

**ADIRONDACK MOUNTAIN
CLUB**

ONONDAGA CHAPTER

**TALK OF THE TRAIL
Spring 2024**

March  April  May

HIGHLIGHTS IN THIS EDITION

- Meet Jack Coleman
- Spring Social
- Catskills Poem
- Outings



Adirondack
ADK
Mountain Club

ADK ONONDAGA CHAPTER

8729 Bridgeport Kirkville Road
Kirkville, NY 13082
adk-on.org

EXECUTIVE COMMITTEE DIRECTORY

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

ABOUT THE COVER

Beaver Dam more than 6 feet tall along the NPT in 2016. *Photo Courtesy Jamie Condon*

AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Caden Williams, Susan Manning, Kathy Hanley, Nicole Keator, Erin Murphy, Nathan Barott, Connor Dupree, Carole Bildstein

As of November 2023, the ADK Onondaga Chapter boasts total of 1,204 members and 8 affiliates. Adirondack Mountain Club overall membership stands at 24,515.

That is a decrease of 81 chapter members, an decrease of 2 affiliates and a decrease of 1,165 in total ADK membership since August 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/

Meetup: <https://www.meetup.com/adk-onondaga-chapter-outings/>

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 BRUCE HOLLOWAY



Bruce.....Living in the Past

Greetings! I'm Bruce Holloway, and I'm honored to have the opportunity to share a bit about myself as I begin a journey of leadership within our Adirondack Mountain Club chapter. As we venture into the future, I'm excited to take on the responsibility of guiding our chapter through a period of change, particularly as we make necessary changes to our volunteer leadership requirements.

My journey with the ADK began in the mid-1990s when I became a member, drawn in by the Adirondack wilderness and the sense of community fostered by the club. Throughout the decades, my commitment to the ADK has only deepened, shaping my perspective and fueling my passion for conservation and outdoor exploration.

While my roots with the ADK run deep, so too do my ties to Syracuse, where I've lived since my college years. Nestled in the

heart of Central New York, Syracuse has been my home, providing a varied background for work, family, and play. I've come to cherish the outdoor opportunities that the four seasons offer in this region, from hiking and skiing in the winter to canoeing, hiking and camping in the summer.

As I step into this role, my focus lies in refining and adapting our volunteer leadership requirements to better serve the needs of our chapter and its members. I firmly believe that by fostering an inclusive and supportive environment for our volunteers, we can strengthen our organization from within and enhance our ability to fulfill our mission.

Moreover, reflecting on the challenges and opportunities that lie ahead, I am mindful of the significant trail maintenance work our chapter undertook in 2023. With the onset of 2024, it's evident that we're in for another demanding year. Already, several strong winds have caused branch and tree blow downs onto the trails, signaling a busy spring ahead for our trail maintenance and Sawyer teams.

In the coming years, I envision working collaboratively with fellow members and leaders to implement changes that will ensure the long-term sustainability of our chapter. Together, we will navigate challenges, seize opportunities, and continue to uphold the values that define the ADK.

I hope to see you out on the local trails we have available to us. - Bruce Holloway

SPRING TRAIL MAINTENANCE OPPORTUNITIES

Dates	Description	Location	Leader(s)
April 3	FLT/NCT Trail Maintenance	Walking Wednesday	Dick Frio
April 24	Pigeon Lake Wilderness Trail Clearing	Pigeon Lake Wilderness Trail	Sigi Schwinge & Bob Rosati & Dick Frio
May 1	FLT/NCT Trail Maintenance	Walking Wednesday	Dick Frio
May 4	Boots on the Ground Training	Spruce Pond Campground	Harold Kyle

Check the Outings section for additional details

SPRING SOCIAL AND BUSINESS MEETING

Please join us for our Annual Spring Social and Business Meeting on Saturday, March 23, 2024 at the [Collamer United Church](#). The event will begin with social half-hour at 3:00 pm. Drinks and hors d'oeuvres will be provided by the club.

