I zeroed in, I noticed an area of trails, one of which is the old Auburn-Syracuse trolley line. After exploring the area, I decided to add this area to our ADK schedule.

Eight people showed up to do this outing on June 24, a day when rain was predicted. The trailhead is on Kasson Road, left side, about 1 mile from Route 5 and the Camillus Tops store. This area is Edgecliff Park, owned by the Onondaga County Parks Department.

The old trolley line starts at this small parking area and continues for a flat walk for two miles to Onondaga Boulevard. This would make an easy out and back 4 mile walk.

Our group hiked in for about a quarter mile and turned left heading down towards the bottom of the cliff. The trail winds around with some short loop side trails before returning to the old trolley line. We continued down the trolley line passing various old structures that were associated with the trolley line. Eventually we reached a private residence and Onondaga Boulevard.



The Stone Crusher Photo  
 Courtesy Jon Bowen

At this point, we turned right, up a paved road that went to the old quarry. On the left side of the road, we could feel cold air emanating from one of the old tunnels in the area. Continuing up the hill we reached a flat area where there were buildings at one time. Straight ahead on the left is the stone crusher which looks like a Mayan temple. The group stopped to look around and explore and also to identify wildflowers like Viper's bugloss and gold moss stonecrop, among others. Theresa Evans was in attendance to give names to the flowers we discovered.



Viper's Bugloss  
 Photo Courtesy  
 Jon Bowen

We headed left at the base of the stone crusher, retracing our steps and heading up a rocky trail to the top of the stone crusher at the top of the quarry. Unfortunately, some people had a party there recently and Peg Whaley found a grocery bag which she filled with discarded aluminum beer cans. The trail at the top of the crusher provides views of the quarry below.


We continued along the top of the quarry where there are many side trails. This area is used for off-road biking, and they have built a network of trails. We continued for quite a while on one of the trails, but any trail to the right would connect to the main road in the old quarry. We eventually reached a road which is wider and in better condition than the bike trails.

The group continued down this old road passing some boulders that said "No ATVs" as well as a red sign indicating that a local cycling club maintained the trails. Eventually we turned off the old road on a short trail that took us back to the trolley line trail and then to our cars.

## ADDITIONAL READING

[The Story of the Split Rock Explosion](#)

[The Night the Rock Blew Up](#)

Everyone in the group thought this to be an interesting area and several said they would research the area and the stone crusher. We completed 2 loops and 4.5 miles, and the rain held off until after we had finished our exploration. 



BY LISA DRUKE

Implementation of the Outings Leader Guide (OLG) and Certifications program approved earlier this year by the ADK Board is in progress. Support for our chapter leaders is available as follows:

**OLG ONONDAGA CHAPTER SUPPORT:**

For technical assistance with accessing online training and completing the online certification submission, please contact: Jamie Condon, [jalynncondon@yahoo.com](mailto:jalynncondon@yahoo.com)

For other questions on the new leader requirements, please contact Lisa Druke, [lisadruke@gmail.com](mailto:lisadruke@gmail.com)

Our chapter website, [www.adk-on.org](http://www.adk-on.org), has been updated with a new page: [New ADK Leader Certification Requirements Implementation](#) including online course links and certification submission link to upload the certificates.

Note: Required leader training is offered at no cost by the ADK or will be reimbursed through the Chapter (contact Chapter Outings Chair for approval in advance of taking any course with fees)

*Follows are recent communications from the Advisory Council and ADK on the new Outings Leader Guide approved by the Board on April 19, 2023:*

*July 4, 2023*

*By Tom Ortmeyer, Acting Advisory Council Chair*

*Why the OLG is needed and Where Do We Stand?*

A bit over a year ago, we learned that ADK's practices for selecting and mentoring volunteer chapter trip leaders was outdated and did not meet requirements for favorable insurance coverage. In particular, the requirements in the Volunteer Protection Act of 1997 (VPA) for non-profit organizations were not being met. While the volunteers were and are protected by the act, the organization was not. In particular, this law requires any non-profits board and officers who hold fiduciary responsibility to develop and implement a certification program for its volunteers.

The Advisory Council was chaired with developing a draft OLG, and then the Council Chair Ned Garner assigned this task to the AC's outings and Meetings Committee. The Committee was asked to act quickly, due to the liability exposure of ADK. The draft was developed, circulated, revised and approved by the AC. It then went to the ADK staff for revision and editing, and the edited version was presented to the board this past January, where it was approved.

*ADK Communications, updated July 21, 2023*

*By Julia Goren, Deputy Executive Director*

Earlier this spring, the ADK board of directors voted unanimously to adopt an Outing and Leader's Guide that establishes organization-wide protocols that will create safer and more enjoyable experiences for our participants. This is the result of a robust year-long process led by the Advisory Council's Outings and Meetings Committee.

To lead outings in the future, leaders will have to take specific courses and certification programs. The requirements vary depending on the level of the outing. A grace period starts on June 1, 2023 which gives leaders the following time periods to acquire these certifications:

Level One: By December 31, 2023

Level Two: By December 31, 2024

Level Three: By December 31, 2024

To learn more about this change, visit the ADK resource page at [ADK.org/outing-guide-resources](http://ADK.org/outing-guide-resources).

