

**ADIRONDACK MOUNTAIN  
CLUB**

**ONONDAGA CHAPTER**

**TALK OF THE TRAIL**  
**Summer 2025**

June 🌻 July 🌻 August

***HIGHLIGHTS IN THIS EDITION***

- From the Chair
- Meet our new Education & Conservation Chairs
- Pre-Hike Planning Toolkit



Adirondack  
**ADK**  
Mountain Club



# ADK ONONDAGA CHAPTER

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

### ABOUT THE COVER

Maxon Creek in Irish Hollow  
*Photo Courtesy Harold Kyle*

## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Elliot Rodriguez, Bryan & Jessica Schad, Dr. Bethany Dyer, Robert Slate, Jack Memmer, Shawn & Sandi Hemmingway, Phil Scalisi, Randall Roberts, Carrie Bombria, Matt & Rachel Foster, Colleen Kania, Matthew Tracy

### FIND ADK ONONDAGA ONLINE

<https://adk-on.org>

<https://www.facebook.com/groups/adkonondaga>

[https://www.instagram.com/adk\\_onondaga\\_chapter/](https://www.instagram.com/adk_onondaga_chapter/)

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

### CHAPTER EMAIL UPDATES

Join our Google Group:

<https://groups.google.com>

Search for our group name:  
ADK-On-Email

### 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

Latest Membership Stats	Membership as of January*	Change Since September
Onondaga Chapter	936	-390
Adirondack Mountain Club Overall	22,700	unknown

*\*Updated numbers unavailable*

### SUMMER TRAIL MAINTENANCE OPPORTUNITIES

Dates	Description	Leader(s)
June 7	FLT Maintenance	Bob Rosati
June 11	Wednesday Trail Maintenance	Dick Frio
July 9	Wednesday Trail Maintenance	Dick Frio
July 12	Little Woodhull Lake Maintenance	Bob Rosati
August 6	Wednesday Trail Maintenance	Dick Frio

*Check the Outings section for additional details!*

### 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!



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

BY BRUCE HOLLOWAY

## Summer Is Here—Get Outside!



Nature walk on Skidaway Island, Savannah, GA  
*Photo Courtesy Bruce Holloway*

I kicked off my first seasonal outing with the travel trailer near the end of April—and dove straight into 85°F summer weather down south! Hard to believe that just ten days earlier, I was hiking the FLT/NCT trails in the snow. It felt strange at first, but I've adjusted (though not without getting a little sunburned on the beach!).

Summer has arrived, and it's the perfect time to get the family outside and enjoy nature. Visit your local county or state parks, explore the trails—Finger Lakes Trail, Onondaga Trail, and National Scenic Trails await.

Feeling energetic? Consider joining one of our trail maintenance outings! This is a great way to give back, get active, and meet others who love the outdoors. You'll find all the details in the Outings section on our chapter's webpage.

Enjoy your time in nature!

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## Nominations Committee Update

Each year, we select our chapter officers who will serve for the upcoming term. To lead this important process, a few members of the Onondaga Chapter are invited to serve on the Nominations Committee—a group that plays a key role in shaping the future leadership of our chapter.

The committee begins by reaching out to current officers to confirm whether they wish to continue in their current roles or pursue different positions. For any roles that will be vacated, the committee actively seeks out qualified and willing members to step into these leadership opportunities.

The finalized slate of officer nominations is presented to the membership at our Fall Business Meeting and social gathering, where the chapter votes to approve the new officers. Members may also nominate additional willing candidates from the floor at the meeting. If more than one person is nominated for a position, the winner will be determined by a majority vote.

If you are interested in serving as an officer or would like to learn more about the roles, please feel free to reach out to any member of the Nominations Committee. They would be happy to answer your questions and talk with you about how you can get involved.

This year, we are grateful to have the following three individuals serving on the Nominations Committee:

[Richard Frio](#)  
[Steve Greenstein](#)  
[Theresa Evans](#)

A heartfelt thank-you to our committee members for their time and dedication in helping guide the future of our chapter!



BY HAROLD KYLE



Trailhead at Dublin Road damaged by illegal UTV use.  
*Photo Courtesy Harold Kyle*

About half of the Finger Lakes Trail is on public land, and most of this public land is managed by the New York Department of Environmental Conservation (DEC). The DEC manages over 4.5 million acres of land but only has 153 Forest Rangers, many of whom are stationed in the Adirondacks and Catskills. That leaves vast tracts of state forest in Central New York with few Rangers to handle law enforcement. For example, the state lands of Onondaga, Cayuga, and Cortland only have two Forest Rangers among them.

All this is to say that the Forest Rangers are stretched very thin. They have to rely on the many recreational users of State Land to monitor and report illegal activities. We have to be alert to help them protect our public land.

I had to call the Forest Rangers recently when I noticed about ten UTVs and ATVs driving down the FLT's (former) footpath in Mariposa State Forest. Motorized vehicles should never be on our trails. Unfortunately, the damage in the muddy trail has made it difficult if not impossible to hike. We'll work to reroute or repair the damage, but in the meantime the Forest Rangers are aware and will monitor this trailhead.

Motorized vehicles were first reported by our trail steward last year. What started as one isolated incident has, within a year, done considerable damage. It doesn't take long for a UTV to destroy the trail, so please keep an eye out for evidence of them. If you notice any motorized vehicles on FLT trails, or see any illicit activity on state land, there's a number to call for DEC dispatch: 1-833-NYS-RANGERS (1-833-697-7264). Since you might not be able to look up this number while in the woods, it's a good idea to program this in your phone's contacts. That way it will be easy to reach a Forest Ranger in a pinch.



Please report any UTVs on public land that aren't on designated roads. *Photo Courtesy Thom Kingston*

If you're planning to hike on the Finger Lakes Trail, always consult their website's interactive map which is updated with the most up-to-date trail conditions. This incident shows how our trail stewards are a vital part of monitoring and maintaining the trail for everyone. Please keep me in the loop about any possible damage that needs repairing: send photos and a location to [trails@adk-on.org](mailto:trails@adk-on.org).