Our guest speaker at 3:30 is Jeff Sargent. Jeff is our former Education chair and a long-time member of our ADK Chapter. He is an active member with Central Adirondack Search and Rescue and now Wilderness SAR. Over the past few years Jeff has shared his knowledge and hiking skills through courses he taught. He has hiked over 10,000 miles and completed the Triple Crown (AT, PCT, CDT). His other adventures include the Northville Placid, Finger Lakes Trail, 46er, Long Trail, Long Path, Trans Adirondack and Cranberry 50. Jeff will share some of his hiking adventures and photos with us.

The business meeting will follow 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 for updates and to access the [link for registration](#). – Pat Urban



Jeff Sargent

TRAILS REPORT



Chapter sawyers recently cleared several large blowdowns on the Fellows Loop, *Photo Courtesy Dick Frio*

Winter months are slower for trail maintenance, but we're gearing up for a busy year. In addition to adding more puncheons to wet areas of the trail, we're going to attempt to reroute the steep, rutted climb from Spruce Pond to a more gradual and sustainable route. This project will likely take us until fall. There will be several opportunities to help out in the coming months, if you're interested.

We'll get started on the Spruce Pond reroute at our season kickoff event on Saturday May 3, 2024. We'll convene again at the Spruce Pond campsite and have a quick refresher on trail maintenance before splitting up in groups to work on various projects in the area. Mark your calendars for the event and please RSVP to harold@cnyhikes.com.

Stay tuned for more projects throughout the summer. We will install puncheons in the vicinity of Stanton and Fairbanks Roads in Deruyter State Forest. There will be outings to help build the NCT in the Adirondacks. In the meantime, if you notice any problems with the FLT trails around Syracuse, please reach out to let us know. Thanks for helping us keep the trails clear! - Harold Kyle

Chapter Outings - Meet Jack Coleman – ADK Summit Steward, Hike Leader, and Volunteer



Meet Onondaga Chapter member, Jack Coleman, a passionate and avid hiker, educator and volunteer for the ADK club for many years. Jack has held different roles with the ADK as a high peaks hike leader including the ADK Winterfest climbs up Phelps and Wright. He joined the Summit Steward program in 2013, and in 2021, Jack became a fulltime staffer as Chief Summit Steward receiving extensive training with all aspects required for the role. His rotation included 4 days a week to summits including Cascade Wright, Algonquin, Iroquois, Colden, Giant, Marcy and Hurricane.

As a volunteer summit steward, Jack attended the Steward Symposium Weekend in 2023 where certification courses were offered such as Wilderness Leadership, Map and Compass Skills, Trail Building and Maintenance, LNT Instructor and others. Jack is certified for Level 3 Hike Leader for the ADK.

His other volunteer activities include 46er Trailhead Steward and leading the 'Xtreme Hike' for the Central New York Chapter Cystic Fibrosis Foundation yearly since 2012. Due to the popularity of the event, it has

grown from one group hike to an average of three separate hikes all on the same day.

Jack is also a board member of the ADK Highpeaks Foundation and in 2010, their organization was asked to fund the restoration of the fire tower on Mt. Adams, near Newcomb, NY. They accepted the challenge, and Jack became the project manager through the Volunteer Steward Agreement program with the DEC. Many hours of blood, sweat and tears went into the restoration effort as amazing volunteers hauled everything from replacement stair steps, fencing, steel railing and even 300 pounds of cement to the summit. The only air drop they received was the new roof that was assembled and disassembled then crated for flight. They continue the Mt. Adams maintenance of tower and trail today.

