

# ADIRONDACK MOUNTAIN CLUB

## ONONDAGA CHAPTER

# TALK OF THE TRAIL Spring 2026

March



April



May



The Hemlock Woolly Adelgid at work. *Photos from DEC Website*

### Inside This Edition

#### Protecting the Forests That Protect Our Trails

Discover why hemlocks matter and how our chapter is mobilizing against Hemlock Woolly Adelgid.

#### Join Us for Our Spring Potluck!

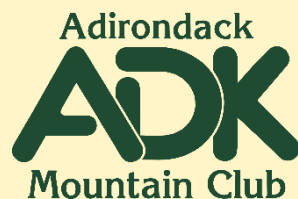
Reconnect with trail friends, welcome new members, and enjoy a timely presentation on staying safe outdoors this season.

#### A Trailhead Secured for Generations

After more than 20 years of vision and perseverance, a key Onondaga Trail trailhead is now secured for hikers—forever—and ADK Onondaga volunteers are building the connection.

#### Mary Coffin Memorial Fundraiser

Join our quest to raise \$1,000 for memorial pathway stones at the ADK Loj in Mary's honor.



# ADK ONONDAGA CHAPTER

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## TABLE OF CONTENTS

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[Annual Awards, p 8](#)

[Calendar, p 11](#)

[FLT Cross County, p 10](#)

[From the Chair, p 4](#)

[Hemlock Woolly Adelgid, p 6](#)

[Mary Coffin Fundraiser, p 10](#)

[Membership, p 3](#)

[NCTA Search, p 10](#)

[Outings, p 12-19](#)

[Outings Report, p 9-10](#)

[Spring Potluck, p 7](#)

[Trail Milestones, p 7](#)

[Trails Report, p 5](#)

[Trip Opportunity, p 10](#)

*Submissions for the summer edition accepted until May 1. Send to [jalynncondon@outlook.com](mailto:jalynncondon@outlook.com)*

## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Brian & Barb Hanson, Douglas Hillman, Clara Thingvoll, Lawrence MacArthur, Cheryl Pavlov-Shapiro, Sean & Melody Scanlon, Great Stuckey, Andrew Bush, Denise Calcagnino, Patrick Connolly, James Foley, Ben Fox, John Fritzen

### 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

#### ADK Overall

Membership Sept 2025

20,350

↓ 2,750 since July

#### Onondaga Chapter

Membership February 2026

840

↓ 49 since July


### SPRING TRAIL MAINTENANCE OPPORTUNITIES

Dates	Description	Leader(s)
April 1	Wednesday Trail Maintenance	Dick Frio
April 11	FLT/NCT Trail Maintenance	Dick Frio Bob Rosati
April 22	PLWA Trail Clearing	Frio, Rosati, Schwinge
April 24	PLWA Trail Clearing	Frio, Rosati, Schwinge
April 25	DeRuyter Trail Reroute	Harold Kyle
May 2	Spruce Pond Season Kick-Off	Harold Kyle
May 6	Wednesday Trail Maintenance	Dick Frio
May 8	Oak Mountain Trail Maintenance	Bob Rosati
May 16	DeRuyter Trail Reroute	Harold Kyle, Bob Rosati

*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 MARY NIEMI

I THINK I CANNOT PRESERVE MY HEALTH AND SPIRITS UNLESS I SPEND FOUR HOURS A DAY AT LEAST - AND IT IS COMMONLY MORE THAN THAT - SAUNTERING THROUGH THE WOODS AND FIELDS ABSOLUTELY FREE FROM ALL WORLDLY ENGAGEMENTS.

WALKING

BY HENRY DAVID THOREAU



This quote from Thoreau so nicely describes what the ADK Onondaga Chapter has meant to me over the last decade since I retired and was looking for something active to do. During that decade, there were responsibilities that pulled me away from the woods, but the fun, the friendships and the infinite beauty of nature always encouraged me on my hiking journey. I have had the opportunity to learn from the best of teachers while volunteering for several positions on the Board prior to currently assuming the Chair position.

At present, all of the Executive Board positions are filled with knowledgeable volunteers ready to build on our chapters' past strengths. The Onondaga ADK chapter has historically been a club rich in talented volunteers and engaged membership. Trail building remains a strong focus. Our quarterly outing schedule offers variety to accommodate varied hiking skill levels. Individual board members are working on continuing strong relationships with key trail organizations, such as, North Country Trail Association and Finger Lakes Trail Conference. As Chair, I want to encourage members to reach out via email or in-person with individual board members with your suggestions. Spring will be coming, as we can see the days are a little longer now. I hope to see you out on the trails where we can "preserve our health and spirits".

In Addition, For Fire Tower Challenge Enthusiasts or Newly Curious:

Glens Falls - Saratoga ADK Chapter is hosting a Panel Discussion about the Fire Tower Challenge on May 20th. John P. Freeman, co-author of [Views From On High](#) will be one of the panel members. The discussion will be about the Fire Tower Challenge which has introduced people to the Adirondacks and Catskills Preserves since 2001. Their chapter website will have time and place details of this May 20 panel discussion to be posted soon.

