

ADIRONDACK MOUNTAIN CLUB

ONONDAGA CHAPTER

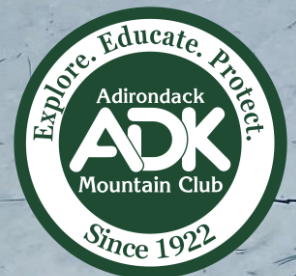
TALK OF THE TRAIL Winter 2024

December ❄️ January ❄️ February



HIGHLIGHTS IN THIS EDITION

- Meet Erin Potter
- Trail Reflections
- Big Brother Big Sister Partnership
- Volunteer Awards



ADK ONONDAGA CHAPTER

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

ABOUT THE COVER

Hiking off of Shackham Road in February 2023, Photo Courtesy of Joe Condon

AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Andrew Albach, Janet Potter, Gregory Marsh, Sarah Oster & Joshua Hammond, Thomas Sutcliffe, Erin Pikowski, Wenfang Zhao & Yifan Qiu, Fernanda Bergerson, Kenneth Stewart, Danielle Cross, Martin Michelson, Matthew Qualters, Karen Campbell, Ramani & Saru Voleti, Todd & Ellen Donovan

As of August 2023, the ADK Onondaga Chapter boasts total of 1,285 members and 10 affiliates. Adirondack Mountain Club overall membership stands at 25,680.

That is a increase of 10 chapter members, an increase of 1 affiliates and a decrease of 374 in total ADK membership since May 2023.

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, Panther Mountain Feb 2, 2023 Photo Courtesy Lisa Druke

As my term as Chair is coming to a close, I want to thank everyone in the executive/nominating committees and others for your support during the past two years! Our Chapter has a lot of energy and it shows! Reflecting back, we had some key positions to fill on our executive committee, on the Trails and Social Committees. Harold Kyle, our new Trails Chair hit the ground running with organizing the trail stewards and managing our trails with a solid team behind him. Coming off of the pandemic, Pat Urban stepped in as the Social Chair and has brought us together with exciting venues at our fall business and spring potluck meetings.

The Centennial Celebrations brought us back in time and reconnected us with our older members with admiration. We celebrated '100 years' at Meier's


Creek, organized by Membership Chair Peg Whaley. The ADK chapters jointly launched 'ADK Voices' with Mary Niemi stepping in as our chapter 'Story Aid'.

Jeff Sargent's efforts in Education in the last two years have exceeded expectations. He delivered ADK's mission through outreach with the Fayetteville Free Library and not only connected with people in the community, but is now teaching core courses for the new 'Hike Leader Certification Program' for the benefit of our hike leaders.

Last March, Mike Graser launched a Meetup group for our chapter to expand our chapter outing events, and it is gaining traction! Meetup has great potential to bring more flexibility to our hike leaders and to attract a wider, more diverse group to the ADK.

In July, our Chapter sponsored a child to attend a week at the DEC camp in the Adirondacks. Calvin has shared his story in this edition which I hope you will enjoy. Thanks to Jamie Condon for making the connections to make that happen.

And last, but not least, congratulations to Kathy Disque who is retiring after 25 years as Treasurer of our Chapter! Over the last two years, Kathy saw us through the ADK's transition to the new budgeting process, no small task. Kathy has kept us steady and always looked out for the many small things that helped our chapter operate smoothly for which we were always grateful. Thank you for your many years of service!

Finally, congratulations to our new slate of officers! Change is a positive that will keep us fresh and invigorated as we welcome a new year. We have many volunteer opportunities available for those who want to share their talents and give back to their community including trail stewards, hike leaders, or become a committee member. We have two committee chair positions open in Conservation (Mary Coffin will retire at the end of 2024 or earlier if possible) and Publicity. Get Involved! 

BY LISA DRUKE

New Hike Leader Certification Program.

The roll out of the new ADK Hike Leader Certification program being implemented by the ADK club is underway. Anyone interested in leading outings for our Chapter please contact Lisa Druke for more information.

Level 1, 2, 3 Target Completion Dates:

Level One: By December 31, 2023

Level Two and Three: By December 31, 2024

Web References:

Visit our chapter website: www.adk-on.org, and go to: New ADK Leader Certification Requirements page for information and online course and ADK cert submission links.