Jack has recently joined us locally on hikes with his wife, Lori, and dog, Marcy. He is happy to assist as a sweep on our hikes and hopes to lead a few outings in the West Central Adirondacks in the future. Please say hello to Jack, his wife, Lori and dog, Marcy! - Lisa Druke

ADK 42nd Annual Paddle Outing

July 15-25, 2024

Based at Paul Smith's College, there are over forty different opportunities for day trips in and adjacent to the St Regis Canoe Area, the largest wilderness canoe area in the East, covering 18,400 acres and over fifty ponds. Each morning begins with optional stretching exercises, followed by breakfast in the college dining hall. After breakfast, select the items for your bag lunch, prepare your gear, get to the point of embarkation, and you're off! Trips are led by other outing participants and vary in length and difficulty. Some trips may involve carries. You select the trip that meets your interest and skill level. For more information and to register: <https://adk.org/adk-announces-42nd-annual-paddle-outing/>

ADK-ON Members Featured by

55 Plus Magazine

Maybe you've seen the free 55 Plus magazine located in grocery stores as you exit. There isn't a better time than now to pick one up.

Dick Frio, Terri Murray, and Keith Murray, three of our long-time members, are featured in the Adventurers Know Few Limits cover article by Mary Beth Roach.

Here's a link to the article:

<https://www.cny55.com/topfeatures/adventurers-know-few-limits/>



Participants practice triangular bandaging technique. *Photo Courtesy Lisa Druke*



Jeff Sargent demonstrates improvised splinting technique using hiking poles. *Photo Courtesy Lisa Druke*

Onondaga Chapter members met at the Fayetteville Free Library for an American Heart Association 1st Aid/CPR/AED certification class. Instructors, Jeff Sargent and Carolyn Henn, provided basic CPR/AED and 1st Aid training with an emphasis on wilderness first aid to nine participants. The course covered how to assess emergency situations and to respond in a safe, timely and efficient manner. In some situations, and especially in the wilderness, improvising may be necessary. The wilderness first aid kit

essentials were provided, and participants practiced bandaging and splinting techniques to stabilize wounds and injuries. The course qualified for the ADK hike leader Level 2 - 1st Aid/CPR requirement. An emergency can happen anywhere, at any time, and having basic knowledge to assist may help save a life! - *Lisa Druke*

Catskills Rusk and Halcott Poem

Upon Rusk mountain's snowy crest we tread,
Snowshoes clung as the sun overhead,
No trail to guide, just our way to find,
Up the steep slopes, a challenge entwined.

Each step a conquest, an ascent so steep,
No halting, no rest, the commitment deep.
At the mountain's zenith, a call to soar,
"Let's conquer one more," the leader implored.

To Mount Halcott, another journey embarked,
Snow-covered slopes, a waterfall sparked.
Exhausted yet driven, 1 foot at a time,
Each ledge conquered, the peak to climb.

Sunset hues painted the winter sky,
Cold air embraced as daylight said goodbye.
From peak to base, a triumphant return,
Victorious over Catskill, the lessons we learn.

Celebrating triumph, a quest unconfined,
The mighty winter Catskill, a challenge enshrined.

- *Joe Condon and Chat GPT*



The crew seeking Catskill Winter 35 status, victorious on top of Rusk, *Photo Courtesy Dick Frio*