In addition, they will be inviting other ADK chapters to include Fire Tower outings in their chapters' July schedules to coincide with the 25th anniversary of the Fire Tower Challenge.



## Sunshine Cheerleader!

We are family. If you know someone who needs encouragement, a thinking of you card or get well wishes please reach out to our Sunshine Cheerleader, Mary Dineen, 315-424-1284.

BY HAROLD KYLE



FLTC's new DeRuyter property contains a scenic gorge beloved by hikers. *Photo Courtesy Harold Kyle*

Great news! The Finger Lakes Trail Conference has purchased a parcel in DeRuyter to protect a key trailhead for hikers of the Onondaga Trail. Over twenty years in the making, this purchase will allow FLTC to place a trail easement granting access for hikers...forever.

The property sits at the intersection of East Lake Road at Dam Road near DeRuyter Reservoir, right before the current trailhead where the Finger Lakes Trail heads east. ADK Onondaga volunteers will construct a new section of trail this year to connect this intersection to the existing trail. Once the new 0.3 mile trail is complete, hikers can enjoy 11 straight miles of protected trail between Fabius and New Woodstock (whether by being on public land, on public roads, or on parcels with trail

easements). This property is especially important because DeRuyter Reservoir is ringed by so much private land (that would otherwise endanger trail access).

Two late trail visionaries need acknowledgement for making this possible. The efforts to protect this particular trailhead date back at least 20 years, when the late Mary Coffin first approached the landowner about granting an easement. She kept working on this right up to her passing in 2024, at which point the landowner at last reciprocated to help honor her memory. He wanted to sell his land, however, instead of just granting an easement. But, thanks to the earlier fundraising efforts of the late Ed Sidote, the FLTC has a fund for acquiring just such a property. The FLTC's Sidote Stewardship Fund purchases land, then resells after ensuring that the land will be protected for hiking forever. This same fund also purchased farmland just south of DeRuyter a few years ago, preserving access to Chippewa Falls and Paradise Garden. Mary and Ed's efforts are paying off long after their departures.

When the FLTC puts a "trail easement" on a deed, it's not the same thing as a conservation easement. This is simply a right-of-way for pedestrian access, which is much more straightforward and easy; it doesn't have all the rules and administration requirements of a conservation easement.

In other trails news, we are planning a couple of other trail building projects this year. On the popular Fellows Loop, we will be moving the western side of the loop away from the old forestry operation that continually drops trees across the trail. The new trail will stay on the west side of the creek for about 0.3 miles before rejoining the existing trail. Another project we're planning is a 0.8 mile reroute of the Skyline Trail west of Tully Truxton Rd, south of Pond #1, by request of SUNY ESF. I hope you can join us in helping make these projects possible!

BY KIM PUTNAM

## **ADK Onondaga Hits the Trail to Battle Hemlock Woolly Adelgid**

### **Why Hemlock Trees Matter**

Hemlock trees are considered a keystone species in New York's forests. Their presence supports entire ecosystems, providing critical habitat for wildlife and helping maintain healthy landscapes. Hemlocks play a particularly important role along streams and rivers. Their dense, evergreen canopy shades waterways, keeping water temperatures cool and clean—conditions essential for species like trout. Hemlock roots also stabilize steep slopes and streambanks, reducing erosion and filtering runoff, which helps protect overall water quality and biodiversity.

### **A Brief History of the Threat**

The HWA is native to Asia and was first recorded in the United States in 1951 near Richmond, Virginia. Since then, it has steadily spread north and west, killing millions of hemlock trees along the way.

### **How Hemlock Woolly Adelgid Harms Trees**

Hemlock woolly adelgids are tiny, aphid-like insects that use long, needle-like mouthparts to feed on a tree's stored nutrients. As they feed, the tree attempts to heal by forming scar tissue, which disrupts the flow of sap. During heavy infestations, the tree can no longer move nutrients to the ends of its branches, preventing new growth. Once existing needles die, the tree can no longer produce food. Visible decline can occur in as little as two years, with tree death happening within 4 to 20 years depending on site conditions and climate. In the eastern United States, HWA reproduces asexually, meaning a single insect can start an entirely new infestation—one of the reasons it spreads so quickly.

### **Managing the Invasive Pest**

Several management strategies are currently in use or under development:

- Systemic insecticides are effective and relatively affordable, with treatments lasting up to seven years.
- Limiting the movement of infested nursery stock can help slow the spread.
- Biological controls, such as predatory insects, are under development and represent the most promising long-term solution.

### **Citizen Scientists Needed for Hemlock Woolly Adelgid Study in Central New York**

Finger Lakes PRISM, in partnership with Hobart and William Smith Colleges, is conducting an important study on the HWA. The project is part of a statewide effort to better understand and track the spread of this destructive pest—and local residents are being asked to help.

### **A Statewide Effort with a Regional Focus**

New York State is home to eight regional Partnerships for Regional Invasive Species Management (PRISMs). Among them, Finger Lakes PRISM covers the largest territory, spanning 17 counties across central and western New York.

Researchers are especially interested in gathering data from Syracuse and surrounding areas. This region sits on the edge of current HWA infestations, making it a critical location for early detection and monitoring. Information collected now can help slow the spread and guide future management efforts.