No Cost:

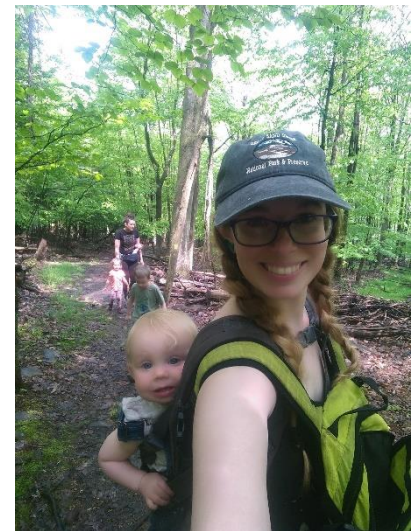
Required leader training is offered at no cost by the ADK or will be reimbursed through the Chapter (contact Chapter Outings Chair for approval in advance of taking any course with fees).

Technical Assistance:

Contact Jamie Condon, jalynncondon@outlook.com or Mike Graser, mgraser114@yahoo.com for technical assistance with course links and document submittals to ADK.

Meet Erin Potter: Hike Leader, Trail Specialist, Instructor.

Erin Potter, from her early childhood, has always been passionate about the outdoors and nature/science where her family spent a lot of time camping. She turned her passion into a career, mainly in the education realm, but she also had several odd nature/science-related jobs. She was an adjunct professor at several SUNY schools for the past seven years teaching various science courses and is now teaching an introduction to hiking course. She is also the Trail Specialist for the Finger Lakes Trail Conference, which has been a very rewarding experience. Her main obsession is hiking and she has completed the Catskill 35 high peaks and several other smaller hiking challenges in the state. She is more than halfway towards the ADK 46 high peaks and has almost finished with her end-to-end of the FLT main trail. She's been an ADK club member at large for a number of years and recently joined the Onondaga Chapter. She completed co-leading her first outing with Harold Kyle through our Meetup group "FLT Trail Building Workshop with FLT" in October which was a big success. Erin has completed all the coursework for levels 1, 2 and 3 ADK certifications and will co-lead two more outings to satisfy all the requirements. She often hikes solo but is excited to be a chapter member and hike leader. It has been an amazing experience to lead workdays and meet so many people who care about our trails. She has had the pleasure of working with chapter members and knows that this is the chapter she wants to be involved with.



Erin with daughter Evie

Please give a warm welcome to Erin Potter as her depth of experience in trails, hiking and teaching will be a big asset to our chapter!

BY MARY COFFIN



To build a new trail from scratch in the Adirondacks yields about a mile per year. This is after all the permits and paperwork are completed and a route is flagged. When we started to construct a new North Country Trail (NCT) in Hoffman Notch Wilderness six years ago I didn't really believe the one mile per year prediction. This coming summer, year seven, we will hopefully be completing the last and 7th mile of the Jones Hill Trail. This is a different Jones Hill than near the FLT/NCT Onondaga Branch but also with a spectacular view from the summit.



Our NCT projects have mostly had wonderful support from the DEC Foresters, but their hands were tied during the tree-cutting litigation and Covid restrictions. We meet with foresters annually to encourage them to include NCT priorities in their work plans which they submit to their superiors for funding and approval. We then need to apply for grants and other funding to contract professional crews for the more technical Adirondack sections. There are a few more steps in the Adirondack Park, Forest Preserve than out here in Region 7 State Forests.



All the Adirondack work is based on the 2015 General Environmental Impact Statement and Final Plan outlining a general route for the trail. A group ADK Onondaga, Iroquois and Schenectady Chapter members bushwhacked, backpacked, GPS'd and ground truthed a proposed route to contribute to the 2015 document. Next the route needed to be included in each UMP, Unit Management Plan, for each Wilderness and Wild Forest crossed by the trail.

Last year because of the final tree cutting litigation and NYS Court of Appeal's decision, an additional requirement was added. For each proposed project within the Park, the Unit Forester is required to submit a detailed Work Plan Proposal that goes all the way to the State Forester in Albany for approval followed by a public comment period. Many details of the project must be included such as: counting the number trees cut with a breast high diameter (BHD) between one and three inches, amount of soil disturbed or moved, detailed plans for structures such as bridges, puncheons, rock turnpikes and more. New foot trail construction follows the best practices of sustainable trail design and avoids as many trees and saplings as possible. Think about new trails we have constructed locally and saplings we needed to remove, soil moved during benching or step building. This is just one more hoop to jump through and potential delay. Fortunately, last year we got through the process, but the NPS contracted pro-crew work was delayed.

The good news for us is that this work plan does not apply to the routine maintenance we do in the Park to remove blowdown, side cut or clear drainages on our adopted Little Woodhull Lake Trail. It will however apply to new trail construction where we are presently flagging a connector between Stone Dam Lake Trail and the Little Woodhull Lake Trail and the route into West Canada Lakes Wilderness (via Horn Lake) from North Lake.