Date(s)	Outing	Leader(s)
Repeating	Walking Wednesdays	M. Niemi, S. Schwinge
Sat, Mar 2	Moxham Mountain Snowshoe	Lisa Druke
Mon, Mar 4	Highland Forest Hike/Snowshoe	Sigi Schwinge
Sat, Mar 9	Green Lakes State Park Hike	Lisa Druke
Sat, Mar 16	Fellows Hill Loop	Mary Niemi
Sat, Mar 23	Spring Business Meeting 2024	P. Urban/S. Manca
Sun, Mar 31	Baltimore Woods	Theresa Evans
Mon, Apr 1	FLT Chippewa Falls Spur Trail	Sigi Schwinge
Wed, Apr 3	Walking Wednesday Trail Maintenance	Dick Frio
Sun, Apr 7	NCT Webber Rd to Tromp Rd	Lisa Druke
Sun, Apr 14	Onondaga Creek Walk	M. Coffin/B. Veilleux
Sat, Apr 20	Baltimore Woods Hike	Mary Niemi
Sun, Apr 21	Link Trail Mount Pleasant to Nelson Rd NCT100	Kathy Disque
Wed, Apr 24	Pigeon Lake Wilderness Trail Clearing	Schwinge/Rosati/Frio
Sat, Apr 27	Stone Quarry Art Park Hike NCT	Theresa Evans
Sat, Apr 27 – Sun, Apr 28	Middle Settlement Lake Backpack	Jim Bristol
Sun, Apr 28	Walk the Old Erie Canal from Burdick Street	M. Coffin/B. Veilleux
Wed, May 1	Walking Wednesday Trail Maintenance	Dick Frio
Sat, May 4	“Boots on the Ground” Trail Kickoff at Spruce Pond	Harold Kyle
Sun, May 5	Pratts Falls Hike	Mary Niemi
Mon, May 6	Fellows Hill Loop	Sigi Schwinge
Sat, May 11	Six Mile Creek Trail - Tribute to Hal Boyce	Theresa Evans
Sat, May 18 – Sun, May 19	Siamese Ponds Backpack	Jim Bristol
Sat, May 25	Chaumont Barrens Wildflower hike	Kathy Disque

	Leader Level	Rating	Effort Level	Elevation Gain (ft.)	Miles	Time (hrs.)
Leader Ratings	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

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-n-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.

Camping World (old Gander RV) Cicero, NY. For outings to the north. From NY 31, take the access road for I-81 N. Camping World 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

9081 Walking Wednesday

Every Wednesday 9:00 AM

Meeting Place: Dewitt Wegmans' Park & Ride (in front of Hobby Lobby)

Rating: Level 1 C, Easy, 4-5 miles, ~4-6 hours

Long Distance Trail: FLT, NCT100

R/T Drive (miles): Less than 100 miles

Map Reference(s): DeLorme p. 60, DeLorme p. 61, DeLorme p. 77, FLT-O1, FLT-O2, FLT-M21

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

Every Wednesday some of our members take a 3-6 mile hike on one of the many trails in CNY. The first Wednesday of each month during spring, summer and fall is usually devoted to trail maintenance. The Wednesday hikes welcome new participants. Please bring lunch and sufficient water. Call or email the leaders if you have Wednesday free and would like to hike.

9082 Moxham Mountain Snowshoe

Sat, Mar 2 8:00 AM

Meeting Place: Contact Leader

Hike Level: Level 2 B, Moderate, 1152' ascent

Outing Distance: 5.4 miles (A)

Est. hrs (excl. driving time): 4 hours

R/T Drive (miles): 300 miles

Map Reference(s): DeLorme p. 38, Nat'l

Geo#744

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

The trail to Moxham Mt. has an elevation gain of 1152' and has many scenic views along the trail including nice views from the 2418' summit. Dress in layers and be prepared for variable weather conditions at the top. Bring water, lunch and a hot drink. Contact leader for an update on conditions.

9083 Highland Forest Hike/Snowshoe

Mon, Mar 4 9:00 AM

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

Hike Level: Level 1 C, Easy, 4-5 miles, ~3-4 hours

Long Distance Trail: FLT, NCT100

R/T Drive (miles): 40 miles

Map Reference(s): DeLorme p. 61, FLT-O2

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

We'll walk from the dam on the FLT Onondaga Branch Trail to Skytop to enjoy the spectacular view and return with maybe a loop on HF trails to the lean-to. To join our merry group of walk-n-talkers please email Sigi for other weekly Monday walks.

9084 Green Lakes State Park Hike

Sat, Mar 9 10:00 AM

Meeting Place: Green Lakes Perimeter Parking (Near Manlius Center)

Hike Level: Level 1 C+, Fairly Easy, ~500'

Outing Distance: 6 miles

Est. hrs (excl. driving time): 3.5 - 4 hours

Map Reference(s): DeLorme p. 61, Green Lakes Trails Map

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

We will hike the trails in this pretty park including the Perimeter, Old Growth, Indian Ovens trails and enjoy some of the views of Onondaga County. The trails are hilly with ~500' of elevation change and the pace will be moderate. Bring water, lunch/snack.