### **How the Public Can Help – Join a Study and Collect Data**

Finger Lakes PRISM is recruiting volunteers—referred to as "Citizen Scientists"—to help identify and report sightings of HWA. No prior experience is required.

To prepare volunteers, the program is offering both in-person and online training sessions that cover:

- How to identify hemlock trees

BY KIM PUTNAM

- How to recognize signs of Hemlock Woolly Adelgid infestation
- How and where to report findings

Those interested in participating can register using the following link: [Registration Form HWA](#)  
 Here is some additional [Training Material](#)



HWA Data Point Collection Form

Use this QR Code to locate the ARCGIS Survey123 app in your app store:

### ADK Onondaga Will Participate in the Study and Is Looking for Volunteers

Several members of ADK Onondaga have been trained on identification and reporting, and Kathy Campbell will be leading a HWA scouting hike on March 8th. No prior experience is needed.

If interested, please enroll in the HWA study via the link above. Volunteers are encouraged to watch the training material on the PRISM site linked above. It is imperative that the Survey123 link is downloaded and the HWA QR code has been activated as well. On the day of the hike, trained members will assist you in identification and how to navigate the Survey123 app.

## MORE NEWS

### Spring Potluck & Business Meeting

Date: Saturday, March 14, 2026

Where: Collamer United Church

#### Agenda

2 pm	Social Hour - Drinks & hors d'oeuvres provided
3 pm	Guest Speaker: Jonah Cummings from CNY Lyme & Tick-Borne Disease Alliance
4 pm	Business Meeting
5 pm	Potluck

#### Helpful Reminders

- **Pre-Register** yourself and guests
- Bring a dish to share
- Bring your own place settings

Join us for an afternoon of camaraderie, conversation, and community as we gather for our Spring Potluck and Business Meeting. Enjoy time to reconnect with longtime friends, welcome new members, and share a meal together. We'll also learn from guest speaker Jonah Cummings of the CNY Lyme and Tick-Borne Disease Alliance, who will offer helpful insights on ticks, Lyme disease, and staying safe while enjoying the outdoors this season.

## Milestones Earned on the Trail

Kathy Campbell – Fire Tower Challenge  
 Julie Chapman – ADK 46er  
 Dick Frio – FLT Main Trail End-to-End  
 Dick Frio – Catskill 3500 Winter

Harold Kyle – ADK 46er  
 Sandy Manca – Catskill 3500 Winter  
 Darlene Trytek – Catskill 3500  
 Stella Urbanski – ADK 46er

## Distinguished Volunteer of the Year – Bob Rosati

Bob Rosati received the *Distinguished Volunteer Award* in recognition of his many contributions to the North Country National Scenic Trail and the ADK Onondaga Chapter. Bob is often the first to raise his hand when something needs to be done—and just as quickly steps in when he sees someone who could use a hand. His dedication, steady leadership, and countless hours of service have strengthened our chapter and supported the stewardship of the trails we value so highly.

Bob was recently appointed to the Board of Directors of the North Country Trail Association, a role that reflects his ongoing commitment to supporting and advocating for the Finger Lakes Trail, ADK, and the North Country Trail throughout New York.



We are grateful for Bob’s commitment and the example he sets for our chapter and trail community.



## Steward of the Year – Pat Urban

The *Steward of the Year* award, presented by Trails Chair Harold Kyle, recognizes the quiet, dedicated work of the trail stewards who care for our sections of the Finger Lakes Trail and help keep them open for everyone to enjoy.

This year, we are proud to honor Pat Urban, whose impact reaches far beyond any single trail section. Pat has long been a steady and welcoming presence in our chapter—bringing people together, mentoring new stewards, and organizing crews to keep our trails blazed and maintained.

As Pat steps back from stewarding her own section, she does so with the same care and thoughtfulness she has always shown, ensuring others are ready to carry the work forward. Her leadership and commitment have left a lasting mark on both our trails and our community.

Congratulations to Pat Urban, our Steward of the Year for 2025, and thank you for everything you have given to ADK Onondaga.

## Outings Statistician Recognition Award – Gretchen Barfoot

Gretchen Barfoot received the '*Statistician Extraordinaire*' Award at our November Business Meeting / Potluck on November 15, 2025. Gretchen tracked and reported on our outings program and announced her retirement last October. A special thanks to Gretchen for her support in the outings committee for the past 9 years! Congratulations Gretchen!



BY LISA DRUKE



## Basic First Aid/CPR Class Highlights

### Basic First Aid/CPR Class Highlights

Onondaga Chapter members met at the Fayetteville Free Library in January 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. Participants practiced bandaging and splinting techniques to stabilize wounds and injuries. The course qualified for the ADK hike leader Level 2 Basic First Aid requirement. An emergency can happen anywhere, at any time, and having basic knowledge to assist may help save a life!



### Holiday Gathering Highlights!

Our holiday gathering was held on December 27 in Camden, NY at Land O'Pines. Over a foot of fresh snow awaited our group of snowshoers celebrating the holidays on the trails at Forest Park in Camden. Old and new friends met to bring in the new year. Thanks to Mark del Pozzo for sharing his special place 'up north' in snow country!