# MEET OUR NEW CONSERVATION CHAIR

BY KIM PUTNAM



Kim Putnam on the two-person saw with Dick Harper, *Photo Courtesy Dick Frio*

Hello, fellow ADK Onondaga members!

My name is Kim Putnam, and I'm thrilled to be stepping into the role of Conservation Chair. By day, I'm a 5th-grade science teacher. This is my 34th year teaching, which means I'm just starting to peek around the corner at retirement—and I'm definitely looking forward to that day!

About two years ago, I was asked to be a trail steward for the section leading up to Chippawa Falls. It's been a learning experience for me, showing me how much work goes into maintaining a trail. Locally, I've hiked much of the local trails and am chipping away at the Catskill High Peaks.

I don't just enjoy hiking—I enjoy doing trail work too. I know—who voluntarily benches for hours while swatting mosquitoes? One of my all-time favorite projects has been the NCT trail at Jones Hill. For the past three summers, I've spent a week camping at Schroon Lake, where mornings are for chocolate donuts and trail building, and evenings are for swapping stories and feasting at the legendary "Coffin Compound"—aka Bill and Mary's camper. Who would have known that trail food always tastes better when you're filthy, exhausted, and surrounded by good people?

I'm excited to dive into this new adventure as Conservation Chair, and I can't wait to get out there, hike more trails, swing more tools, and share more laughs. See you out on the trail!



Listen to the newly recorded ADK Voices story by Ed O'Shea entitled "Trail Maintenance the ADK Onondaga Chapter Way" and hear how Ed introduced crosscut saws to our chapter.

Go to [ADK Voices Story Page](#) for access to Ed's story on the pre-publication page.

For other recorded stories, go to the main public website: [ADKVoices.org](http://ADKVoices.org)

Contact ADK Voices story aide, Mary Niemi - [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com), to help you record your story with photographs and be part of this exciting project.

New story topics in honor of their ADK Centennial Milestones are: the Northville-Placid Trail and Johns Brook Lodge under the Outings tab. – *Mary Niemi*

BY KIM PUTNAM

When I first started hiking, I was always captivated by the obvious sights—the towering trees, flowing streams, and breathtaking views. It wasn't until I became involved in trail building and stewardship that my perspective truly shifted. I began to pay more attention to the trail itself, appreciating the hard work and dedication that go into its creation and upkeep.

Today, our trails face numerous challenges, from overuse and harsh weather to insufficient maintenance—all of which are taking a toll. Many of our beloved trails need extra care to remain sustainable for future generations of hikers. So, what can we do to help preserve and maintain the trails we cherish?

### Trail Braiding

Trail braiding occurs when hikers avoid a muddy section of the trail by creating new paths around it. This behavior leads to problems such as damaging vegetation, causing erosion, creating large puddles, and confusing new hikers who may inadvertently stray off the main trail.



In some cases, trail stewards have made makeshift paths with rocks for overly muddy locations or the trail crew might have made puncheons to walk on.

However, the everyday hiker can also be part of the solution by simply staying on the muddy trail. By staying on the trail there is no additional damage to the surrounding areas. When hikers stray off the trail the water will start pooling and draining into these other areas as well, ultimately causing more problems for the longevity of the trail. Many hikers will try to help the situation by creating corduroy paths over mud by laying logs side by side, resembling a bridge. However, this approach causes problems over time. The wood eventually dries out and rots, worsening the drainage issue and creating additional obstacles on the trail.

### Cut throughs on Switchbacks

Some hikers create shortcuts on switchbacks to save time and steps, bypassing the winding path. While this may seem harmless, it leads to several problems. Shortcutting destroys vegetation and accelerates erosion. When it rains, the shortcut often turns into an unintended drainage ditch, which can cause additional damage to the area below.

To address this issue, trail stewards or trail crews often step in to restore the trail. They do this by "brushing out" the shortcut, which involves dragging downed trees, branches, and logs across the path. This natural barrier discourages further use of the shortcut by other hikers.

Hikers can also contribute by helping to brush out shortcuts themselves. While it doesn't require a full-scale effort, simply placing a few downed branches over the entrance and exit of the shortcut can be an effective way to prevent further damage.

In conclusion, preserving the trails we cherish is something that every hiker can contribute to, often with just a few moments of attention. By noticing issues such as trail braiding, shortcutting on switchbacks, and taking small actions to address them, we can help prevent further damage to the trail. Whether it's staying on the main path, brushing out shortcuts, these simple solutions make a significant difference. The everyday hiker plays a vital role in conserving and maintaining the trail, ensuring that it remains a beautiful and sustainable resource for all to enjoy. Just a little care and consideration can go a long way in preserving the integrity of the trails we love.



# MEET OUR NEW EDUCATION CHAIR

BY KATHY CAMPBELL



Kathy Campbell in her quest for the Catskill 35, *Photo Courtesy Kathy Campbell*

I'm excited to step into the role of Education Chair for the ADK-Onondaga Chapter and to share my passion for hiking, learning, and responsible outdoor recreation. I was born in the Adirondacks and have called Central New York home for most of my life. My love of nature began early—playing in the woods near my childhood home and tagging along on occasional hunting and fishing outings with my dad.

My true passion for hiking took off in high school through my very active Girl Scout troop. After much preparation and instruction from one of the dads, we set off on a multi-day backpacking trip in the Adirondack High Peaks. At just 85 pounds myself, carrying all that gear was tough—but I was hooked. That trip sparked years of adventure, including more hikes in the High Peaks and an inspiring (and challenging) three-week road trip during which we hiked the Grand Canyon Rim-to-Rim and explored multiple national parks.

Though my husband had no interest in enjoying the wilderness as a "pack mule," he introduced me to the joy of canoe camping—to explore the remote lakes and ponds in the Adirondacks and Canada. Once our children learned they couldn't walk on water, they joined the fun, packed in beside the sleeping bags and gear. As they got older, they wanted to try hiking too, and we tackled several challenging backpacking trips in the High Peaks as a family—memories I treasure to this day.