## BY LISA DRUKE

### Leader Certification Requirements:

*NOTE: ADK course equivalents list: <https://adk.org/wp-content/uploads/2023/07/Outing-Guide-Certification-Equivalents-7-21.pdf>*

#### LEVEL 1

- Leave No Trace Awareness: (one-time)
- Sexual Harassment: (annual)
  - (Onondaga Chapter Recommended) Cornell Cooperative Extension Sexual Harassment Prevention Training (15 min) or
  - NYC.gov Sexual Harassment Training (45 min)

#### LEVEL 2

- Level One plus...
- Outdoor Leadership 101: (one-time)
- Map and Compass: (one-time)
  - Note:** Onondaga's Jeff Sargent course accepted as equivalent
- Basic First Aid: (period of certification varies by provider)

#### LEVEL 3

- Level Two plus...
- Leave No Trace Trainer: (one-time)
- Wilderness First Aid: (period of certification varies by provider)

### Requirements to qualify for each Level:

#### Level 1. To be certified as a Level 1 Leader, the person must:

- Be eighteen (18) years of age or older;
- Be a current member of ADK;
- Take Sexual Harassment Prevention Training annually (proof that someone has taken this training pursuant to their employment, or as part of some other requirement is acceptable);
- Complete Leave No Trace Training, either in-person or online
- Co-lead at least one outing with a certified outings leader or have the equivalent experience from leading a previous outing at a similar level; and
- Have knowledge of the ADK Outing and Trip Leaders' Guide that is approved by the ADK Board.

#### Level 2. To be certified as a Level 2 Leader, the person must:

- Complete Level 1 Certification;
- Co-lead at least 2 outings with a certified outings leader at this level or have the equivalent leadership experience from having led previous outings;
- Complete Red Cross First Aid or equivalent;
- Complete Map & Compass Fundamentals or equivalent (not necessary for paddling leaders).
- Complete ADK's Outdoor Leadership 101 or equivalent

#### Level 3. To be certified as a Level 3 Leader, the person must:

- Complete Level 2 Certification;
- Complete Wilderness First Aid Certification from either Red Cross or Wilderness Medical Associates (may also take this in lieu of Basic First Aid);
- Complete a Leave No Trace Trainer Course

BY LISA DRUKE

Additional Information, updated July 21, 2023:

**Suggested training schedule:**

This spring, Education staff piloted a volunteer symposium weekend training with all needed trainings for various volunteer positions. It was highly successful.

We propose offering a weekend this fall with all of the outings guide in-house trainings offered (meaning: Map and Compass, Basic First Aid, Outdoor Leadership 101, Leave No Trace training) on **November 17-19<sup>th</sup>, 2023**. If successful, this would be offered again in the spring.

ADK staff can offer 4 additional Map and Compass Fundamentals and Outdoor Leadership 101 courses specifically for outdoor leaders. These can be offered online or in person (perhaps 2 online and 2 in-person) over the course of the year. These courses would be run at no cost to participants. If the participants are unable to sign up for these particular courses, they can sign up for the open enrollment Map and Compass and Outdoor Leadership courses that are offered frequently throughout the year (but would need to have their chapter reimburse them for the course cost.) **See this schedule here:**  
<https://adk.org/skills-workshops/>

American Red Cross First Aid and CPR—there is an online training (asynchronous) that costs \$37. Chapters can budget for reimbursement to all outings leaders.

We also have an instructor at Heart Lake who can offer these courses. We would charge nothing except the \$25 cost for the certification. (American Heart Association) (We would offer 3 of these in 2024, 2 likely tied to Outings Guide training weekends.)

**Wilderness First Aid:**

These courses are offered regularly throughout the state and the region. Here are places to check for local trainings:

<https://adk.org/skills-workshops/>

<https://www.wildmed.com/wilderness-medicine-search-rescue-training-schedule/>

<https://wildsafe.org/courses/wilderness-medicine/wilderness-first-aid/>

If the chapter has enough demand, we can be the connection with instructors and help set it up locally.

ADK Education can offer 1-2 additional courses in 2024. (Chapter reimburse participants.)

**Leave No Trace Trainer:**

These courses are offered both by ADK staff and by other organizations and entities. We will offer two of these (fall and spring) as part of training weekends. We can also offer an additional trainer course if needed. We are also investigating the new online trainer course to find out if we can offer it.

Here are places to look for additional courses:

<https://lnt.org/event/?event-category=trainer-courses>

**New Leader Ratings System:**

Leader Level	Rating	Effort Level	Elevation Gain (ft.)	Miles	Time (hrs.)
3	A+	Very Strenuous	4,000	10	10
3	A	Strenuous	3,000	5 to 10	8 to 10
2	B+	Moderately Strenuous	2,000	5 to 10	6 to 8
2	B	Moderate	1,000	5 to 10	5 to 7
1	C+	Fairly Easy	1,000	5 to 8	4 to 6
1	C	Easy	Under 1,000	< 5	< 5

**New Flat/Moving Water Leader Ratings:**

Leader Level	Miles	Portages	Water Class
1	< 6	Short (< 1/2 mile)	Flat
1	6-12	Long (> 1/2 mile)	Flat/moving
2	12	Long (> 1/2 mile)	Flat/moving
3	12+ multi-day	Various	Flat/moving



**July 31, 2023**

**Onondaga Chapter Bylaw Proposed Amendments:**

Amendment 1

Article V.6

*Reason for the change: the ADK By-laws (March 1, 2022) Advisory Council Trustee term was revised from two year to three-year term and not more than three consecutive, three year terms.*

ARTICLE V – OFFICERS

6. The ADK Advisory Council Trustee is a Voting Member of the Chapter, not in the employ, full or part time of ADK, and shall be elected by the Chapter as the ADK Trustee to serve on the ADK Advisory Council for a three-year term, starting January 1, and renewable two times. The ADK Trustee shall not be elected for more than three consecutive, three year terms.