Snowshoeing at Forest Park, Camden, NY



Land O' Pines from left, Kathy Disque, Bill Coffin



Land O' Pines from left, Mark del Pozzo, Mary Dineen, and Ava del Pozzo

BY LISA DRUKE



**BIKING is BACK!** As we start the new year, I am excited to share the ADK has expanded chapter offerings to include road biking and mountain biking. A number of years ago, our chapter offered bike trips along the scenic Erie Canal and trips biking across Wolf Island, Ontario. We are now free to offer these or similar trips once again. In addition, our chapter outings include hiking, backpacking, snowshoeing, cross country skiing, and paddling (flatwater & class 1,2 waters). If anyone is interested in becoming a leader to lead trips, please reach out to Lisa Druke, [lisadruke@gmail.com](mailto:lisadruke@gmail.com).

## MORE NEWS

### FLT County Hike Series 2026 - Cattaraugus County

In 2026, the Finger Lakes Trail Conference's popular County Hike Series heads to **Cattaraugus County**, where hikers will cover approximately **95 miles** through eight State Forests, Seneca Nation land, and Allegany State Park. Hikes are held primarily on the third Saturday of each month beginning in April, with distances ranging from 10 to 14 miles. For more information visit the [FLT website](#).

### Sicily and Malta Trip Opportunity

Not ADK but may be of interest. 17-day trip to Sicily and Malta Nov 4-19. I will be taking my 22nd OAT/GCT trip next November to beautiful Sicily and historic Malta. You will learn and experience the history, culture and cuisine on two of the largest islands in the Mediterranean. November is a nice time to be there with comfortable temperatures perfect for sightseeing. Go to "GCT Sicily and Malta" to see if this trip is for you. Cost is \$3995 plus air. Current promo of \$850. Singles available at no extra cost. If you don't like travelling alone and would like to go with a few like-minded individuals, then this trip may be for you. [JohnnyLang1949@gmail.com](mailto:JohnnyLang1949@gmail.com). PS: This is not a hiking trip but does involve a considerable amount of walking and an included trek on Mt Etna.

### Help Lead the Future of the North Country Trail

The North Country Trail Association is [searching for its next Executive Director](#) North-Country-Trail-Association...—someone ready to help guide the future of the 4,800-mile North Country National Scenic Trail. This is a rare opportunity to lead a volunteer-powered, chapter-driven organization dedicated to protecting, completing, and celebrating one of America's great long-distance trails. If you're passionate about trail stewardship, community partnerships, and making a lasting impact across eight states, this could be the role for you—or someone you know. Take a look and consider stepping forward.

### Mary Coffin Memorial Fundraiser

Our Chapter would like to offer our members an opportunity to honor our beloved member, Mary Coffin, with engraved paver stones on the Memorial Pathway at the Adirondack Loj to support the Adirondack Mountain Club.

Pavers are 8" x 4" and cost \$500. each. We are raising funds for two paver stones with a fundraising goal of \$1,000. Any funds over this goal will be used for an additional named memorial for Mary at the Adirondack Mountain Club property.

Make checks payable to "ADK Donation" and mail to:  
Mary Niemi, 1234 Salt Springs Road, Syracuse, NY 13214



Date(s)	Outing Title	Leader(s)
Repeating	Walking Wednesday	Mary Niemi / Bruce Holloway
Mon, Mar 2	Nelson Swamp Unique Area	Sigi Schwinge / Theresa Evans
Sun, Mar 8	Hemlock Woolly Adelgid Survey	Kathy Campbell
Sat, Mar 14	Spring Potluck / Business Meeting 2026	Pat Urban / Sandy Manca
Sat, Mar 21	Clark Reservation Hike	Lisa Druke
Wed, Apr 1	Wednesday Trail Maintenance	Dick Frio
Sat, Apr 4	Skyline Trail Snowshoe	Theresa & Jay Evans
Mon, Apr 6	Fellows Hill Loop	Sigi Schwinge / Theresa Evans
Sat, Apr 11	FLT Abbott Loop	Kathy Campbell
Sat, Apr 11	Trail Maintenance FLT/ NCT	Dick Frio / Bob Rosati
Sun, Apr 12	Onondaga Lake Park	Brenda Veilleux
Sat, Apr 18	Webber Rd to Tromp Rd FLT/NCT	Lisa Druke
Wed, Apr 22	Onondaga Lake Park - Earth Day	Brenda Veilleux
Wed, Apr 22	PLWA Pigeon Lake Trail Clearing	Dick Frio/Bob Rosati/Sigi Schwinge
Fri, Apr 24	PLWA Pigeon Lake Trail Clearing	Dick Frio/Bob Rosati/Sigi Schwinge
Sat, Apr 25 - Sun, Apr 26	Queer Lake Backpack	Jim Bristol
Sat, Apr 25	Jones Hill NCT Traverse Hike	Kathy Campbell
Sat, Apr 25	DeRuyter Trail Reroute	Harold Kyle
Sat, May 2	"Boots on the Ground" Trail Kick-off at Spruce Pond	Harold Kyle
Sun, May 3	Camillus Unique Area	Theresa & Jay Evans
Mon, May 4	Stone Quarry Hill Art Park	Sigi Schwinge / Theresa Evans
Wed, May 6	Wednesday Trail Maintenance	Dick Frio
Fri, May 8	Oak Mountain Trail Maintenance	Bob Rosati
Sun, May 10	Onondaga Lake Park - Mother's Day	Brenda Veilleux
Sat, May 16	DeRuyter Trail Reroute	Harold Kyle / Bob Rosati
Sat, May 23	Chaumont Barrens Hike	Theresa Evans / Kathy Disque
Sat, May 30 - Sun, May 31	Tirrell Pond Backpack	Jim Bristol
Sun, May 31	Return to Rome Sand Plains	Theresa Evans / Kathy Disque