After a break from backpacking, I returned to the High Peaks with a group of local women and eventually completed all 46 after retiring. During the COVID pandemic, I found peace and purpose hiking in Morgan Hill State Forest. A chance meeting with an ADK-Onondaga member, Barb Kerker, encouraged me to start joining club outings. That connection inspired me to complete the ADK Leadership Training Program and become a certified Level 3 Group Leader in 2024.



Kathy, second from left, with the girl scout troop at the trailhead of the North Rim of the Grand Canyon, *Photo Courtesy Kathy Campbell*

As Education Chair, I hope to promote safe, low-impact practices and help others discover the rewards of spending time in nature. I also want to grow our chapter's presence in the community and connect with potential members through education, outreach, and collaboration with other hiking groups.

When I'm not hiking, I love downhill and cross-country skiing and paddling the remote waters of the Adirondacks. I'm currently working toward finishing the Catskill 3500s (so close!), the VT Long Trail, the North Country Trail through NY and VT, and the FLT—with the Northeast 115 on the long-term horizon. I hope you'll join me on the trail sometime soon!



BY KATHY CAMPBELL

As we gear up for Spring and Summer hiking, there are many resources available to help us prepare for a safe, successful outing. Particularly when exploring a new area, it is helpful to arm yourself with as much information as possible to avoid the unexpected. Below are several helpful links to assist with your planning. With a multitude of information available, this is merely a sampling to guide you.

**Weather:**

- <https://www.weather.gov/> Enter a location or ZIP code for a local 7-day forecast. On this screen you will also find a link for hourly weather and radar.
- <https://www.weather.gov/btv/mountain> A 48 hour forecast for prominent summits located in the Adirondack, Green, White, Berkshire, Catskill, Maine and other selected mountains.
- <https://www.mountain-forecast.com/> Many search options to find weather conditions for mountain summits worldwide. A 6-day AM/PM for forecast is available. Unfortunately, an expanded hourly forecast is now only available for Day 1 unless you pay for a monthly or annual subscription.
- <https://www.nysmesonet.org/> A network of 127 weather stations across NYS, with at least one site in every county and borough. Each of the 127 stations measures temperature, humidity, wind speed and direction, pressure, snow depth, etc. Find current weather, forecasts, and camera views for your selected locations and time period.
- <https://dashboard.waterdata.usgs.gov/app/nwd/en/> USGS National Water Dashboard. Extremely important if your hike requires water crossings. Click on the X (lower right) to close the initial screen. This will bring you to a map showing all water gauge stations in the US. Expand the map to find the area of interest. You will find current and historical data for water height and discharge rate for specific rivers and streams. You can set up parameters for alerts by email or text.

**Maps and Routes:**

- North Country Trail Association (NCT) Interactive Map- North Dakota to Vermont.  
<https://northcountrytrail.org> Go to "The Trail, Online Map". Expand to area of interest, some sections show GPS and Google map links to parking areas and shelters.
- NCT in NY- [https://northcountrytrail.org/maps/ny\\_map\\_series.pdf](https://northcountrytrail.org/maps/ny_map_series.pdf) A free pdf. series of 43 printable/downloadable maps covering the North Country Trail starting from the eastern terminus of the FLT-Onondaga Spur (Mile 1) to the crossing into VT at the Crown Point Bridge (Mile 262.7).
- NCT in CNY- <https://www.cnyhiking.com/NCTinCNY.htm> Route description and maps of many sections of the NCT in CNY (may not always be updated).
- NCT in VT- [https://northcountrytrail.org/maps/vt\\_map\\_series.pdf](https://northcountrytrail.org/maps/vt_map_series.pdf) A free pdf. series of 10 printable/downloadable maps covering the North Country Trail from the Crown Point Bridge (Mile 1) to its eastern terminus near Killington (Mile 70.8).
- FLT- <https://fingerlakestrail.org/> Go to "Go Hiking, FLT Interactive Maps" for online map reference, OR : "Shop the Store, Maps and GPS" to order inexpensive maps for all sections of the FLT. Maps include step by step directions from W-E.
- General Hiking- <https://cnyhiking.com/> Route descriptions and maps for most trails in NYS! Many are available for reasonably priced pdf. files
- Adirondack Mountain Club Members (that means you!) <https://adk.org/shop/> Receive a 20% discount on all ADK guidebooks and maps purchased through website or at their retail locations
- Catskill 3,500'- <https://www.catskillmountaineer.com/list-3500.html> List of Catskill Peaks over 3'500' includes link for each peak with rudimentary map and detailed route descriptions
- NYS DEC- <https://dec.ny.gov/things-to-do/hiking> Provides links to Backcountry Information and Notices, hiking suggestions for all seasons, georeferenced maps of state forests and their trails, list of NYS Rangers in each District (<https://dec.ny.gov/about/contact-us/forest-ranger-rosters> ), etc.
- Online GPS and Mapping Apps: CalTopo <https://caltopo.com/> , GAIA GPS <https://www.gaiagps.com/> , Avenza Maps <https://store.avenza.com/> , AllTrails <https://www.alltrails.com/> , Maprika <https://www.maprika.com/> Most apps have basic applications at no cost, but charge a subscription fee for additional features.

Please remember the **Leave No Trace Principles** (<https://lnt.org/wp-content/uploads/2022/04/LNT-7PrinciplesTrifold-2022.pdf> ) and the **10 Hiking Essentials**

([https://extapps.dec.ny.gov/docs/lands\\_forests\\_pdf/hikesmarttenessentials.pdf](https://extapps.dec.ny.gov/docs/lands_forests_pdf/hikesmarttenessentials.pdf) ) for happy and safe exploring on all your trail adventures!!