Amendment 2

Article VI.4

*Reason for the change: The Chapter(s) must submit the Treasurer's report including the equipment inventory annually.*

ARTICLE VI - COMMITTEES AND EQUIPMENT

4. The equipment inventory as a Chapter asset will be submitted to both the audit and Treasurer's report annually after EC approval.

Amendment 3

Article VI.2.12

*Reason for the change: Clarify the Internet Communications Committee role.*

ARTICLE VI - COMMITTEES AND EQUIPMENT

2.12 The Internet Communications Committee shall develop and maintain the chapter website, and any other internet communications (such as distribution of the electronic newsletter, Facebook, Instagram, Google Group, and other social media approved by the Executive Committee).

**BY-LAWS**

Onondaga Chapter, Adirondack Mountain Club Inc.

ARTICLE I - Name. This organization shall be called the Onondaga Chapter, Adirondack Mountain Club Inc., hereinafter referred to as the Chapter. All references to committees (with the exception of the ADK Advisory Council) refer to those of this Chapter.

ARTICLE II - Organization. This organization shall be regulated by the Articles of Incorporation and Bylaws of the Adirondack Mountain Club Inc., hereinafter referred to as the ADK.

ARTICLE III - Objectives. The general objectives of the Chapter shall be to foster conservation, environmental advocacy, and educational and recreational programs that are environmentally and ecologically sound and shall support the mission and goals of the ADK.

Specific objectives shall be:

1. To advocate and broaden popular support of that part of Article XIV, Section 1, of the New York State Constitution which provides that the lands of the state constituting the Forest Preserve shall be forever kept as wild forest lands.

2. To conserve natural resources, especially of the Adirondacks.
3. To protect wildlife.
4. To advance programs for forest management within and outside of the Forest Preserve.
5. To sponsor and encourage responsible outdoor recreation in the Adirondack Mountains in a manner consistent with the wild forest and wilderness character of the region.
6. To organize and conduct outings.
7. To collect and publish information about the Adirondacks.
8. To assist the State Department of Environmental Conservation in the construction, marking and maintenance of sustainable trails.
9. To construct and maintain trails for public use.
10. To support use of the *Finger Lakes Trail* and the *North Country National Scenic Trail*.
  - The Chapter defines a foot or hiking trail as pedestrian use only with no trail riding of any kind. A trail distance that meets this qualification is a dedicated foot trail and is authorized by a Chapter agreement with the landowner authority.
  - A trail connector is where motorized and or non-motorized riding are otherwise authorized by a land authority. The Chapter uses trail connectors as temporary and all will be replaced with dedicated foot trails over an indefinite period of time. The dedicated foot trail and trail connector are the only two Chapter designations.
  - The Finger Lakes and North Country trails will be known by the purpose and objective of their dedicated foot trails and not by use of temporary trail connectors.
  - The need by many people to have primitive foot trail experiences on single use paths is as important as any other kind of trail recreation.

#### ARTICLE IV- Membership

1. Membership in the Chapter shall be open to any person who meets ADK qualifications.
2. Classes of membership are established by the ADK. All Chapter members over age 18, except Affiliates, shall have Chapter voting privileges.
3. Dues shall be fixed by the ADK. Dues for Affiliate members shall be fixed by the Chapter Executive Committee.
4. Non-payment of dues shall subject the member to termination in accordance with the ADK by-laws.
5. ADK members in good standing shall be automatically accepted as members of the Onondaga Chapter upon written application.

#### ARTICLE V - OFFICERS

1. The officers of this Chapter shall be: the Chapter Chair, the Vice-Chair, the Secretary, and the Treasurer. All officers shall be voting members of the Chapter.
2. There shall be two (2) Chapter Advisors. These two Chapter Advisors shall be voting members, who have previous experience on the Executive Committee of the Chapter if such candidates can be reasonably enlisted. Otherwise, any other Chapter voting member may be elected Chapter Advisor. The immediate past Chapter Chair shall be offered the post of Chapter Advisor, if willing to serve.
3. The Officers and Chapter Advisors (other than the past Chapter Chair) shall be elected at the Fall Annual Meeting for a term of one year and shall take office on the First of January.
4. The Officers shall perform the duties customarily associated with such offices and in accordance with job descriptions maintained by the Executive Committee.
5. Vacancies amongst the Officers, Chapter Advisors or ADK Advisory Council Trustee shall be filled by the Executive Committee within one month from their occurrence. The Vice-Chair shall fill the office of the Chapter Chair for the unexpired term, if that office becomes vacant. Other replacement candidates shall be selected from the voting membership.
6. The ADK Advisory Council Trustee is a Voting Member of the Chapter, not in the employ, full or part time of ADK, and shall be elected by the Chapter as the ADK Trustee to serve on the ADK Advisory Council for a three-year term, starting January 1, and renewable two times. The ADK Trustee shall not be elected for more than three consecutive, three year terms. The Trustee will represent the Chapter at Advisory Council meetings and report back to the Chapter ADK Board decisions that may affect chapter operations and/or directions. An Alternate Trustee will be appointed by the Executive Committee to represent the chapter at Advisory Council meetings when the trustee is unavailable.