Consider joining us as we hopefully complete the Jones Hill Trail in Hoffman Notch Wilderness during August of 2024.

BY HAROLD KYLE

Our chapter has logged over 2,500 hours performed by 107 different volunteers between October 2022 and September 2023. 41 of these volunteers were new. Here are highlights of the trail work that we completed in 2023, chronologically:

- At our Spring kickoff, we made a small reroute around a wet area on the east side of the Fellows Loop, installed a few puncheons south of Spruce Pond, flagged a reroute ascending from Spruce Pond, and cleaned up a truckload of garbage.
- We added 20 box steps to the steep new trail beside Chippewa Falls.
- We installed 20 large puncheons in the Tioughnioga Wilderness Management Area in swampy spots.
- We added 35 small puncheons on Jones Hill between Spruce Pond and the hang glider launch. The crew survived a ground wasp attack that prompted two visits to urgent care...and a temporary reroute.
- We built a small reroute on the FLT's new property in Lincklaen just east of Route 12 to bring hikers alongside a creek and small waterfall. This event was co-led by FLT Trail Specialist Erin Potter and was also the first Onondaga Chapter Trail event to use Meetup.com. Volunteers came from Buffalo, Rochester, and Norwich.

We will welcome several new trail stewards to help monitor our trails in 2024. Thanks to the following people who've offered to maintain their own section in 2024: Ben Fox, Wen Zhao, Yifan Qiu, Alex Qiu, Kim Putnam, John Kinney, and Beth Burghardt. I hope to add a few more stewards so if you're interested in checking a trail section 3 times next year, please let me know.

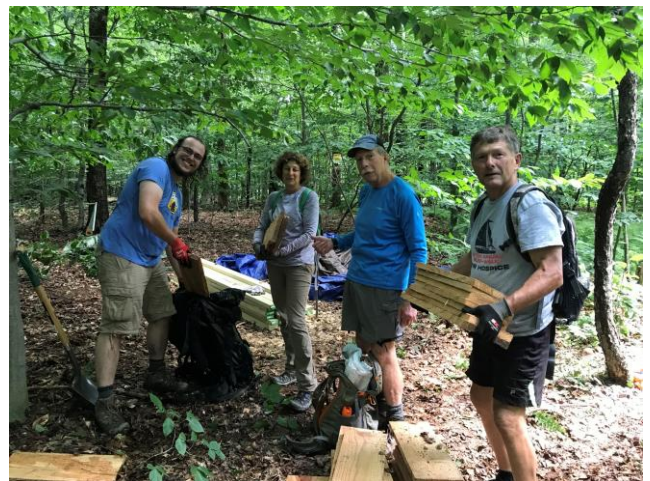
On two of our outings, we had a great turnout from the SUNY-ESF Bob Marshall Club. We are fortunate to have their help now that this club has become active again and we hope they'll continue to assist our projects in the spring and fall.

Projects currently planned for 2024 include:

- A reroute of the climb going up from Spruce Pond due to the steepness and erosion on the existing trail.
- 25 new puncheons in Deruyter State Forest near Stanton Rd and Fairbanks Rd.
- Additional small puncheons on Jones Hill.
- Additional box steps at Chippewa Falls.



In one day, this crew opened up a new trail alongside a creek on FLT's property east of Rt



Ben Fox, Julie Crimmins, Dick Harper, and Doug Burdick haul lumber to the Jones Hill work site.



Bruce Holloway, Kathy Way, and Doug Burdick helping hikers traverse a muddy stretch of Jones Hill.

Photos Courtesy Harold Kyle

BY AMANDA BOYLE



Jeff "Tinman" Sargent, Katie "Dangles" Aupperle,
Amanda "Timely" Boyle, Carolyn "Magic Hands" Henn,
Photo Courtesy Jeff Sargent

One of the first strategies I was taught in my teaching and education classes is 'I do, we do, you do': you model it for the students, you do it with the students, and then they do it (mostly) independent of you. It's effective. But it isn't easy. There is a risk of disconnect on the part of the teacher not being able to communicate enough of the information effectively in the initial modeling, rushing through the 'we do' stage ending with student and teacher frustrated when the student cannot readily replicate what the teacher has mastered through prolonged practice and repetition.

I have always enjoyed the outdoors though often experienced it in more measured and controlled intervals. Camping always meant access to a bathroom with running water and hikes were only a couple of hours if that. After a friend took me on a hike in the Adirondacks though, I wanted more. So as the world began to return to normal after lockdown, I began to do my research. I quickly realized to get into hiking and backpacking there were some serious knowledge gaps that I had to fill. I also realized I had the potential to be a massive, stressful liability to my friends that had the knowledge to teach me.