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.

Brewerton Park & Ride Lot, 5594 Kathan Rd, Brewerton, NY. For outings to the north. Exit 102 off of Rt 81, Head west on Bartell Rd from the 81 off ramp and then immediate right on Kathan Rd (lot is on the right).

## 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

**9273 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, [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.

**9274 Nelson Swamp Unique Area  
Mon, Mar 2 10:25 AM (RSVP)**

Meeting Place: Cazenovia Lake Parking Lot (near jct Rt 20 & Rt 92), optional meeting and carpooling from Dewitt Wegmans Parking near bus shelter at 10:00 AM.

Hike Rating: Level 1 C, Easy, approx. 4 miles

Est Hike Time: 2.5 hours

Long Distance Trail: NCT100

R/T Drive: 5 miles from Caz. Lake

Map(s): DeLorme p. 61

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

We will follow an old rail trail south of Cazenovia and return to parking with a loop along Chittenango Creek. Then (optional on the drive back to Caz. Lake parking) we'll drive over to another location on Rt. 20 to walk the boardwalk along another part of Chittenango Creek. Our walk-n-talk group finds an interesting walk every Monday through all the seasons.

**9275 Hemlock Woolly Adelgid Survey  
Sun, Mar 8 10:00 AM**

Meeting Place: Intersection of Shackham Rd and Morgan Hill Rd, Fabius, NY, Large parking area on east side of Shackham Rd. Google Maps GPS: 42.79500, -76.00929

Hike Rating: Level 1 C+, Fairly Easy, 5 miles

Est Hike Time: 4-5 hours

Long Distance Trail: FLT, NCT100

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

Leader(s): Kathy Campbell

[kathy.al.campbell@gmail.com](mailto:kathy.al.campbell@gmail.com), 315-427-3917

Our hemlock trees are under imminent threat! The Hemlock Woolly Adelgid (HWA) is an aphid-like, invasive insect that poses a serious threat to this keystone tree species in NYS forests. HWA has now been identified in CNY where we have many concentrations of hemlock stands. During this outing we plan to participate in the Hemlock Woolly Adelgid Survey through the Citizen Scientist Program of Finger Lakes PRISM. The project is part of a statewide effort to track and develop solutions to halt the spread of this invasive species. Our focus will be to observe and report the presence of HWA in the northern area of Morgan Hill State Forest by examining trees in this area, contributing our findings through the Survey123 app, which are ultimately integrated into the NYiMapInvasives database. To prepare for the outing:

1. Register for the survey using the following link: [Hemlock Woolly Adelgid Survey Program 2026 Registration Form](#)
2. Click [HWA Survey123 Instruction Guide](#) to install the Survey 123 app and Finger Lakes PRISM 2026 HWA Data Point Collection Form
3. It will be helpful to watch the training videos found in this link: <https://fingerlakesinvasives.org/citizen-science-programs/>

Bring water, snacks, lunch, cell phone and remaining 10 hiking essentials. Please RSVP to outing leader Kathy Campbell by 5:00 PM on 3/6/26.

## 9276 Spring Potluck / Business Meeting 2026

**Sat, Mar 14 2:00 PM**

**Feel free to bring a friend!**

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

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

Social hour at 2:00-3:00 pm. Drinks and hors d'oeuvres will be provided by the club. At 3:00 pm you won't want to miss our guest speaker Jonah Cummings, a member of the education team at the CNY Lyme and Tick-Borne Disease Alliance. Tick-borne illness is on the rise, and coming into the spring season, there is no better time to learn and review how to protect yourself from ticks and their associated diseases. In this presentation we will review all things about ticks and Lyme disease, and how to best protect yourself while enjoying your favorite outdoor activities. The business meeting will follow at 4:00 pm. A potluck dinner will follow the business meeting. Please bring a dish to share and your own place setting. Reservations are required.

Please check our website at [www.adk-on.org](http://www.adk-on.org) for updates, to access the link for registration and additional information about our speaker's presentation.

## 9277 Clark Reservation Hike

**Sat, Mar 21 11:00 AM**

Meeting Place: Clark Reservation SP Parking Lot

Hike Rating: Level 1 C, Easy, 3 miles

Est Hike Time: 1.5 hours

Map(s): DeLorme p. 61

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

Join me for an easy walk around the trails in this historic state park and enjoy early spring in Central NY. Bring water, snack and a rain jacket. Hiking boots are recommended. The trail is hilly with interesting geologic rock formations and nice views of glacier lake from the limestone overlook. We will hike ~3 miles at an easy to moderate pace.