#### ARTICLE VI - COMMITTEES AND EQUIPMENT

1. Executive Committee
  - 1.1. The Executive Committee shall consist of the elected Officers, Chapter Advisors, ADK Advisory Council Trustee and a leader of each standing committee.

- 1.2. Between the meetings of the membership, the conduct of Chapter business shall be the duty of the Executive Committee. The Executive Committee shall meet at least six (6) times a year, as convened by the Chapter Chair.
- 1.3. Motions and other business shall be approved by a majority vote of those voting. Abstentions will be recorded but will not be counted as negative or positive votes.
2. Standing Committees:
  - 2.1. There shall be ten (10) Standing Committees. These committees shall be titled: Conservation, Membership, Newsletter, Outings, Publicity, Internet Communications, Education, Social, Trails and Landowner Liaison.
  - 2.2. After consultation with the Executive Committee, the Chapter Chair shall appoint the leaders of the Standing Committees. All committees and the committee leaders are responsible to the Executive Committee. Any Chapter Officer, Chapter Advisor or ADK Trustee, except the Chapter Chair, may also serve as a committee leader.
  - 2.3. Committee leaders shall appoint any members needed for their own committees and shall serve starting the First of January.
  - 2.4. The Conservation Committee shall carry out the conservation responsibilities of the Adirondack Mountain Club.
  - 2.5. The Membership Committee shall process applications for membership and supervise membership and guest procedures.
  - 2.6. The Newsletter Committee shall prepare and publish information on general Chapter activities, etc. as requested by the Executive Committee.
  - 2.7. The Outing Committee shall prepare for and publish the Chapter Outing Schedule including the Social and Trails Committee activities.
  - 2.8. The Publicity Committee shall handle all Chapter publicity desired for the best interests of the Club, at the direction of the Executive Committee.
  - 2.9. The Education Committee shall provide information to the membership on issues of interest to ADK. It shall accept other educational tasks assigned by the Executive Committee.
  - 2.10. The Social Committee shall arrange and conduct Chapter functions, mainly social in nature.
  - 2.11. The Trails Committee shall arrange for and have charge of all Chapter activities related to trail planning, construction, and maintenance. The Trails Committee will coordinate their activities with the Outing Committee and Landowner Liaison Committee.
  - 2.12. The Internet Communications Committee shall develop and maintain the chapter website, and any other internet communications (such as distribution of the electronic newsletter, Facebook, Instagram, Google Group, and other social media approved by the Executive Committee). The information shall reflect the interest of the ADK and be in the club's best interest.
  - 2.13. The Landowner Liaison Committee has the responsibility to protect and preserve any hiking trails sponsored by the Chapter including the Little Woodhull Lake Trail, Finger Lakes Trail, North Country National Scenic Trail, and any other hiking trails formally adopted by the Chapter by written agreement including misc. trails on an as needed basis in the Chapter adopted Pigeon Lake Wilderness.
3. Equipment: All equipment purchased with Chapter funds shall be the property of the Chapter and the custodians of the same shall submit an annual inventory not later than October 15 to the Chapter Chair, Treasurer and Secretary. Custodians shall be appointed by the Executive Committee.
4. An Auditing Committee of two members shall be appointed by the Chapter Chair by December 1. An audit of the accounts of the Treasurer shall be accomplished the following January and a written report documenting the audit provided to the Executive Committee at their February meeting. This report shall be read at the Spring Business Meeting. Upon receipt of equipment inventories, the Secretary shall forward them to the Auditing Committee for verification. The equipment inventory as a Chapter asset will be submitted to both the audit and Treasurer's report annually after EC approval.
5. Nominating Committee
  - 5.1. A Nominating Committee shall be appointed by the Executive Committee not later than first of June. The Committee shall consist of not less than three members, none of whom may be a member of the Executive Committee. This committee shall present a slate of nominees for the offices of Chapter Chair, Vice Chair, Secretary, Treasurer, and two Chapter Advisors. Notification of the slate of nominees shall be given to voting members at least six weeks prior to the Annual Meeting. A nomination for ADK Trustee shall be included in the year prior to the completion of a sitting ADK Trustee's term.
  - 5.2. Nothing in this section shall be construed to bar nominations for any elective office from the floor. The consent of all nominees must be obtained previously.

## ARTICLE VII - MEETINGS

1. The Annual Meeting shall be held within the period between October 24 and November 30. The date, time, and place shall be determined by the Social Committee with the approval of the Executive Committee. Notice of such meeting shall be included in the electronic newsletter mailed to Chapter members not less than six weeks in advance of the meeting.
2. The Regular Spring Business Meeting shall be held within the period between March 15 and May 15. The date, time, and place shall be determined by the Social Committee with the approval of the Executive Committee. Notice shall be distributed to Chapter members not less than six weeks in advance of the meeting.
3. Special Chapter meetings may be called by the Chapter Chair. Upon request of 15% of the membership, a special meeting shall be called by the Chapter Chair within 3 weeks of such a request. Notice of such a meeting shall be mailed or included in the electronic newsletter to members not less than two weeks in advance of the proposed meeting.
4. Chapter business may be conducted at Chapter regular and special meetings providing that advance notice of the business to be conducted is provided to the membership at least six weeks before the meeting.
5. A quorum for Executive Committee meetings shall consist of fifty percent of its members.