BY LISA DRUKE



Adirondack Mountain Club Education courses with the Fayetteville Free Library

The Fayetteville Free Library (FFL) has offered in May two educational classes with the Adirondack Mountain Club including Intro to Backpacking and Map & Compass with instructor, Jeff Sargent. The intro to backpacking class covers the basics and



Intro to Backpacking class at FFL held May 1, 2025 Photo courtesy of Lisa Druke

includes a three-day, two-night back pack trip on the finger lakes trail or other similar trail averaging ~10 miles per day so participants can practice what they have learned in class. The Map and Compass class covers in class Maps and Topography and finishes with putting skills in action on the last day at the outdoor orienteering course located at the Pratts Falls County Park. The Map and Compass class is certified by ADK and meets ADK leader level 2 requirements for hike leaders. If you have any interest in joining future classes offered by FFL please contact Outings Chair, Lisa Druke at [lisadruke@gmail.com](mailto:lisadruke@gmail.com).

## Walking Wednesday – Come Join Us!

Walking Wednesdays has been an important part of our outings program for many years, decades in fact. The oldest record of Walking Wednesday we have dates back to 1979 when members were invited to join an informal hike if they were free. Hike Leaders, Dot Tisch and Charlie Gardner, were the coordinators back then. Today, hike leaders, Mary Niemi and Bruce Holloway, coordinate the Walking Wednesdays and not much has changed. Members are invited to join a hike if they are free or have the day off. The group decides at the meeting location in front of the Hobby Lobby (near the bus stop) in DeWitt the options for the day hike. The first Wednesday of the month is dedicated to trail maintenance during spring, summer and fall and other Wednesdays, the group may hike on the FLT, NCT, state forests or our local state and county parks.

*How ABOUT A WEDNESDAY HIKE?*

Are you retired or does your work schedule give you a Wednesday off now and then? If so, you may be interested in getting together for an informal Wednesday hike or trip.

If you are free on Wednesdays, and would like to hike, please call:

Dot Tisch 446-3856

or

Charlie Gardner 469-4569

## Walking Wednesday POLL QUESTION

The outings committee recently polled Walking Wednesday participants on a suggestion by a member to change the meeting time of Walking Wednesdays during the summer months to 8:00 am to get an earlier start for the warmer summer temperatures. By majority vote, the results were in favor to keep the meeting time at 9:00 am.



Tinker Falls Wed Hike, Nov 13, 2024  
Photo: Mike Graser



Gorge Trail Wed Hike, Jan 8, 2025  
Photo: Bruce Holloway

Walking Wednesday (last year) Chapter Participants (with email) polled-42  
Poll Responses: 21  
Poll Results: 57.1% - voted to keep start time at 9:00 am  
42.9% - voted to change it to 8:00 am

WALKING WEDNESDAY MEETING TIME remains: 9:00 AM

## Walking Wednesday Contacts:

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

Bruce Holloway [b.holloway.adk.on@gmail.com](mailto:b.holloway.adk.on@gmail.com)



## 📌 A Trail Worth Remembering

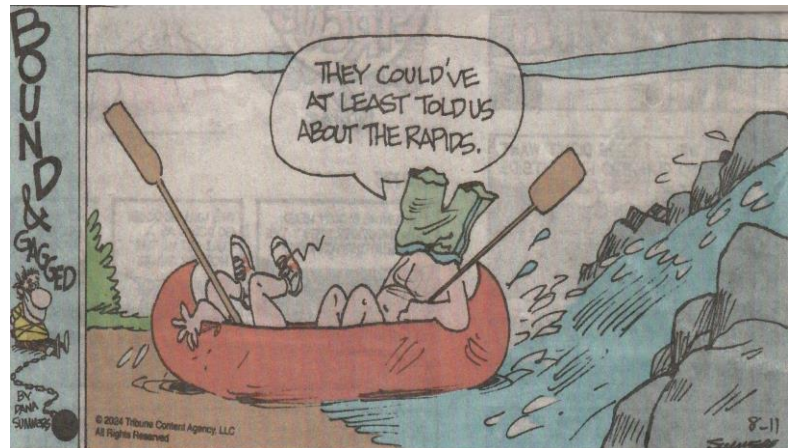
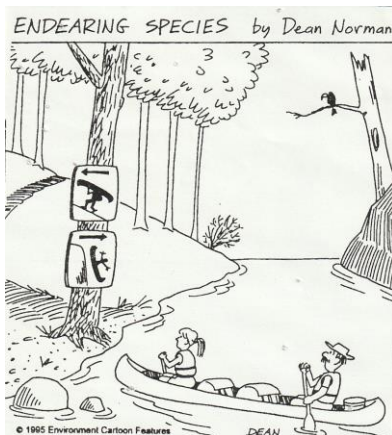
**Dick Frio** wanted to make sure everyone saw this meaningful piece by Tim Rowland in the *Adirondack Explorer*: [Jones Hill Trail a tribute to an Adirondack great](#) The story **honors the late Mary Coffin, a beloved trail advocate** whose legacy lives on in the wild places she helped protect and promote.

## 🚗 Parking Update at the AMR

**Mary Niemi** wanted to bring to everyone's attention that the **Adirondack Mountain Reserve parking reservation system is now permanent**. If you're planning a hike in that area, make sure to book in advance. [Read more from North Country Public Radio](#).

## 🚣 Paddle Smart

A fun but important reminder from **Brenda Veilleux** to all kayakers and canoers: **be cautious when exploring unfamiliar waterways** — what looks like a peaceful route might hold unexpected surprises!



## 🌸 Spring Is Here – Let's Blaze Some Trails!

Spring is the perfect time to freshen up trail blazes, and this year we'll be working on Section 02 of the Onondaga Trail.

Join us for a rewarding day on the trail! We'll provide all the supplies and show you how it's done — **no experience necessary**. Clear, visible blazes help hikers stay on course and make the trail safer for everyone.

It's a great way to explore the trail system, learn something new, and feel the satisfaction of giving back.

Interested? Contact **Pat Urban** at [sabharp@att.net](mailto:sabharp@att.net) or call/text [315-420-9382](tel:315-420-9382).



## 📌 Got News?

Have a story, update, or photo to share with fellow hikers? Send it our way for the next edition!