## 9278 Wednesday Trail Maintenance

**Wed, Apr 1 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 hours

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 and North Country Trail. Our chapter currently maintains 72 miles on the FLT and three lean-tos. Fifty-Seven miles are concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are clear and blazed for all hikers to enjoy. Bring a pair of work gloves, personal hand tools, water, lunch and wear appropriate clothing.

## 9279 Skyline Trail Snowshoe

**Sat, Apr 4 9:30 AM (RSVP)**

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby), Note parking is to left of construction in the parking area noted above.

Hike Rating: Level 1 C, Easy, 5 approx.

Est Hike Time: 2-4 hours

R/T Drive: 38 miles

Map(s): DeLorme p. 61

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

Come join us on a walk on the Skyline Trail to Tinker Falls. We will park at Labrador Pond. If snow, then snowshoes or microspikes with poles, if used, would be appropriate. Otherwise, we will do a boot hike. Please dress appropriately, bring water, and a snack.

## 9280 Fellows Hill Loop

**Mon, Apr 6 9:00 AM**

Meeting Place: DeWitt Wegmans Park-n-Ride (in front of Hobby Lobby), Contact leaders if joining us at the trailhead on Herlihy Rd.

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

Est Hike Time: 3 hours

Long Distance Trail: FLT

R/T Drive: 40 miles

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

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

A short uphill will take us to the peak (sorry, no view), then descend to serene Spruce Pond for a quick rest, and complete our loop along scenic creeks with little waterfalls. Optional: hike up to Jones Hill wonderful view of Labrador Valley on a 3-mile out-n-back from Spruce Pond, then complete the loop. This is a FLT passport hike (find info on Passport hikes at [www.FingerLakesTrail.org](http://www.FingerLakesTrail.org)). Our walk-n-talk group finds an interesting trail every Monday.

## 9281 FLT Abbott Loop

**Sat, Apr 11**

**8:00 AM**

Meeting Place: McDonald's, 5961 US-20, Lafayette, NY 13084, Park in large lot behind McDonald's. Look for Green Subaru

Hike Rating: Level 2 B, Moderate, 8.3 miles, elevation gain 1,600'

Est Hike Time: 5-6 hours

Long Distance Trail: FLT

R/T Drive: 104 miles

Map(s): FLT-M17, DeLorme p. 92

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

This 8.3-mile loop trail takes you through Danby State Forest on an FLT spur trail. Mostly wooded, with some view points along the way including the Pinnacles with views of Inlet Valley and West Danby. The terrain is rolling with steep hills followed by more forgiving sections. Expect springtime mud, and perhaps early wildflowers and newts. Waterproof boots, gaiters, and trekking poles are recommended. Bring snacks, lunch, water and dress for the fickle spring weather. Parking and start/end on Michigan Hollow Rd N, Danby, NY. Please RSVP to leader by 4/9.

## 9282 Trail Maintenance FLT/ NCT

**Sat, Apr 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 hours

Long Distance Trail: FLT, NCT100

R/T Drive: 50-75 miles

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

Leader(s): Dick Frio, [315 679-0623](tel:315-679-0623), [richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com) / Bob Rosati, [315 766-7054](tel:315-766-7054), [b.rosati.adk.on@gmail.com](mailto:b.rosati.adk.on@gmail.com)

We will be doing maintenance on a section of the FLT / NCT . No special skills required just a genuine desire to ensure that our trails are cleared and blazed for all hikers to enjoy. The chapter will furnish all necessary tools. Please bring work gloves, personal hand tools, water, lunch and wear appropriate clothing. Severe weather conditions will cancel trail maintenance.

## 9283 Onondaga Lake Park

**Sun, Apr 12**

**1:00 PM**

Meeting Place: Contact Leader

Hike Rating: Level 1 C, Easy, < 5 miles

Est Hike Time: ~2 hours

Map(s): DeLorme p. 60

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

Come and enjoy the early spring flowers in bloom in this lovely park along Onondaga Lake. Easy walk at your own pace and length. Please contact leader for meeting place at least 1 day in advance. Call leader before 8:00 PM.

## 9284 Webber Rd to Tromp Rd FLT/NCT

**Sat, Apr 18**

**11:00 AM**

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

Hike Rating: Level 1 C, Easy, 4 miles

Est Hike Time: 2.5 hours

Long Distance Trail: FLT, NCT100

R/T Drive: 30 miles

Map(s): DeLorme p. 61

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

This is a nice, late morning hike on the NCT/FLT starting from Webber Rd. in New Woodstock to Tromp Rd and return. Initially, the trail climbs up a hill beside the old Mystic Mountain ski hill, continues to Armstrong Pond and to Tromp Rd where we will have lunch and then return. The spring flowers and leeks will be popping up this time of year. Bring water and a snack. Contact the leader if the weather is questionable.