## ARTICLE VIII - Amendments

1. Amendments to these By-Laws may be made by a majority vote of members at the Annual Meeting.
2. Proposed amendments to these By-laws shall be provided to the Executive Committee at least eight weeks prior to the meeting when they will be voted upon.
3. Notification of proposed amendments to the Chapter By-laws shall be given to voting members at least six weeks prior to the date the voting will take place.
4. Extensive amendments approved by Executive Committee: June 20, 2001. Membership approved at Annual Meeting: November 3, 2001.
5. Amendment adding the Internet Communications Committee (ninth standing committee). Approved by Executive Committee: March 17, 2004. Membership approved at Annual Meeting: November 20, 2004.
6. Amendment redefining the method of approving motions or other business conducted by the Executive Committee. Membership approved at Annual Meeting: November 15, 2009.
7. Proposed amendments to Executive Committee. Approved by Executive Committee: 2009
  - a. Amendment adding the Landowner Liaison Committee (tenth standing committee). Membership approved at Annual Meeting: November 15, 2009.
8. Amendment: Use of the Finger Lakes Trail and the North Country National Scenic Trail Annual Membership Business Meeting NOV 18, 2014.
9. Amendment Revision to replace ADK Director with ADK Advisory Council Trustee and other minor revisions in wording. EC approved May 2021

Date	Day	Outing	Leader
Repeating	Wed	Walking Wednesdays	S.Schwinge/M. Niemi
Sept 2	Sat	Nicks Lake Loop	K. Disque
Sept 3	Sun	Gleasmans Falls Trail	M. Niemi
Sept 4	Mon	Green Lakes Spruce Ridge Trail	S. Schwinge
Sept 6	Wed	Walking Wed – Trail Maintenance Hike (FLT/NCT)	D. Frio
Sept 9	Sat	Oak Mountain Trail Maintenance	M. Coffin
Sept 10	Sun	Onondaga Lake Park	B. Veilleux
Sept 10	Sun	Pine Lake Trail	M. Niemi
Sept 17	Sun	Fall Picnic at Land O’ Pines	M. Dineen & M. del Pozzo
Sept 23	Sat	Moss, Bubb and Sis Lakes	L. Druke
Sept 27–Oct 1	Wed – Sun		North Country Trail Annual
Celebration		<a href="https://northcountrytrail.org">https://northcountrytrail.org</a>	
Sept 30-Oct 1	Sat-Sun	Queer Lake Lean-to Overnighter	P. Libera
Oct 2	Mon	Pratt’s Falls Loops	S. Schwinge
Oct 4	Wed	Walking Wed – Trail Maintenance Hike (FLT/NCT)	D. Frio
Oct 8	Sun	Erie Canal Hike – Butternut Dr	M. Niemi
Oct 14	Sat	Taughannock Falls	T. & J. Evans
Oct 21	Sat	Inman Gulf Hike	J & J Condon
Oct 28	Sat	Spruce Pond to Bardeen Rd (FLT/NCT)	L. Druke
Nov 4	Sat	Hoxie Gorge State Forest (FLT)	M. Niemi
Nov 6	Mon	Midlum Hill to Pardee Rd – Irish Hollow Option (FLT/NCT)	S. Schwinge
Nov 11	Sat	Fall Business Meeting	P. Urban & S. Manca
Nov 24	Fri	Thanksgiving Walk Off	T. Evans
Nov 26	Sun	Clark Reservation	L. Druke

## FIND US ON MEET-UP

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’.



May 21, 2023 Meetup Event on Burlingame Trails Hike, led by SaraMarie Hoffman



## 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:** Carpooling is the norm. Passengers are expected to contribute toward the cost of the transportation. Refer to the Covid-19 guidance table for carpooling guidance during high community levels.

**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.

## 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

**(A) – Located within Adirondack Blue Line**

## ADK Onondaga Chapter COVID-19 Guidelines:

The Onondaga Chapter Guidelines for Covid-19 are summarized in the table below. The ADK recommends Chapters and trip leaders follow the CDC's guidance and use of the Covid-19 tracker for 'Hospital Admission Level' for the County the event or outing is held. [CDC Covid-19 Tracker By County](#)

ADK Onondaga Chapter Covid-19 Guidelines		
Low Level	Medium Level	High Level
<ul style="list-style-type: none"> <li>✓ Stay up to date with COVID-19 vaccines.</li> <li>✓ Stay home and get tested if you have COVID-19 symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stay up to date with COVID-19 vaccines.</li> <li>✓ Stay home and get tested if you have COVID-19 symptoms.</li> <li>✓ Masks recommended while carpooling.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stay up to date with COVID-19 vaccines.</li> <li>✓ Stay home and get tested if you have COVID-19 symptoms.</li> <li>✓ Masks recommended indoors or outdoors if 6 feet distance cannot be maintained.</li> <li>✓ Carpooling is discouraged.</li> </ul>