So, it made perfect sense to me that I sign up and do the Intro to Backpacking course at the Fayetteville Free Library because not only was there a 'classroom' component but also a chance to apply them on a group hike. I knew if I didn't

sign up for this I would put off my foray into hiking and backpacking indefinitely.

Over the course of our pre-trip meetings and then three days hike we did multiple iterations of 'I do, you do, we do'. Learning to start a fire, picking a camping spot, how to pack your bag, throwing a bear hang, leave no trace principles, reading a map, even how to walk. With each day I was dazed by how much I underestimated the amount of information you need to be a responsible hiker. But with patience and kindness Jeff and Carolyn guided us through. And each day I felt more and more confident in my ability to do all of the things needed to be a good, responsible hiker.

Carolyn and Jeff have my deepest gratitude. No one can guarantee that accidents and bad things will never happen on the trail. But because of them I know I am no longer a walking liability and have the skills and confidence to be a responsible hiker.

Amanda participated in the Intro to Backpacking class taught by Jeff Sargent and Carolyn Henn. The class consisted of two evenings of classroom training and preparation which took place at the Fayetteville Free Library and a three day, nearly forty-mile guided hike on the FLT from the Onondaga trail junction at Stony Brook Rd to just north of Bowman Lake SP. The class covered hike planning, gear selection, food planning, trail navigation and the seven Leave No Trace principles. Jeff hopes to offer another Intro to Backpacking next April/May. Stay tuned in for details.

BY JAMIE CONDON

The [DEC summer camp program](#) combines education and outdoor recreation into fun adventure for kids by using a hands-on approach to teach about the environment and build new skills. This year our chapter partnered with [Big Brothers Big Sisters](#), to sponsor a child for a week at the Pack Forest DEC camp in July.

When approached about the opportunity for one of their program participants to go to summer camp, the team at BBBS was thrilled and worked quickly to identify a deserving child that they thought would benefit from the experience. From that research Calvin was selected by BBBS.

PEACE, Inc. Big Brothers Big Sisters (BBBS) of Onondaga County helps children, who face adversity, change their perspectives and give them the opportunity to reach their potential in life.

We began this process in 2022, but due to the popularity of the DEC camps and the barrier of the online camp registration process we were unable to get Calvin into camp in 2022. This year, knowing that the DEC camps fill up extraordinarily fast, Lisa Druke and I took a hands-on approach to collaborating with Calvin's mom, Amy, and Latasha at PEACE Inc to get Calvin registered for camp. Together we made it happen.

While at camp, Calvin had the opportunity to learn outdoor skills including backpacking, camping, and canoeing. He explored New York's diverse habitats and learned basic ecological concepts including how human activities affect the environment. Calvin was also able to solve challenges, explore the environment, learn new skills, including archery, canoeing, fishing, and birding while spending the week immersed in nature.

Day trips included hiking, canoeing in nearby lakes, and visiting local nature museums. Calvin also went on an overnight trip and learned valuable camping skills. Of course, Calvin and his fellow campers also participated in skits, songs, campfires, swimming, and games.

Calvin greatly enjoyed camp activities but while there he also made himself useful to his camp leadership. In fact, Calvin made such an impression that the DEC has invited Calvin back next summer as a volunteer!

We look forward to continuing our efforts to provide more opportunities for the deserving youth in our community to experience the beauty and adventure of the great outdoors. We are working with BBBS to identify another child to sponsor in 2024.



My time at the DEC Camp was fun because I was able to go somewhere I have never been before. I got to see what it was like in the Adirondacks with all the trees and animals. I also liked meeting new people and doing things I had never done before. The things we did were activities to get to know each other and get to trust each other in tough situations. We got to do laser tag, read bed stories for a joke and joke around even more. The boys in my cabin were cool, funny, and really liked the outdoors. The staff fed us really good food and reminded me about my medication if I forgot. The staff were overall amazing, and I thank them very much. The counselors were very helpful and were very funny and understood if I had a problem and would try very hard to fix it. When we went on our overnight on Fifth Peak it took a bit to get there. But when we got there, we checked to make sure we had everything before we started heading up the mountain. After we checked we headed up the hill and camped there for the night. When we got to the campsite we unpacked and took a shower. Then we talked about what our best part of the trip was. This overall trip to the Adirondacks was really special to be a part of. Thank You! - Calvin Davis

FINANCIAL MANAGER EXTRAORDINAIRE TO KATHY DISQUE BY PEG WHALEY



Kathy Disque received the "Financial Manager Extraordinaire" award for her 24 years as chapter treasurer. Kathy has also been a former Vice Chair and Chapter Chair. She is on the Outings Committee and e-mails a list of upcoming outings/events on a weekly basis. In the past Kathy has put together the annual meeting report and she is the former adopter of the Norridgewock Trail.