**9285 Onondaga Lake Park – Earth Day  
Wed, Apr 22 11:00 AM**

Meeting Place: Contact Leader  
Hike Rating: Level 1 C, Easy, < 5 miles  
Est Hike Time: ~2 hours  
Map(s): DeLorme p. 60  
Leader(s): Brenda Veilleux [315-463-9103](tel:315-463-9103)  
Come and enjoy the lake to celebrate Earth Day!  
Walk as far as you wish and at your own pace.  
Contact leader at least one day in advance to confirm meeting location and time and please call before 8 pm.

**9286 PLWA Pigeon Lake Trail Clearing  
Wed, Apr 22 Contact Leader**

Meeting Place: Thruway Exit 34 (Canastota), We meet early. Please sign up with one of the leaders who will provide meeting time to carpool or to meet you at the trailhead.  
Hike Rating: Level 2 B+, Moderately Strenuous, 4-8 miles, (A) Note: shorter and longer distance offered  
Est Hike Time: 6 - 8 hours  
R/T Drive: 200 miles  
Map(s): DeLorme p. 36, ADK West Central Guide  
Leader(s): [SigiSchwinge@aol.com](mailto:SigiSchwinge@aol.com), Dick Frio [315-679-0622](tel:315-679-0622), [richardfriood@hotmail.com](mailto:richardfriood@hotmail.com), Bob Rosati [b.rosati.adk.on@gmail.com](mailto:b.rosati.adk.on@gmail.com), [315-766-7054](tel:315-766-7054)  
Actual date depends on snowmelt and weather that day in the Pigeon Lake WA. Rain date is 4/29. We'll decide with the forester which trail east of Big Moose Rd. (north of Eagle Bay) we'll work and assist him clearing after his chainsaw cut, and doing side and overhead cutting along the way. I offer shorter in-n-out clearance paths, working with hand saws, loppers and pruners. Bring sufficient water and food, but a stop on the way there and again home is possible. Pack rain gear, work gloves and hand tools if you have them, but we also provide.

**9287 PLWA Pigeon Lake Trail Clearing  
Fri, Apr 24 Contact Leader**

Meeting Place: Thruway Exit 34 (Canastota), We meet early. Please sign up with one of the leaders who will provide meeting time to carpool or to meet you at the trailhead.

Hike Rating: Level 2 B+, Moderately Strenuous, 4-8 miles, (A), (Shorter and longer distance offered)  
Est Hike Time: 6 - 8 hours  
R/T Drive: 200 miles  
Map(s): DeLorme p. 36, ADK West Central Guide  
Leader(s): [SigiSchwinge@aol.com](mailto:SigiSchwinge@aol.com), Dick Frio [315-679-0622](tel:315-679-0622), [richardfriood@hotmail.com](mailto:richardfriood@hotmail.com), Bob Rosati [b.rosati.adk.on@gmail.com](mailto:b.rosati.adk.on@gmail.com), [315-766-7054](tel:315-766-7054)  
Actual date depends on snowmelt and weather that day in the Pigeon Lake WA. Rain date is 4/29. We'll decide with the forester which trail east of Big Moose Rd. (north of Eagle Bay) we'll work and assist him clearing after his chainsaw cut, and doing side and overhead cutting along the way. I offer shorter in-n-out clearance paths, working with hand saws, loppers and pruners. Bring sufficient water and food, but a stop on the way there and again home is possible. Pack rain gear, work gloves and hand tools if you have them, but we also provide.

**9288 Queer Lake Backpack  
Sat, Apr 25 8:00 AM**

Meeting Place: Contact Leader  
Hike Rating: Level 2 B, Moderate, 7 miles (A)  
Est Hike Time: 2 hours  
R/T Drive: 250 miles  
Map(s): DeLorme p. 36  
Leader(s): Jim Bristol [315-935-3623](tel:315-935-3623)  
Let's take a leisurely stroll to the shores of Queer Lake in the Pigeon Lake Wilderness where we will spend the night at Queer Lake lean-to. Being that it will be the end of April I am pretty sure that there will be some bugs. Bug dope and a head net would be advisable. Contact leader for trip details.

**9289 Jones Hill NCT Traverse Hike  
Sat, Apr 25 7:00 AM**

Meeting Place: Thruway Exit 34 (Canastota), We will car pool from meeting place to Dirgylot Hill parking, drop vehicle(s), then drive to the Big Pond trailhead at Hoffman Rd (15 min.) to begin hike.  
Hike Rating: Level 2 B+, Moderately Strenuous, 7 miles (A)  
Est Hike Time: 5 hours  
Long Distance Trail: NCT100  
R/T Drive: 310 miles R/T, approx. 3 hours each way

Map(s): DeLorme 38, North Country Trail NY-038 Adirondack Park Region

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

Join us on this tribute hike to Mary Coffin as we explore the recently completed section of the North Country Trail from Hoffman Rd to Dirgylot Hill parking areas near Schroon Lake in the Adirondacks. With guidance from trail crew members Bob Rosati, Dick Frio and Kim Putnam who fulfilled Mary's wish for the completion of this trail, we will enjoy outstanding views of Hoffman Mt and surrounding areas from the Jones Hill summit.