## Hike Leader Ratings

Leader Level	Rating	Effort Level	Elevation Gain (ft.)	Miles	Time (hrs.)
3	A+	Very Strenuous	4,000	10	10
3	A	Strenuous	3,000	5 to 10	8 to 10
2	B+	Moderately Strenuous	2,000	5 to 10	6 to 8
2	B	Moderate	1,000	5 to 10	5 to 7
1	C+	Fairly Easy	1,000	5 to 8	4 to 6
1	C	Easy	Under 1,000	< 5	< 5

## Flat/Moving Water Leader Ratings

Leader Level	Miles	Portages	Water Class
1	< 6	Short (<1/2 mile)	Flat
1	6-12	Long (> 1/2 mile)	Flat/moving
2	12	Long (> 1/2 mile)	Flat/moving
3	12+ multi-day	Various	Flat/moving

**9043 Walking Wednesday  
Every Wednesday 9:00 AM**

Meeting Place: Dewitt Wegmans' Park & Ride (in front of Hobby Lobby)  
Rating: Level 1C+, Fairly Easy, 3-6 miles, ~4-6 hrs  
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.

Elevation gain is 442 feet. Bring water and lunch. On the way home we can stop for supper.

**9046 Green Lakes - Spruce Ridge Trail  
Mon. Sept 4 8:00 AM**

Meeting Place: Green Lakes West Beach Parking  
Rating: Level 1C+, Fairly Easy, 4 - 6 miles, ~4 hrs  
Map Reference(s): DeLorme p. 61  
Leader(s): Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906  
We'll hike this fairly new Spruce Ridge Trail with brand-new offshoot trail on the other side of Pierson Rd. Mostly gentle uphill on the way in and nice downhill on the way back. To join the Monday walk-n-talk group email Sigi.

**9044 Nicks Lake Loop Hike  
Sat. Sept 2 Contact Leader**

Meeting Place: Thruway Exit 34 (Canastota)  
Rating: Level 1C+, Fairly Easy, 7 miles, ~4-5 hrs, (A)  
R/T Drive: 150 miles  
Map Reference(s): DeLorme P. 35  
Leader(s): Kathy Disque, 315-656-3383, [kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)  
We'll hike the 7 mile loop from Bisby Rd around Nicks Lake. This hike will take us through the campground to the beach area where we will stop for lunch.

**9047 Walking Wednesday – Trail  
Maintenance  
Wed. Sept 6 9:00 AM**

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)  
Rating: Level 1C, Easy, 4-5 mi., ~4-6 hrs  
R/T Drive: Less than 100 miles  
Map Reference(s): DeLorme p. 60, DeLorme p. 61, DeLorme p. 77, FLT-O1, FLT-O2, FLT-M21  
Leader(s): Dick Frio, 315-679-0622, [Richardfrioood@hotmail.com](mailto:Richardfrioood@hotmail.com)  
We will be doing maintenance on a portion of the FingerLakesTrail/North Country Trail. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. Our chapter furnishes all necessary tools. Bring work gloves, wear appropriate clothing, personal hand tools, water and lunch. Severely adverse weather conditions will cancel the hike.

**9045 Gleasmans Falls Trail  
Sun. Sept 3 Contact Leader**

Meeting Place: Thruway Exit 34 (Canastota)  
Rating: Level 1C+, Fairly Easy, 6.2 miles, ~4 – 5 hrs (A)  
R/T Drive: 230 miles  
Map Reference(s): DeLorme p. 34, 35; Gleasmans Falls Trail [Map-adirondackstughill.com](http://Map-adirondackstughill.com)  
Leader(s): Mary Niemi, 315-751-7492, [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)  
Join me on the Gleasmans Falls Trail in the Independence River Wild Forest not far from Lowville. This will be an out and back hike for a beautiful view of the Falls at the 3.1 mile point.

**9048 Oak Mt. Trail Clearing**  
**Sat. Sept 9 8:30 AM (Call to reserve a spot)**

Meeting Place: Thruway Exit 34 (Canastota)  
Rating: Level 1C, Easy, 3 miles, ~4 hours (A)  
Long Distance Trail: NCNST (NCT100 Challenge)  
R/T Drive: 170 miles

Map Reference(s): DeLorme p. 51  
Leader(s): Mary Coffin, maryccoffin@gmail.com, 315-657-0229

This will be an easy work trip and a chance to see the new NCT section on Oak Mt Ski Center property where owners have given us a permanent right of way. We will be mostly raking leaves off this underutilized new trail and picking up branches to make the tread more obvious. Bring the usual lunch and water, gloves and a leaf rake if you have one.

**9049 Onondaga Lake Park**  
**Sun. Sept 10 12:00 PM**

Meeting Place: Contact Leader  
Rating: Level 1C, Easy, 4 miles, ~3 hrs  
Map Reference(s): DeLorme p. 61  
Leader(s): Brenda Veilleux, 315-463-9103  
Enjoy an early fall walk on the paved paths along Onondaga Lake. We will walk as far as you wish. Call the leader at least one day in advance, before 8:00 pm. Event cancelled if inclement weather - contact leader to confirm.