Date(s)	Outings	Leader(s)
Repeating	Walking Wednesday	Mary Niemi, Bruce Holloway
Sun, Jun 1	Pratts Falls Northern Loop and Overlook Trail	Melanie Stevens
Mon, Jun 2	Rogers Environmental Education Center	Theresa Evans, Sigi Schwinge
Tue, Jun 3	Onondaga Lake Walk	Brenda Veilleux
Sat, Jun 7	National Trails Day - FLT Maintenance	Bob Rosati
Tue, Jun 10	Onondaga Lake Walk	Brenda Veilleux
Wed, Jun 11	Wednesday Trail Maintenance	Dick Frio
Sat, Jun 14	Highland Forest	Monica Aungier
Tue, Jun 17	Onondaga Lake Walk	Brenda Veilleux
Sun, Jun 22	FLT Dublin Rd to Paradise Garden Leanto & return	Lisa Druke
Sun, Jun 29	Fire Tower Road Trip	Kathy Campbell
Mon, Jul 7	Fellows Hill Loop	Sigi Schwinge, Theresa Evans
Wed, Jul 9	Wednesday Trail Maintenance	Dick Frio
Sat, Jul 12	Little Woodhull Lake Trail Work Hike	Bob Rosati
Sun, Jul 13	Erie Canal Hike - Memorial for Mary Coffin	Mary Niemi, Brenda Veilleux
Wed, Jul 23	NCT to Pillsbury Lake	Kathy Campbell
Sun, Jul 27	Rusk Mountain (Cats35)	Lisa Druke
Sun, Aug 3	Tully Lake Paddle	Brenda Veilleux, Mary Niemi
Mon, Aug 4	Seneca Meadows Wetland Preserve	Theresa Evans
Wed, Aug 6	Wednesday Trail Maintenance	Dick Frio
Fri, Aug 8 - Sun, Aug 10	Boreas Ponds Backpack	Jim Bristol
Wed, Aug 20	Shindagin Hollow and Potato Hill State Forests	Kathy Campbell
Sun, Aug 24	Little Long Lake Paddle	Lisa Druke
Sat, Aug 30	Middle Settlement Lake	Theresa & Jay Evans

## Hike Leader Ratings

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



## 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:** The leader will organize carpooling at the meeting location. 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.

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)

**(A)** – denotes the outing is within the Adirondack Blueline

## **9210 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](mailto:maryrwniemi@gmail.com) and Bruce Holloway, [b.holloway.adk.on@gmail.com](mailto:b.holloway.adk.on@gmail.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.

## **9211 Pratts Falls Northern Loop and Overlook Trail**

**Sun, Jun 1 10:00 AM**

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

Meeting Special Instructions: We can meet at the DeWitt Wegmans Park-n-Ride at 9:30 a.m. or 10:15 a.m. at the parking at Pratt's by the Bathrooms. Let me know if you will meet at the park.

Hike Rating: Level 1 C, Easy, 3.4 miles

Est Hike Time: < 2 hours

R/T Drive: 40 miles

Map(s): DeLorme p. 61

Leader(s): Melanie Stevens, [315-278-2787](tel:315-278-2787)

We will follow the Blue Trail (~1.2 miles), a scenic hiking trail located within Pratt's Falls County Park. We will do a relatively short hike to enjoy stunning views of Pratts Falls, which cascades down a remarkable cliff. The path is well-maintained and features a mix of dirt and gravel surfaces. It does have numerous stairs. The Northern Loop is typically a moderate trail and is ~2.2 miles long. We might want to stop at Heritage Hill Brewery after the hike. It is an enjoyable place to relax with good food and drinks while enjoying the local music scene.

## **9212 Rogers Environmental Education Center**

**Mon, Jun 2 8:30 AM (Contact Leaders to RSVP)**

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

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

Est Hike Time: 3-4 hours

R/T Drive: 70 miles approximately

Map(s): DeLorme p. 78, Rogers Environmental Education Center Map

Leader(s): Theresa Evans, [315-414-0431](tel:315-414-0431), [tj\\_evans@verizon.net](mailto:tj_evans@verizon.net); Sigi Schwinge, [716-238-5347](tel:716-238-5347), [sigischwinge@aol.com](mailto:sigischwinge@aol.com)

Let's travel to Rogers Environmental Center to walk and enjoy its beautiful system of trails. We will start our trek right at the Environmental Center. There are several trails to explore to view the many wildflowers to smell & see as well birds to hear & see. We can then travel to some other trails close to main center (segregate parking areas) (either one or both) named Farm Tower, Cush Hill Trails. Please come join us on our excursion in the woods of Sherburne, NY. Bring lunch, water and a sense of wonder.

## **9213 Onondaga Lake Walk**

**Tue, Jun 3 6:00 PM (RSVP)**

Meeting Place: Salt Museum

Hike Rating: Level 1 C, Easy, 2-3 miles

Est Hike Time: 2 hrs.

Map(s): DeLorme p. 61

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

Join the group for a leisurely stroll along a beautiful lake, enjoying the view and life it shares. We will walk as much or as little as folks wish. We will meet by the Salt Museum. Please call to confirm as bad weather may cancel.

## **9214 National Trails Day - FLT Maintenance Sat, Jun 7 9:00 AM**

Meeting Place: Contact Leader

Hike Rating: Level 1 C, Easy, 2 miles

Est Hike Time: 6 hours

Long Distance Trail: FLT, NCT100

R/T Drive: 50 - 75 miles

Map(s): DeLorme p. 61, DeLorme p. 77

Leader: Bob Rosati, [b.rosati.adk.on@gmail.com](mailto:b.rosati.adk.on@gmail.com)



It's National Trails Day! Come celebrate the occasion by working on one of our reroutes in process. Depending on how previous outings progress, we will be working in either DeRuyter State Forest or Maxon Creek State Forest. No experience necessary, but there will be some heavy lifting and tool use. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch, and wear appropriate clothing.

## **9215 Onondaga Lake Walk Tue, Jun 10 6:00 PM (RSVP)**

Meeting Place: Salt Museum

Hike Rating: Level 1 C, Easy, 2-3 miles

Est Hike Time: 2 hrs.