9085 Fellows Hill Loop

Sat, Mar 16 9:00 AM

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby) or contact leader if meeting at trailhead - Herlihy Rd. approx. 9:45AM

Hike Level: Level 1 C, Easy, 3.5 miles, 4 hours

Long Distance Trail: FLT, NCT100

R/T Drive (miles): 40 miles

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

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

This trail has it all - hills, creeks, ravines. Come and enjoy a hike on St. Patrick's Day weekend. March can be snowy/icy or muddy. Bring snacks & water.

9086 Spring Business Meeting 2024
Open to Non-members, Bring a Friend
Sat, Mar 23 3:00 PM

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

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

Leader(s): Pat Urban, sabharp@att.net, 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 Jeff Sargent. Jeff is a long-time member of our ADK Chapter. He is an active member with Central Adirondack Search and Rescue and now Wilderness SAR. Over the past few years. Jeff has shared his knowledge and hiking skills through courses he taught. He has hiked over 10,000 miles and completed the Triple Crown (AT, PCT, CDT). His other adventures include the Northville Placid, FLT, 46r, Long Trail, Long Path, Trans Adirondack and Cranberry 50. Jeff will share some of his hiking adventures and photos with us. Business meeting will follow 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 for updates and to access the link for registration.

9087 Baltimore Woods Hike
Sun, Mar 31 12:00 PM

Meeting Place: Baltimore Woods Nature Center (Upper Parking Lot)

Directions: 4007 Bishop Hill Rd., Marcellus, NY

Hike Level: Level 1 C, Easy, 3-5 miles

Map Reference(s): DeLorme p. 60, baltimorewoods.org/visit/interpretive-center-trails/

Leader(s): Theresa J. Evans, [315-414-0431](tel:315-414-0431), tj_evans@verizon.net

Let's get some fresh air to celebrate Easter and early Spring. This is a nature preserve under the Central New York Land Trust. We will hike a series of trails, which encompass some ups and downs in these woods. We might also spot some early wild

flowers. Speed will be moderate. Bring snacks/lunch/water. Note the trail conditions could be variable at this time.

9088 FLT Chippewa Falls Spur Trail
Mon, Apr 1 9:00 AM

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

Hike Level: Level 1 C, Easy, 4 miles, ~3 hours

Long Distance Trail: FLT

R/T Drive (miles): 65 miles

Map Reference(s): DeLorme p. 77, FLT-M21

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

Walk from Stoney Brook Rd. to the little waterfall that can roar when well fed by rain, and back. Some may opt to extend our outing to other nearby trails. Bring lunch and water.

9089 Walking Wednesday Trail
Maintenance

Wed, Apr 3 9:00 AM

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

Hike Level: Level 1 C, Easy, 4-5 miles, ~4-6 hours

Long Distance Trail: FLT, NCT100

R/T Drive (miles): 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, Richardfrio@hotmail.com, [315-679-0622](tel:315-679-0622)

We will be doing maintenance on a portion of the Finger Lakes Trail / North Country Trail. Our chapter currently maintains 72 miles of the FLT and three lean-tos. 57 miles of our section are concurrent with the NCT. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing. Severely adverse weather conditions will cancel the hike.

**9090 NCT Webber Rd to Tromp Rd
Sun, Apr 7 11:00 AM**

Meeting Place: Cazenovia Lake Parking Lot
(near jct Rt 20 & Rt 92)
Hike Level: Level 1 C, Easy, 4 miles, ~3 hours
Long Distance Trail: FLT, NCT100
R/T Drive (miles): 30 miles
Map Reference(s): DeLorme p. 61, FLT-O2
Leader(s): Lisa Druke, [315-447-4018](tel:315-447-4018),
lisadruke@gmail.com

Enjoy an early spring hike on the Onondaga Trail starting from Webber Rd. in New Woodstock to Tromp Rd and return. The trail immediately climbs several hundred feet through a hardwood forest near the old Mystic Mountain ski trails. We will have lunch at Tromp Rd, the turn around point. Bring rain gear, water and snack/lunch.