Kathy receiving her award at the November Business Meeting *Photo Courtesy Lisa Druke*

TRAIL MASTER 2023 TO DICK FRIO BY HAROLD KYLE

The Trailmaster for 2023 not only put in the most recorded hours of any volunteer (265 hours), but he surely underreported those hours. Much of his work happens off the trail, as the glue that holds the Chapter's trail maintenance efforts together. He musters work crews—twisting arms if necessary—to haul lumber, build puncheons, bench trails, and above all else: saw blowdowns. His love of the crosscut saw is infectious and makes all our volunteers eager to help out. When the work is done, he always has a Ghirardelli Sea Salt Almond chocolate for everyone. Congratulations to Dick Frio for earning the 2023 Trailmaster award. Thanks for keeping us going!



Dick gives an overview of safe tool usage at the trail maintenance kickoff at Spruce Pond in April. *Photo Courtesy Harold Kyle*

STEWARD OF THE YEAR 2023 TO REBECCA HARGRAVE BY HAROLD KYLE



Rebecca Hargrave (left), and students maintaining the M22-11 McDermott Hill in Bucks Brook State Forest *Photo Courtesy Rebecca Hargrave*

Our inaugural Steward of the Year award goes to the volunteer who also has the longest section—over 3 miles—and in one of the most remote locations—outside South Otselic. Anyone who's maintained a section knows 3 miles is absurdly long, yet her section is always in tip-top shape. Blowdowns are cleared, bridges are re-decked, the leanto is cleaned up, the trail is easy to follow. Perhaps it's not fair, because this steward has a secret weapon, a group of helpers I would also like to recognize: the students of SUNY Morrisville's Natural Resources Conservation A.A.S. and Environmental and Natural Resource Management B. Tech. They come out as a group to learn

"how to manage nature for recreators, and how to manage people so they are responsible recreators. [These] students not only conduct trail work on our...section of trail at Bucks Brook but also on our campus nature trail at the headwaters of the Chenango River and on various other SUNY Morrisville properties. Additionally, they speak with park and nature center managers, evaluate recreational impacts, and engage with some of our spectacular local recreational sites." For keeping such a difficult trail pristine, and for inspiring the next generation of trail maintainers, our 2023 Steward of the Year goes to Professor Rebecca Hargrave for M22-11 McDermott Hill in Bucks Brook State Forest.

HAVING OUR BACKS AWARD TO PEG WHALEY BY MARY COFFIN



Mary Coffin, Peg Whaley during award presentation *Photo Courtesy Lisa Druke*

I am a member of the Award Committee chaired presently by Peg Whaley. As a surprise to Peg I gave her an award for Having Our (the Chapter) Back and listed some of the contributions she has made over the last 25 years including: Trip Leader & former Outings Committee member, Trail Steward, Secretary, Vice Chair, Chapter Chair, Chapter Advisor, ADK Board Member, Open House Chair, and Membership Chair when Al Obrist retired.

When I retired from the following Peg "had my back" by taking on Stewardship of Taylor Valley Cheningo Trail, Awards Committee Chair, Winter Outings Chair with Gretchen Barfoot, Stewardship Highland Cowles Settlement to west side leanto.

And when I needed help exploring the NCT Adirondack route, off trail, via backpack in wilderness areas Peg and Pat Whaley were there to help several exploration projects.

All of the above demonstrate that Peg has always been there to "Have Our Backs".

You've probably already flipped to the back of this newsletter to read the Outings section first and made some plans for the next three months. And you've probably noticed the Outings section has shrunk. But we are still here leading hikes, paddles, and hopefully soon snowshoes and cross-country skis! We've just shifted focus to Meetup. Meetup provides flexibility that a quarterly newsletter cannot.

It's free and easy to join Meetup. Here's [a video tutorial on how to join Meetup](#) and [use this link to take you directly to the ADK Onondaga Meetup Group after you sign up](#). Meetup is also available in your app store, and we recommend putting it on your phone and signing in, so you stay up to date with any communication from your outing leaders in Meetup.