Map(s): DeLorme p. 61

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

Join the group for a leisurely stroll along a beautiful lake, enjoying the view and life it shares. We will walk as much or as little as folks wish. We will meet by the Salt Museum. Please call to confirm as bad weather may cancel.

## **9216 Wednesday Trail Maintenance Wed, Jun 11 9:00 AM**

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

Hike Rating: Level 1 C+, Fairly Easy, 4-6 miles

Est Hike Time: 4-6 hrs.

Long Distance Trail: FLT, NCT100

R/T Drive: 50-75 miles

Map(s): DeLorme p. 60, DeLorme p. 61, DeLorme p. 77, FLT-O1, FLT-O2, FLT-M21, FLT-M22

Leader(s): Dick Frio, [315-679-0622](tel:315-679-0622), [richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com)

We will be doing maintenance on a section of the Finger Lakes Trail / North country Trail. Our chapter maintains 72 miles on the FLT and three lean-tos. Fifty-seven miles of our section is concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are cleared and blazed for all hikers to enjoy. bring a pair of work gloves, personal hand tools, water, lunch, and wear appropriate clothing. Severe weather conditions will cancel trail maintenance.

## **9217 Highland Forest Sat, Jun 14 Contact Leader**

Meeting Place: Manlius Library parking lot, Meet directly across from library in lot behind Sno Top ice cream.

Hike Rating: Level 1 C+, Fairly Easy, 6.5 miles

Est Hike Time: 4-6 hrs.

Long Distance Trail: FLT / NCT

R/T Drive: 50 miles

Map(s): DeLorme p. 61, FLT-O2, Highland Forest Park Map

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

This moderate pace hike will start at the west entrance to the park, off Cowles Settlement Rd. We will take a short section of the FLT, the Main trail, park service roads and possibly ski trails to the Southern-most end of the park and return. We'll pass the highest point and enjoy some less familiar views from the trails. Inclement weather will cancel. Bring water and a snack.

## **9218 Onondaga Lake Walk Tue, Jun 17 6:00 PM (RSVP)**

Meeting Place: Salt Museum

Hike Rating: Level 1 C, Easy, 2-3 miles

Est Hike Time: 2 hrs.

Map(s): DeLorme p. 61

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

Join the group for a leisurely stroll along a beautiful lake, enjoying the view and life it shares. We will walk as much or as little as folks wish. We will meet by the Salt Museum. Please call to confirm as bad weather may cancel.

## **9219 FLT Dublin Rd to Paradise Garden Leanto & return**

**Sun, Jun 22 8:30 AM**

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

Hike Rating: Level 1 C+, Fairly Easy, 6 miles

Est Hike Time: 3.5 hrs.

Long Distance Trail: FLT

R/T Drive: 40 miles

Map(s): DeLorme p. 77, FLT-M22

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

Join me for a hike in the Mariposa State Forest starting on the FLT from Dublin Road parking and hiking to the Paradise Garden Lean-to and return.

We will have lunch at the lean-to. Bring raingear, lunch and water. Be prepared with bug spray or bug net this time of year. Contact leader if weather is questionable.

## **9220 Fire Tower Road Trip** **Sun, Jun 29 7:00 AM (RSVP)**

Meeting Place: Thruway Exit 34 (Canastota),  
Look for black Subaru Outback  
Hike Rating: Level 2 B+, Moderately Strenuous,  
6.7 miles (A)  
Est Hike Time: 5 hrs.  
R/T Drive: 265 miles  
Map(s): DeLorme p. 80  
Leader(s): Kathy Campbell, [315-427-3917](tel:315-427-3917),  
[kathy.al.campbell@gmail.com](mailto:kathy.al.campbell@gmail.com)

If you are working on your ADK Fire Tower Challenge, this hike is for you! We will tackle the far-flung Hadley Mt and Spruce Mt summits which are only 30 min. apart by car. After a 2:30 hr. drive we will arrive at Hadley Mtn (3.6 mi RT, elev. 2,651', elev. gain 1,525', spectacular views) with approx. hike time of 2:30 hrs. We will then travel to Spruce Mt (3.1 mi RT, elev. 2,005, elev. gain 1,005', tallest fire tower in ADKS at 73') with approx. hike time of 2 hrs. While the hike to both fire towers is considered moderate, there are some steep sections on Hadley and we will accumulate a total elevation gain of 2530'. More detailed trail descriptions can be found in the "Views From on High" Fire Tower Trails publication. Return travel to parking area is 2 hrs. Bring the 10 hiking essentials, water, lunch and snacks. **RSVP to hike leader by 6/26.** All times are approximate.

## **9221 Fellows Hill Loop** **Mon, Jul 7 8:00 AM**

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)  
Contact leaders if joining us at the trailhead.  
Hike Rating: Level 1 C+, Fairly Easy, 4 miles  
(Note: extension up to Jones Hill adds a couple of miles)  
Est Hike Time: 3 hrs.  
R/T Drive: 40 miles  
Map(s): DeLorme p. 61, FLT-O1  
Leader(s): Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com),  
and Theresa Evans, [315-414-0431](tel:315-414-0431),  
[tj\\_evans@verizon.net](mailto:tj_evans@verizon.net)

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

## **9222 Wednesday Trail Maintenance** **Wed, Jul 9 9:00 AM**

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby)  
Rating: Level 1 C+, Fairly Easy, 4-6 miles  
Est Hike Time: 4-6 hrs.  
Long Distance Trail: FLT, NCT100  
R/T Drive: 50-75 miles  
Map(s): DeLorme p. 60, DeLorme p. 61,  
DeLorme p. 77, FLT-O1, FLT-O2, FLT-M21, FLT-M22  
Leader: Dick Frio, [315-679-0622](tel:315-679-0622),  
[richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com)

We will be doing maintenance on a section of the Finger Lakes Trail / North country Trail. Our chapter maintains 72 miles on the FLT and three lean-tos. Fifty-seven miles of our section is concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are cleared and blazed for all hikers to enjoy. Bring a pair of work gloves, personal hand tools, water, lunch, and wear appropriate clothing. Severe weather conditions will cancel trail maintenance.