**9091 Onondaga Creek Walk
Sun, Apr 14 11:00 AM (Contact Leader)**

Meeting Place: Kirkpatrick St. Parking lot near Inner Harbor (Contact Leader to confirm)
Hike Level: Level 1 C, Easy, 3-5 miles
Map Reference(s): DeLorme p. 60
Leader(s): Mary Coffin, [315-657-0229](tel:315-657-0229), Brenda Vieilleux, [315-463-9103](tel:315-463-9103)

We will walk down to the lake and check out waterfowl and eagle activity. Hike as much or as little as you wish. Consider extending your walk on your own into the city for coffee or lunch.

**9092 Baltimore Woods Hike
Sat, Apr 20 9:30 AM**

Meeting Place: Baltimore Woods Nature Center Parking
Directions: 4007 Bishop Hill Rd., Marcellus, NY
Hike Level: Level 1 C, Easy, 3 miles, 3-4 hours
Map Reference(s): DeLorme p. 60, Baltimore Woods Nature Center trail map
Leader(s): Mary Niemi, [315-751-7492](tel:315-751-7492),
maryrwniemi@gmail.com

Let's get out for a hike in this lovely Marcellus Park to see the early Spring flowers and plants. Bring snacks and water.

**9093 Link Trail Mount Pleasant to Nelson Rd
NCT100**

Sun, Apr 21 10:00 AM

Meeting Place: Thruway Exit 34 (Canastota)
Hike Level: Level 1 C, Easy, 4 miles
Long Distance Trail: NCT100
R/T Drive (miles): 4 miles
Map Reference(s): DeLorme p. 61
Leader(s): Kathy Disque, [315-656-3383](tel:315-656-3383),
kathydisque@yahoo.com

We'll see how many flowers are in bloom along this wooded trail near Canastota.

**9094 Pigeon Lake Wilderness Trail
Clearing**

Wed, Apr 24 (Rain date: Fri, Apr 26)

Meeting Time/Place: Contact Leader
Hike Level: Level 2 B+, Moderately Strenuous
Outing Distance: 7+ miles (A)
Est. hrs (excl. driving time): 6 - 8 hours
R/T Drive (miles): 200 miles
Map Reference(s): DeLorme p. 36, ADK West Central Guide
Leader(s): Sigi Schwinge, sigischwinge@aol.com,
Bob Rosati, bro sati@twcny.rr.com, Dick Frio [315-679-0622](tel:315-679-0622), richardfrioood@hotmail.com

Actual date will depend on snow melt conditions, but we also want to beat black flies. Contact Sigi towards the end of April if you are interested in joining us. We'll pick one of the trails off Big Moose Rd. and clear winter blow down. Enjoy the hike along creeks and ponds while getting the trail ready for the hiking season. Usually, an early meeting time for the 2+ hr. drive there and we might be out all day. Bring water and food, but we can also stop in Old Forge for food afterwards. Pack rain gear, work gloves and hand tools, if you have them. We also provide tools. Rain/bad weather/bad conditions alternate date is Friday, April 26. Contact leaders to confirm the plan.

9095 Stone Quarry Art Park Hike NCT
Sat, Apr 27 10:00 AM (Contact Leader if plan to attend)

Meeting Place: Cazenovia Lake Parking Lot
(near jct Rt 20 & Rt 92)
Hike Level: Level 1 C, Easy, ~4 miles, 2-3 hours
Long Distance Trail: NCT100
R/T Drive (miles): 6 miles
Map Reference(s): DeLorme p. 61
Leader(s): Theresa Evans, [315-414-0431](tel:315-414-0431) or tj_evans@verizon.net

We will take an early Spring Hike on the Link Trail/NCT from Chenango Street to the Art Park and return. We will look for possible early wild flowers or critters along the way. We will be walking uphill to get to the Art Park. We can spend time meandering about the park taking in the view and/or art sculptures. Bring snacks, lunch, and/or water.