Here's a sample of some Outings that did not appear in the newsletter but were only posted on Meetup:

- Map & Compass Basics with Jeff Sargent
- Trail Building Workshop with Erin Potter from the FLT & Harold Kyle
- Hike Highland Forest with Lisa Robertson & Ann Furze
- Queer Lake Backpack with Lisa Robertson & Rich Adams
- Hike Skyline W Heiberg with Lisa Robertson & Rich Adams
- Paddle S Sandy Creek to Lakeview WMA on Lake Ontario with Ann Furze
- Chub Pond Hike Forestport with Lisa Robertson
- Highland Forest with Lisa Robertson
- Burlingame Trails with SaraMarie Hoffman
- Virgil Mountain Figure 8 Hike with Lisa Robertson
- Cazenovia Art Park & NCT with SaraMarie Hoffman
- Buttermilk Falls Hike with Ann Furze
- Hike the Cayuga Trail through Cornell Botanical Gardens with Ann Furze
- South Shackham Road to Tinker Falls with Mike Grazer



Day / Date	Outing	Leader
Repeating	Walking Wednesdays	Mary Niemi, Sigi Schwinge
Sat, Dec 2	Baltimore Woods Hike	Mary Niemi
Mon, Dec 4	FLT Fellows Hill Loop Hike	Sigi Schwinge
Tue, Dec 5	What is 'Meetup' / How to Join	Lisa Druke
Sat, Dec 9	Great Swamp Conservancy 'slow-shoe' Hike	Mary Coffin
Sun, Dec 17	Gorge Trail (Freber Rd to Bingley Rd) Hike	Lisa Druke
Sat, Dec 23	Camillus Forest Unique Area Hike/Snowshoe	Mary Niemi
Sun, Dec 31	Holiday Gathering/New Year's Eve (Land O' Pines)	Peg Whaley, Mary Dineen
Sun, Jan 7	Nelson Swamp Unique Area Snowshoe	Lisa Druke
Mon, Jan 8	Green Lakes State Park Snowshoe	Sigi Schwinge
Sat, Jan 13	Clark Reservation Snowshoe	Mary Niemi
Sat, Jan 20	American Heart First Aid and CPR	Jeff Sargent
Sat, Jan 27	Chateaugay State Forest - Snowshoe or Boot Hike	Theresa and Jay Evans
Sat, Feb 3	Pratt's Falls Snowshoe	Mary Niemi
Mon, Feb 5	Clark Reservation State Park Snowshoe	Sigi Schwinge
Sat, Feb 10	Whetstone Gulf Snowshoe	Erin Potter, Lisa Druke
Sat, Feb 24	Tuller Hill State Forest Snowshoe	Theresa & Jay Evans

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'.



Oct 21, 2023 Meetup Event at Inman Gulf, led by Joe and Jamie Condon

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.

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

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

9065 Walking Wednesday Every Wednesday 9:00 AM

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

Rating: (E-M)

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

maryrwniemi@gmail.com and Sigi Schwinge 315-437-6906, sigischwinge@aol.com (for info).

Every Wednesday some of our members take a 3-6 miles 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.

9066 Baltimore Woods Hike Sat, Dec 2 10:00 AM

Meeting Place: Baltimore Woods Nature Center, Bishop Hill Rd., Marcellus, NY by the Interpretive Center.

Rating/Distance: Level 1 C, Easy, 3 - 4 miles, 2+ hours

Map Reference(s): DeLorme p. 60, Baltimore Woods Trail Map

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

This will most likely be a boot hike, but if there is enough snow, we can snowshoe. Bring snacks and water. Let's enjoy this beautiful park and each other's company during the holiday season.

9067 FLT Fellows Hill Loop Hike Mon, Dec 4 9:00 AM

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

Rating/Distance: Level 1 C, Easy, 4 miles, 2.5-3 hours

R/T Drive: 40 miles

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

Leader(s): Sigi Schwinge, SigiSchwinge@aol.com
We'll start uphill to get warm, then descend to Spruce Pond and complete our loop along a creek with beautiful little waterfalls. This is a Finger Lakes Trail Passport hike (find info on the passport program on www.FingerLakesTrail.org and go to Hiking>Passports).

Our walk-n-talk group hikes most Mondays. Email Sigi for more info.

**9068 What is 'Meetup' / How to Join
Tue, Dec 5 Contact Leader**

Meeting Place: Fayetteville Free Library
Leader(s): Lisa Druke, lisadruke@gmail.com,
315-447-4018

'Meetup' is here! In addition to scheduled outings, find us on 'Meetup' at 'ADK Onondaga Chapter Outings' group on Meetup. Meetup gives our leaders flexibility to schedule an event, set meeting locations and communicate to participants. If you are new to Meetup and would like to learn more, this is an informational session on how to join our group and navigate through the app. Please contact the leader to register.