## **9223 Little Woodhull Lake Trail Work Hike** **Sat, Jul 12 8:00 AM (Contact Leader)**

Meeting Place: Thruway Exit 34 (Canastota)  
Hike Rating: Level 2 B, Moderate, 7 miles (A)  
Est Hike Time: 5 hrs.  
Long Distance Trail: NCT100  
R/T Drive: 128 miles  
Map(s): DeLorme p. 49  
Leader(s): Bob Rosati, [315-766-7054](tel:315-766-7054),  
[b.rosati.adk.on@gmail.com](mailto:b.rosati.adk.on@gmail.com)  
The Little Woodhull Trail is a part of the North Country National Scenic Trail adopted by our chapter. We will do trail maintenance involving blowdown removal, posting markers, and clearing the tread. Bring gloves and hand tools but most



tools will be provided. Carry lunch, snacks and extra water. Insect nets and repellent are advised.

## **9224 Erie Canal Hike - Memorial for Mary Coffin**

**Sun, Jul 13 9:30 AM**

Meeting Place: Erie Canal Parking at N. Burdick St.

Hike Rating: Level 1 C, Easy, 3 - 5 miles depending on the group

Est Hike Time: 2-3 hrs.

Map(s): DeLorme p. 61, Old Erie Canal State Historic Park Trail Map - parks.ny.gov

Leader(s): Mary Niemi, [315-751-7492](tel:315-751-7492), [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com); Brenda Veilleux, [315-463-9103](tel:315-463-9103).

Join us for a walk on a section of the Erie Canal in memory of Mary Coffin. This section from N. Burdick St. towards Green Lakes State Park was one of the last hikes that Mary did with Brenda last year. Bring snacks and water.

## **9225 NCT to Pillsbury Lake**

**Wed, Jul 23 7:00 AM (RSVP by 7/21)**

Meeting Place: Thruway Exit 34 (Canastota), Look for black Subaru Outback

Hike Rating: Level 2 B, Moderate, 10 miles, (A)

Note: (4.3 miles on NCT + ~.7 miles on unmarked trail x 2 for total of 10 miles)

Est Hike Time: 5-6 hrs.

Long Distance Trail: NCT100, NCT portion of French Louie Trail

R/T Drive: 190 miles (incl. 7 mi. each way on a seasonal road)

Map(s): DeLorme p.50, Map reference go to page 26:

[https://northcountrytrail.org/maps/ny\\_map\\_series.pdf](https://northcountrytrail.org/maps/ny_map_series.pdf) OR Nat Geo map #744.

Leader(s): Kathy Campbell, [315-427-3917](tel:315-427-3917), [kathy.al.campbell@gmail.com](mailto:kathy.al.campbell@gmail.com)

This outing is an exploratory hike into the West Canada Lake Wilderness on the North Country Scenic Trail (NCT) NW of Speculator, NY. Our hike will begin at the trailhead to Pillsbury Mt and the French Louie trail, heading to the serene Pillsbury Lake. We will come to the Pillsbury Lake shelter at 3.3 mi, then continue on to the SW end of the lake. Leaving the NCT, we will take a likely unmarked

trail to the NW arm of the lake and return by the same route.

This remote area is known to sometimes be buggy, muddy and feature occasional bear encounters. Be prepared with the 10 hiking essentials with plenty of water and food. Boot gaiters and trekking poles will help to navigate the mud. RSVP to hike leader by 7/21.

## **9226 Rusk Mountain (Cats35)**

**Sun, Jul 27**

Meeting Time/Place: Contact Leader by Jul 25

Hike Rating: Level 2 B+, Moderately Strenuous, 5.3 miles

Est Hike Time: 5 hrs.

R/T Drive: 320 miles

Map(s): DeLorme p. 97

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

Join me on a hike up Rusk Mountain located in the Hunter Mountain Wild Forest in the Catskills. The route will begin from the Spruceton trail parking area with an ascent of 1595' to the summit on unmaintained trails. The return over East Rusk Mountain will be a more gradual descent (easier bushwhack) back to the Spruceton Trail. We will complete the loop and return to our starting point. The hike is considered a moderate climb with marginal views from the summit. Bring the 10 essentials, raingear, lunch, water. Contact leader if interested 2 days in advance of the hike (by July 25).

## **9227 Tully Lake Paddle**

**Sun, Aug 3 10:00 AM**

Meeting Place: Contact Leader

Paddle Rating: Level 1 C, < 6 miles, flat water

Est Paddle Time: 2-3 hrs.

R/T Drive: 38 miles

Map(s): DeLorme p. 61

Leader(s): Brenda Veilleux, [315-463-9103](tel:315-463-9103); Mary Niemi, [315-751-7492](tel:315-751-7492), [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)

Tully Lake is a pretty, local lake with low boat traffic. It is a nice area to spot wildlife, like green herons. Bring PFD, snacks/lunch and water.

## 9228 Seneca Meadows Wetland

### Preserve

**Mon, Aug 4**

**9:30 AM (Contact**

### Leader)

Meeting Place: Thruway Exit 39 (Jones Rd Thruway park-n-ride)

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

Est Hike Time: 2-3 hrs.

R/T Drive: 70 miles

Map(s): DeLorme p. 59

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

We will be walking this wetland preserve that has been developed by Seneca Meadows, Inc., a waste management and recycling company. This preserve is located in Seneca Falls, NY. It features several trails through diverse native plant communities that include emergent wet prairie, wet mesic prairie, forested wetlands and upland savannas and tall grass prairies. We will be walking the main loop, blue heron loop and probably a couple more dependent on time and desire. Please wear sturdy footwear. It is fairly flat walking trail, but it can be rocky with vegetation growing up thru it. Please bring a camera (I will have mine) if you want to capture pictures of the many wild flowers, some of which are fairly unique. The pace will be slow to medium. Please bring water, lunch/snacks, and sun hat, and sunscreen as much walking is under the sunshine! Option: After our hike we can take a ride thru the nearby Montezuma Wetland to see some of the birds and flora that may be about there.