We can stop for lunch/snack and then make our return to the Chenango Street Parking Lot.

9096 Middle Settlement Lake Backpack
Sat, Apr 27 to Sun, Apr 28 8:00 AM

Meeting Place: Contact Leader
Hike Level: Level 1 C+, Fairly Easy
Outing Distance: 6.4 miles RT (A)
Est. hrs (excl. driving time): Overnight outing
R/T Drive (miles): 200 miles
Map Reference(s): DeLorme p. 35
Leader(s): Jim Bristol, [315-935-3623](tel:315-935-3623)

Let's take a walk into the Ha-De-Ron-Dah Wilderness. We will backpack back to picturesque Middle Settlement Lake lean-to and spend the night. Trip size is limited to 8. Contact leader for trip details.

9097 Walk the Old Erie Canal from Burdick St.

Sun, Apr 28 Contact Leader

Meeting Place: Burdick St. Canal Park
Hike Level: Level 1 C, Easy, Flat terrain
Outing Distance: 3-5 mi RT
Est. hrs (excl. driving time): 3 - 4 hours
Map Reference(s): DeLorme p. 61
Leader(s): Mary Coffin [315-657-0229](tel:315-657-0229), Brenda Veilleux [315-463-9103](tel:315-463-9103)

We will walk the towpath east looking for signs of Spring along the canal.

9098 Walking Wednesday Trail Maintenance
Wed, May 1 9:00 AM

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

Hike Level: Level 1 C, Easy, 4-5 miles, ~4-6 hours
Long Distance Trail: FLT, NCT100
R/T Drive (miles): 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](tel:315-679-0622)
Richardfrioood@hotmail.com

We will be doing maintenance on a portion of the Finger Lakes Trail / North Country Trail. Our chapter currently maintains 72 miles of the FLT and three lean-tos. 57 miles of our section are concurrent with the NCT. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing. Severely adverse weather conditions will cancel the hike.

9099 "Boots on the Ground" Trail Kick-off at Spruce Pond
Sat, May 4 10:00 AM

Meeting Place: Spruce Pond Campground
Hike Level: Level 1 C, Easy, <5 miles
Long Distance Trail: FLT, NCT100
Map Reference(s): DeLorme p. 61, FLT-O1
Leader(s): Harold Kyle, harold@cnyhikes.com, [315-416-4619](tel:315-416-4619)

Start the season off with a bang. We will review trail steward maintenance criteria and reporting procedures before a "boots on the ground", "hands on the tool" hike on a section of the FLT and NCT. Bring gloves, lunch and water and dress for the weather. Tools are supplied. No experience needed. We'll meet at a campsite location near Spruce Pond off Herlihy Rd in Morgan Hill State Forest. After a quick refresher, we will begin the work of rerouting the steep, eroded trail leading uphill from Spruce Pond.

9100 Pratts Falls Hike

Sun, May 5 9:30 AM

Meeting Place: Pratts Falls parking lot - \$2.00 fee per vehicle

Hike Level: Level 1 C, Easy, 3.5 miles, ~3-4 hours

Outing Distance:

Est. hrs (excl. driving time):

Map Reference(s): DeLorme p. 60, Pratts Falls trails map

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

With the winter weather gone, we can walk on the lower falls area and other areas we avoid when it is icy. Bring snacks and water.

9101 Fellows Hill Loop

Mon, May 6 9:00 AM

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

Hike Level: Level 1 C, Easy

Outing Distance: 4 miles

Est. hrs (excl. driving time): 3 hours

Long Distance Trail: FLT, NCT100

R/T Drive (miles): 40 miles

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

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

We'll start uphill to the "peak" (sorry no view) then descent to Spruce Pond and complete our loop along scenic creeks with little waterfalls. This is a Finger Lakes Trail Passport hike. Find info on the passport program on www.FingerLakesTrail.org and go to Hiking then go to Passports. Our walk-n-talk group finds an interesting trail every Monday. Email Sigi for more info.