**9069 Great Swamp Conservancy 'Slow-
shoe' Hike
Sat, Dec 9 11:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)

Rating/Distance: Level 1 C, Easy, 4 miles, 2-3 hr.

R/T Drive: 8 miles

Map Reference(s): DeLorme p. 61 and 62

Leader(s): Mary Coffin, maryccoffin@gmail.com,
316-657-0229

This ""Slow-shoe"" walk may also be a snowshoe walk if we have snow. We will meander around the trails at this nature center and look for evidence of wildlife activity. Bring a snack and water.

**9070 Gorge Trail (Freber Rd to Bingley
Rd) Hike
Sun, Dec 17 11:00 AM**

Meeting Place: Cazenovia Lake Parking Lot (near jct Rt 20 & Rt 92)

Rating/Distance: Level 1C, Easy, 5.4 miles, 2-3 hrs.

Long Distance Trail: NCNST (NCT100 Challenge)

R/T Drive: 14 miles

Map Reference(s): DeLorme p. 61

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

Get into the holiday spirit with a brisk walk on the Gorge trail hiking from the Freber Rd parking area to Bingley Road and return. The trail was part of the old Lehigh Valley Railroad and parallels Chittenango Creek. Bring water and a snack.

**9071 Camillus Forest Unique Area
Hike/Snowshoe
Sat, Dec 23 10:00 AM**

Meeting Place: DEC Parking area on Thompson Rd., Camillus, NY (off Rt. 173)

Rating/Distance: Level 1 C, Easy, 3 - 4 miles

Map Reference(s): DeLorme p. 60

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

Come and enjoy the trails, views and mature forest in this history rich area of Camillus. Bring water and snacks. If there is enough snow, bring snowshoes.

**9072 Holiday Gathering/New Year's Eve
(Land O' Pines)
Sun, Dec 31 11:00 AM**

Meeting Place: Contact Leader

Rating/Distance: Level 1 C, Easy, 2-3 miles, 1-2 hrs.

Map Reference(s): DeLorme p. 47

Leader(s): Peg Whaley, 315-633-0154; Mary Dineen, 315-424-1284

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

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

**9073 Nelson Swamp Unique Area
Snowshoe**

Sun, Jan 7 11:00 AM

Meeting Place: Cazenovia Lake Parking Lot (near junction Rt 20 & Rt 92)

Rating/Distance: Level 1 C, Easy, < 4 miles, 3 hours

Long Distance Trail: NCNST (NCT100 Challenge)

R/T Drive: 5 miles

Map Reference(s): DeLorme p. 61

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

Take a leisurely snowshoe (or hike if no snow) on an old rail-trail near Cazenovia. Bring snacks and water.

**9074 Green Lakes State Park Snowshoe
Mon, Jan 8 10:00 AM**

Meeting Place: GLSP West Beach Parking

Rating/Distance: Level 1 C, Easy, 3+ miles depending on weather, 2 hrs. Est time

Map Reference(s): Green Lakes Trail map

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

We'll pick a trail suiting the weather (boots or snowshoe) and include some up-n-downs with views to make more interesting. Many options to return to your car sooner.

Sigi's WALK-N-TALK group hikes most Mondays. Email Sigi for more info.

**9075 Clark Reservation Snowshoe
Sat, Jan 13 10:00 AM**

Meeting Place: Clark Reservation Parking Lot

Rating/Distance: Level 1 C, Easy, 3 miles, 2 hrs. est. time

Map Reference(s): DeLorme p. 61, Clark Reservation Trail Map

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

Let's hike or snowshoe the picturesque trails in this glacially sculpted park. Bring water and snacks.

**9076 American Heart First Aid and CPR
Sat, Jan 20 10:00 AM**

Contact leader for pre-class assignments

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

Must register on Fayetteville Free Library (FFL) website: <https://fflib.org>

Note: Attendance is limited.

Cost \$75 plus \$19.50 for the e-learning. A certificate will be provided upon successful completion of the course.

Pocket masks and back country first aid kit will be provided.

This is a hybrid course. 1.5 - 3 hrs. online doing e-learning that must be completed before the Saturday in person class. Then, a 7 hr. hands on in-person class to be held at the library.

Participants need to contact the leader, Jeff Sargent for the instructions for doing the e-learning.

**9077 Chateaugay State Forest - Snowshoe
or Boot Hike**

Sat, Jan 27 9:00 AM (Contact Leader)

Please contact leader Theresa or Jay Evans at tj_evans@verizon.net or 315-414-0431 if plan to attend.