**9050 Pine Lake Trail**  
**Sun. Sept 10 Contact Leader**

Meeting Place: Thruway Exit 34 (Canastota)  
Rating: Level 1C+, Easy, 5.6 miles, ~4 - 6 hrs, (A)  
R/T Drive: 140 miles  
Map Reference(s): DeLorme p. 34, 35; Pine Lake Trail - adirondackstughill.com  
Leader(s): Mary Niemi 315-751-7492, maryrwniemi@gmail.com

The Pine Lake Trail is in the Independence River Wild Forest near Brantingham. We will hike on gentle terrain out to Pine Lake and back for a total of 5.6 miles with an elevation gain of 333 feet. Bring water & lunch. On the way home, we could stop for supper.

**9051 Fall Picnic at Land O'Pines**  
**Sun. Sept 17 10:00 AM**

Meeting Place: Land O'Pines in Camden  
Rating: Level 1C, Easy, 3 miles, ~2 hrs  
Map Reference(s): DeLorme p. 47  
Leader(s): Mary Dineen, 315-424-1284 & Mark del Pozzo, 315-245-0772

We'll meet at 10:00 and take a walk in Forest Park in Camden before lunch. Lunch at 1:00 p.m. Bring a dish to pass (meat and beverages will be provided). 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.

**9052 Moss, Bubb and Sis Lakes Hike**  
**Sat. Sept 23 8:30 AM**

Meeting Place: Contact Leader  
Rating: Level 1C, Easy, 5 miles, ~4 hrs, (A)  
R/T Drive: 180 miles  
Map Reference(s): DeLorme 36, ADK Nat'l Geo #745  
Leader(s): Lisa Druke, 315-447-4018, lisadruke@gmail.com

Let's go for a hike around Moss Lake and include Bubb and Sis Lakes along the way. We will have lunch/snack at Sis Lake and return to Moss Lake to complete the loop. Bring lunch/snacks and water. Contact the leader with any questions.

**North Country Trail Annual Celebration. Sept 27 – Oct. 1.** The 2023 Celebration will be in Chestertown, New York: a wonderful access point to both the Adirondack and Green Mountains. The NCNST offers a multitude of hiking experiences across its 700-mile segment in New York and 40-mile segment in Vermont. The NCTA Central New York Chapter and multiple Affiliate organizations build, maintain, protect, and promote this National Scenic Trail in these two states. Affiliates and partners include the Finger Lakes Trail Conference, Adirondack Mountain Club, Green Mountain Club, and Middlebury Area Land Trust. Registration and event info: <https://northcountrytrail.org/annual-events/celebration/>

**9053 Queer Lake Lean-to Backpack  
Sat Sept 30-Sun Oct 1**

Meeting Time/Place: Contact Leader  
Rating: Level 1 C+, Fairly Easy, 7 miles, 4 - 6 hrs  
R/T Drive: 160 miles  
Map Reference(s): DeLorme p. 36; Link: <https://www.cnyhiking.com/QueerLake.htm>  
Leader(s): Pete Libera: cell 315-243-6040  
Overnight backpack to beautiful Queer Lake located in our adopted Pigeon Lake Wilderness. We will stay at the lean-to surrounded by majestic spruce, hemlocks and white pine. Elevation gain is minimal (few hundred feet). This is a repeat trip from last year, around the same time. Looking for a minimum group size of 4 people and maximum of 8. Contact the leader by 9/23 to reserve a spot and discuss gear requirements.

**9054 Pratt's Falls Loop  
Mon Oct 2 8:30 AM**

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)  
Rating: Level 1C, Easy, ~4 miles, ~2.5 hrs  
R/T Drive: 20 miles  
Map Reference: Pratt's Falls Park Hiking map  
Leader(s): Sigi Schwinge, sigischwinge@aol.com, 315-437-6906  
We'll pick some of the loops and marvel at the beautiful waterfalls, big and small. They never disappoint. Contact Sigi for other Monday walk-n-talks.

**9055 Walking Wednesday - Trail Maintenance**

**Wed. Oct 4 9:00 AM**  
Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)  
Rating: Level 1C, Easy, 4-5 miles, ~4-6 hrs  
R/T Drive: Less than 100 miles  
Map Reference(s): DeLorme p. 60, DeLorme p. 61, DeLorme p. 77, FLT-O1, FLT-O2, FLT-M21  
Leader(s): Dick Frio, Richardfrioood@hotmail.com, 315-679-0622  
We will do maintenance on a section of the Finger Lakes Trail / North Country Trail. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. Our chapter furnishes all the necessary tools. Bring work gloves, wear appropriate clothing, bring personal hand maintenance tools, water and lunch. Severely adverse weather conditions will cancel the hike.

**9056 Erie Canal – Butternut Drive  
Sun. Oct 8 11:00 AM**

Meeting Place: Erie Canal parking lot on Butternut Drive, DeWitt  
Rating: Level 1C, Easy, 3-4+ miles, ~2-3 hrs  
Long Distance Trail: Erie Canal  
Map Reference(s): DeLorme p. 60  
Leader(s): Mary Niemi, 315-751-7492, maryrwniemi@gmail.com  
Join me for a leisurely walk on the canal and maybe we will see some muskrats.