9102 Six Mile Creek Trail-Tribute to Hal Boyce

Sat, May 11

Meeting Time/Place: Contact Leader for time/place to meet for carpool

Hike Level: Level 1 C+, Fairly Easy, ~600 feet

Outing Distance: 4.8 miles

Est. hrs (excl. driving time): ~3 - 4 hours

R/T Drive (miles): ~120 miles

Map Reference(s): DeLorme p. 76; Take a Hike by Rich & Sue Freeman, p. 222

Leader(s): Theresa & Jay Evans, [315-414-0431](tel:315-414-0431); tj_evans@verizon.net

Let's take a walk at Six-Mile Creek in City of Ithaca. Hal Boyce, a long-time member of our club introduced me to this hike many years ago. We will, hopefully, see wild followers popping up. The other possibility is nude sunbathing though may be a bit too cool and/or Gorge Rangers have subdued this activity. We will hike thru the Mulholland Wildflower Preserve and VanNattas Dam Watershed Area. I do recall some ups and downs. There are waterfalls to see as well. Come join us for a Spring Hike and to pay tribute to my friend and former ADK member (held many offices), Hal Boyce. Bring lunch, snacks and water. Also, bring a camera too for pics.

9103 Siamese Ponds Backpack

Sat, May 18 to Sun, May 19 8:00 AM

Meeting Place: Contact Leader

Hike Level: Level 2 B+, Moderately Strenuous

Outing Distance: 7 miles RT (A)

Est. hrs (excl. driving time): Overnight outing

R/T Drive (miles): 260 miles

Map Reference(s): DeLorme p. 37

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

Let's take a walk back into the Siamese Ponds Wilderness. We will backpack from parking on Route 8 to a lean-to on the east branch of the Sacandaga River and spend the night. Contact leader for trip details. Trip size is limited to 8.

9104 Chaumont Barrens Wildflower Hike

Sat, May 25 10:00 AM

Meeting Place: Camping World (Cicero)

Hike Level: Level 1 C, Easy, 2 miles, ~3 hours

R/T Drive (miles): 150 miles

Map Reference(s): DeLorme p. 25

Leader(s): Kathy Disque, [315-656-3383](tel:315-656-3383), kathydisque@yahoo.com

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

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Mark Your Calendar:

**National Trails Day, Saturday, June 1 –
Onondaga Trail at Spruce Pond, Harold Kyle,
harold@cnyhikes.com**

**42nd ADK Paddle Outing 2024. Registration
is Open. July 15 - 20, July 15 – 25, July 15 –
25.**

Paddle in and adjacent to the St. Regis Canoe Area
– the largest wilderness canoe area in the East.
The area is noted for its clear spring-fed ponds,
short carries, and tranquil beauty.

[https://adk.org/adk-announces-42nd-annual-
paddle-outing/](https://adk.org/adk-announces-42nd-annual-paddle-outing/)



**MammothMarch, Saturday, August 10, 2024,
Letchworth State Park**, renowned as the “Grand
Canyon of the East”, Hiking 20 miles in 8 hours
you will conquer one of the most scenic areas in
the Eastern US. Our single-circuit hiking route
leads along the Genesee River, through lush
forests, and features spectacular waterfall and
gorge views. Registration is required, more details
at: [https://www.mammothmarch.com/upstate-
new-york-2024](https://www.mammothmarch.com/upstate-new-york-2024)



ADK Fall Outing, October 25 – 27, 2024,
Ashoken Center, located in Olivebranch, NY in the
Catskill Mountains. Hosted by the ADK Albany
Chapter. More details to follow in March.

Mailing Address:

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

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