Meeting Place: Gander RV & Outdoor (Cicero)

Rating/Distance: Level 1 C, Easy, 4-5 miles, 3-4 hrs.

R/T Drive: 72 miles

Map Reference(s): DeLorme 83, Chateaugay Forest Trails

Leader(s): Theresa and Jay Evans, tj_evans@verizon.net or 315-414-0431

We will (hopefully) snowshoe the trails west of Beecherville Rd and have lunch on the shore of Orwell Brook. A boot hike is in order if there is little snow (bring microspikes as snow that is there could be "crunchy").

9078 Pratt's Falls Snowshoe
Sat, Feb 3 9:30AM (Contact Leader)

Contact Leader by 2/2/24 if interested in joining.
Meeting Place: Pratt's Falls entrance parking. Park in front of gate. Gate to driveway and large parking lot is closed in winter.
Rating/Distance: Level 1C, Easy, 3-4 miles, 3+ hours est. time
Map Reference(s): DeLorme p. 61, Pratt's Falls Park
Leader(s): Mary Niemi, 315-751-7492, maryrwniemi@gmail.com
This is a great park for a mid-winter hike or snowshoe depending on the weather. Bring water and snacks.

9079 Clark Reservation State Park Snowshoe
Mon, Feb 5 10:00 AM

Meeting Place: Clark Reservation Parking Lot
Rating/Distance: Level 1 C, Easy, ~3 miles, 2.5 – 3 hrs. est. time
Map Reference(s): DeLorme p. 60
Leader(s): Sigi Schwinge, SigiSchwinge@aol.com
We'll walk/snowshoe the flat terrain, staying away from rocks in icy conditions, and enjoy looking at snow covered trees if we are lucky enough to have new snow.

9080 Whetstone Gulf Snowshoe
Sat, Feb 10 9:00 AM

Meeting Place: **Contact Leader**
Rating/Distance: Level 2 B, Moderate, 5.4 miles with 882' ascent/descent, 3-4 hours est. time
R/T Drive: 110 miles
Map Reference(s): DeLorme 34
Leader: Lisa Druke, lisadruke@gmail.com, Erin Potter, erin.potter@fingerlakestrail.org
This amazing gorge is located on the eastern edge of the Tug Hill Plateau and offers many scenic overlooks which are even more breathtaking with snow. The pace will be moderate with about 3 hours to complete the loop along and above the deep Whetstone Gorge. The snow is often deep. We will have lunch at the half way point. Contact leader to confirm meeting location and snow conditions.

9081 Tuller Hill State Forest Snowshoe
Sat, Feb 24 8:30 AM

Meeting Place: Green Hills Plaza (across from Green Hills parking lot)
Rating/Distance: Level 2 B, Moderate, 5.5 miles, 3-4 hours est. time
Long Distance Trail: FLT, NCNST (NCT100 Challenge)
R/T Drive: 96 miles
Map Reference(s): DeLorme p. 61, FLT 20; Snowtrails, Freeman, p. 209
Leader(s): Theresa & Jay Evans, tj_evans@verizon.net or 315-414-0431
Join us for a return trip to Tuller Hill State Forest south of Cortland. We will be doing a loop hike using the FLT trail and Cortland 9 road. We will boot hike (bring microspikes) if little snow.

Mark Your Calendar:

National Ski Patrol Mtn travel and Rescue – Dec 8, 9, 10 plus zoom classroom training starting Nov 21. This course is a prep for winter travel, camping, and mountain rescue. Contact Jeff Sargent, sargentjj@netzero.com.

Mountain Travel and Rescue LEVEL 1 Course – CNY region at Highland Forest 2023

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

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

Course Overview

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

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

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

Pre-Course Homework requires:

1. Purchase the NSP MTR textbook, "MOUNTAINEERING, The Freedom of the Hills" 9th

Edition, by E. Linxweiler and M. Maude. It's not a long read, Chapter reading assignments will be given by IOR

2. Complete the FEMA online courses for IS-100 and IS-700 courses. Visit the MTR FEMA web page for guidance. Print the Certificates of Completion or email the PDF's to the IOR. If you already have IS-700 completed, please bring a copy of your Certificate of Completion.

3. Pack your gear for the campout; A list will be sent out by IOR

4. Practice your Knots. A list of knots will be sent out by IOR

5. Field work starts Saturday Dec 9th at 8 AM sharp. Space in this MTR Course is limited; a waitlist may develop, so put a group together, bring your friends and enjoy a weekend of fun and learning.

Mailing Address:

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

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