## 9229 Wednesday Trail Maintenance

**Wed, Aug 6**

**9:00 AM**

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

Hike Rating: Level 1 C+, Fairly Easy, 4-6 miles

Est Hike Time: 4-6 hrs.

Long Distance Trail: FLT, NCT100

R/T Drive: 50-75 miles

Map(s): DeLorme p. 60, DeLorme p. 61, DeLorme p. 77, FLT-O1, FLT-O2, FLT-M21, FLT-M22

Leader(s): Dick Frio, [315-679-0622](tel:315-679-0622), [richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com)

We will be doing maintenance on a section of the Finger Lakes Trail / North country Trail. Our chapter maintains 72 miles on the FLT and three lean-tos. Fifty-seven miles of our section is

concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are cleared and blazed for all hikers to enjoy. bring a pair of work gloves, personal hand tools, water, lunch, and wear appropriate clothing. Severe weather conditions will cancel trail maintenance.

## 9230 Boreas Ponds Backpack

**Fri, Aug 8 - Aug 10**

**Contact**

### Leader

Meeting Place: Contact Leader

Hike Rating: Level 1 C, Easy, 4 miles (A)

Est Hike Time: 4 hrs.

R/T Drive: 380 miles

Map(s): DeLorme p. 30

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

Let's take a walk back to picturesque Boreas Ponds in the High Peaks Wilderness where we will spend a couple of nights camping. Hopefully, we will be able to camp at the relatively new Boreas Ponds lean-to. There will be a full moon that weekend which could make for a couple of beautiful evenings. Campfires are permitted in the southern High Peaks too! Contact the leader for gear requirements.

## 9231 Shindagin Hollow and Potato Hill State Forests

**Wed, Aug 20**

**8:00 AM**

Meeting Place: Behind McDonalds, 5961 US Rt 20, Lafayette, NY, Look for black Subaru Outback

Hike Rating: Level 2 B, Moderate, 8.2 miles

Est Hike Time: 6 hrs.

Long Distance Trail: FLT, NCT100

R/T Drive: 100 miles RT (including spotting cars)

Map(s): DeLorme p. 76, FLT-M-18

Leader(s): Kathy Campbell, [315-427-3917](tel:315-427-3917), [kathy.al.campbell@gmail.com](mailto:kathy.al.campbell@gmail.com)

Traverse these two lovely State Forests in Tompkins Co. We will follow the FLT/NCT through a mostly rolling trek from the western section of the forest, making a sharp descent to Shindagin Hollow Road only to climb back out along portions of wooded gullies. The varied terrain offers several steep climbs. We will stop at a scenic lean-to near a seasonal waterfall, and allow time to explore some surprise artwork found along the trail. We will end this point-to-point hike at the Finger Lakes Land Trust (FFLT) Summerland Farm Preserve N



of Potato Hill SF where some excellent views are found.

**9232 Little Long Lake Paddle  
Sun, Aug 24 9:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)

RSVP 48 hours in advance

Hike Rating: Paddle Level 1 C, 3 - 4 miles, flat water (A)

Est Paddle Time: 1.5-2 hrs

R/T Drive: 114 miles

Map(s): DeLorme p. 49

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

Let's explore this quiet Adirondack lake paddling to the inlet and around the lake looking for loons and other wildlife. We will have a snack on the water and enjoy refreshments at my camp after the paddle. Bring snack/lunch/water/sunscreen/sunglasses. The PFD's are required. Please RSVP the leader two days in advance by Aug 22.

**9233 Middle Settlement Lake  
Sat, Aug 30 8:30 AM (Contact Leader)**

Meeting Place: Thruway Exit 34 (Canastota)

Please contact leaders, Theresa or Jay Evans, at contact info noted if planning to attend the hike.

Hike Rating: Level 2 B, Moderate, 6.4 miles (A)

Est Hike Time: 4-5 hrs.

R/T Drive: ~140 miles

Map(s): DeLorme p. 35

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

Come join us for a hike in the Thendara-Old Forge area of the West-Central region of the Adirondacks. We will be hiking to Middle Settlement Lake via the Scusa Trail, which takes us to a wilderness lake and lean-to. Theresa's last visit to this beautiful lake was a bit of a shock as beaver activity or other forces of nature had shrunk the lake. We will see how nature has restored it over the last couple of years. Please join us bringing water, lunch, proper footwear and hiking poles (optional) in our quest.

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## Mark Your Calendar

ADK Iroquois Chapter "The Longest Day"  
Saturday, June 21, 2025

I will be joining the ADK Iroquois Chapter's "The Longest Day" hike to raise awareness and donations for Alzheimer's disease research. I am inviting other Onondaga Chapter members to come along with me for this worthy cause and to meet ADK Iroquois Chapter members while we Paint a Peak Purple! The hike will be at Echo Cliffs at Panther Mountain near Piseco, NY. This is a family friendly hike with well-worn trails and occasional steep sections. It is a good beginner challenge hike. Wear something purple. Bring a bagged lunch and a minimum of 1 liter of water.

Date: Sat. June 21, 2025

Meeting Time & Place: Contact Leader

Distance: 1.6 miles round trip

Elevation gain: 670 feet

Round Trip drive: 162 miles

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

To make your Donation Pledge, Join Team BARKEATERS - Team Captain- Erin Ulrich at the following link: ADK Iroquois Team Barkeaters - Hike for Alzheimer's

Finger Lakes Trail Conference. July and August, 2025. FLTC Backpacking Treks

These are 1-night or 2-night overnight backpacking trips. Guides will provide a recommended packing list, recommended trail menu, and the crew will meet on a pre-trip video call to prepare. These are guided, group outings. Please see each trek plan below for details, cost, and registration due-date.

July 25 - July 27, 2025 Women's Backpacking (Onondaga Branch)

July 25 - July 27, 2025 Backpacking 101 (Crystal Hills Branch)

August 23 - August 24, 2025 Slow Backpacking (Finger Lakes National Forest)

Mailing Address:

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

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