## 9057 Taughannock Falls

**Sat. Oct 14**

Meeting Time/Place: Contact Leader

Rating: Level 1C+, Fairly Easy, 5 mi., ~4-5 hrs

R/T Drive: 140 miles

Map Reference(s): See

<https://parks.ny.gov/parks/62/details.aspx> or  
[gofingerlakes.org/locations/taughannock-falls-state-park/](http://gofingerlakes.org/locations/taughannock-falls-state-park/)

Leader(s): Theresa & Jay Evans,  
tj\_evans@verizon.net or 315-414-0431

Taughannock Falls is a beautiful state park in our Finger Lakes area. We will do the Gorge Trail (overall level) to one of the highest falls in the state as well as the North and South Rim Trails, so elevation change here. Given October, we should be seeing some change in leaf colors as would be for early fall. Come join us in visiting this gem of a park. Please note we want to car pool as needed. As of October 10th, the \$9 vehicle fee has ended per DEC site. However, If you have an Empire Pass, you would be able to use this and waive the fee. There is also Golden Pass for those 62 years or older but only good Monday-Friday.

## 9058 Inman Gulf Hike

**Sat. Oct 21**

Meeting Time/Place: Contact Leader

Rating: Level 1C+, Fairly Easy, 8 mi., ~4 hrs

R/T Drive: 120 miles

Map Reference(s): DeLorme 33,  
<https://www.dec.ny.gov/lands/8001.html>

Leader(s): Jamie & Joe Condon,  
jalynncondon@outlook.com, 315-726-3755

We will hike along the rim of Inman Gulf enjoying views into the canyon that reaches depths of more than 300 feet in places. With a little luck the fall colors will be on display, and we'll get a good look at Rainbow Falls as well. This will be a moderately paced in and out hike on relatively flat trails. Remember to bring water, snacks, cameras and a story or two.

## 9059 Spruce Pond to Bardeen Rd Hike

**Sat. Oct 28 9:00 AM**

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

Rating: Level 1C+, Fairly Easy, 5.7 miles, ~4 hrs

Long Distance Trail: FLT, NCNST (NCT100 Challenge)

R/T Drive: 40 miles

Map Reference(s): DeLorme p. 61, FLT-O1

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

Join me for a nice hike on the Onondaga Trail in southern Onondaga county. Starting at Spruce Pond, we will hike through a varied forest to Bardeen Rd with one magnificent overlook along the way. We will spot cars for this hike. Bring water, lunch, and rain gear. Contact the leader with any questions.

## 9060 Hoxie Gorge

**Sat. Nov 4 9:00 AM**

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

Rating: Level 1C+, Fairly Easy, 7 miles, ~4 hrs

Long Distance Trail: FLT, NCNST (NCT100 Challenge)

R/T Drive: 70 miles

Map Reference(s): DeLorme p. 77, FLT -M20

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

Starting at Hoxie Gorge Rd., we will do an out and back hike in this pretty Cortland Co. State Forest. Bring lunch and water.

## 9061 Midlum Hill to Pardee Rd. - Irish Hollow Option

**Mon. Nov 6 8:30 AM**

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby); **Contact Sigi if meeting at the trailhead.**

Rating: Level 1C+, Easy, 4-5 mi., ~3 hrs

Long Distance Trail: FLT, NCNST (NCT100 Challenge)

R/T Drive: 50 miles

Map Reference(s): DeLorme p. 77, FLT-O1

Leader(s): Sigi Schwinge, 315-347-6906  
sigischwinge@aol.com

We'll walk from Midlum Hill to Pardee Rd. with Irish Hollow Option on the way back. Then 1 mile from Midlum Hill to Midlum Rd. Sigi's group walks every Monday. Contact Sigi for more info.

## 9062 Fall Business Meeting

**Sat. Nov 11 3:00 PM**

### Open to Non-Members - Bring a Friend

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.

Leader(s): Pat Urban, sabharp@att.net, and Sandy Manca, smank777@aol.com

Social half-hour at 3:00 pm. Drinks and hors d'oeuvres will be provided. Our guest speaker at 3:30 is **Roy Cooley** who will speak on the history of the **Adirondack Guide Boats**. Roy has always been fascinated by small boats, particularly unique regional boats. Over the years he has built or restored over 30 boats including 10 Adirondack Guide Boats. Business meeting at 4:30. 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.

## 9063 Thanksgiving Walk Off

**Fri. Nov 24 10:30 AM**

Meeting Place: Onondaga Lake Parking Area for West Side Trail off Long Branch Road

Rating: Level 2B, Mod, 2-9 mi., ~1-4 hrs

Map Reference(s): DeLorme p. 60

Leader(s): Theresa J. Evans, tj\_evans@verizon.net or 315-414-0431

Let's take a walk on the West Shore Trail starting off Long Branch Road in Liverpool. We can hike all the way to the Orange Lot or not. You can pick your distance and return to start. Right now, I cannot predict the weather or trail conditions, so we will see and do what we choose. Our goal is to work off some of the Turkey, Mashed Potatoes with Gravy, pie or whatever else we consumed Thanksgiving Day. Come join me for a post-Holiday walk.

## 9064 Clark Reservation Hike

**Sun. Nov 26 12:00 PM**

Meeting Place: Clark Reservation SP Parking Lot

Rating: Level 1C, Easy, 4 miles, ~2 - 3 hrs

Map Reference(s): DeLorme p. 61,

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

We'll do an easy walk around the trails in this historic state park and enjoy late fall in Central NY. Bring water and a snack.

Mailing Address:

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

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