This link to an article by Tim Rowland should be all the motivation you need to forgive the drive time: <https://www.adirondackexplorer.org/stories/jones-hill-trail-a-tribute-to-an-adirondack-great-north-country-scenic-trail/>

Be prepared with adequate food and water, and clothing appropriate for typical ADK spring changeable weather conditions. Please RSVP to outing leader Kathy Campbell by 12:00 PM on April 24.

**9290 DeRuyter Trail Reroute**  
**Sat, Apr 25 10:00 AM**  
**(RSVP)**

Meeting Place: FLT Parking at E Lake Rd trailhead (42.82333, -75.88804)

Hike Rating: Level 1 C, Easy, 1 mile

Est Hike Time: 4 hours

Long Distance Trail: NCT100

Map(s): DeLorme p. 61

Leader(s): Harold Kyle ([harold@cnyhikes.com](mailto:harold@cnyhikes.com))

We're building new trail on a new Finger Lakes Trail Conference property near Dam Rd in DeRuyter, New York. FLTC purchased this property to preserve access to the DeRuyter the trail in perpetuity and they need your help to build this new section. 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. Contact Harold to RSVP, please.

**9291 "Boots on the Ground" Trail Kick-off at Spruce Pond**  
**Sat, May 2 10:00 AM**

Meeting Place: Spruce Pond Campsite, Spruce Pond, Herlihy Rd, Tully, NY 13159 (42.79985, -76.02566)

Hike Rating: Level 1 C, Easy, 1 mile

Est Hike Time: 4 hours

Long Distance Trail: FLT

Map(s): DeLorme p. 61

Leader(s): Harold Kyle ([harold@cnyhikes.com](mailto:harold@cnyhikes.com))

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 various cleanup and construction work around the area, including some puncheon installation.

**9292 Camillus Unique Area**  
**Sun, May 3 1:00 PM**  
**(RSVP)**

Meeting Place: 6185-6195 Thompson Road, Camillus, NY 13031, Parking area has been enlarged to accommodate more vehicles, but it is a popular location.

Hike Rating: Level 1 C, Easy, ~4 miles

Est Hike Time: 2-3 hours

Map(s): DeLorme p. 60, Camillus Forest Unique Area Map

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

Please join us on a hike in this local unique area that meanders past fields and through mature woods. We should see many wild flowers in the forest area. We will be primarily walking the boundary trail, but we could explore other trails if group so inclined. Please come prepared with proper footwear, hiking poles, if used, as well as water/snack. This area can be muddy in the spring, especially on the down slope!

**9293 Stone Quarry Hill Art Park**  
**Mon, May 4 8:30 AM (DeWitt)**

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

9:00 AM at Caz. Lake Parking, or

9:20 AM at the trailhead. If meeting at Caz Lake or trailhead, please contact leaders

Hike Rating: Level 1 C+, Fairly Easy, approx. 4 miles up and back, plus walking around the art park

Est Hike Time: 3+ hours

Long Distance Trail: NCT100

R/T Drive: 6 miles from Caz. Lake parking

Map(s): DeLorme p. 61

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

We'll hike up from parking, then tour the grounds while looking at the various sculptures, and take a snack break at the gazebo, then walk back down to the parking lot. Bring a sun hat, water and snack. Our walk-n-talk group finds an interesting trail to walk every Monday; contact leaders for more info.

**9294 Wednesday Trail Maintenance**  
**Wed, May 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 hours

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 and North Country Trail. Our chapter currently maintains 72 miles on the FLT and three lean-tos. Fifty-Seven miles are concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are clear and blazed for all hikers to enjoy. Bring a pair of work gloves, personal hand tools, water, lunch and wear appropriate clothing.

**9295 Oak Mountain Trail Maintenance**  
**Fri, May 8 8:30 AM (RSVP)**

Meeting Place: Thruway Exit 34 (Canastota), Contact leader in advance - Limited to 8 people

Hike Rating: Level 1 C, Easy, 3 miles (A)

Est Hike Time: 4 hours

Long Distance Trail: NCT100

R/T Drive: 170 miles

Map(s): DeLorme p. 51

Leader(s): Bob Rosati, [315-766-7054](tel:315-766-7054), [b.rosati.adk.on@gmail.com](mailto:b.rosati.adk.on@gmail.com)

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

**9296 Onondaga Lake Park – Mother's Day**  
**Sun, May 10 12:00 PM**

Meeting Place: Contact Leader

Hike Rating: Level 1 C, Easy, < 5 miles

Est Hike Time: ~2 hours

Map(s): DeLorme p. 60

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

Easy, flat walk along the lake on Mother's Day to enjoy spring. Come and enjoy the day so bring your mother. Contact leader at least one day in advance to confirm meeting location and time and please call before 8 pm.

**9297 DeRuyter Trail Reroute**  
**Sat, May 16 10:00 AM (RSVP)**

Meeting Place: FLT Parking at E Lake Rd trailhead (42.82333, -75.88804)

Hike Rating: Level 1 C, Easy, <1 mile

Est Hike Time: 4 hours

Long Distance Trail: FLT, NCT100

Map(s): DeLorme p. 61

Leader(s): Harold Kyle ([harold@cnyhikes.com](mailto:harold@cnyhikes.com)) and Bob Rosati ([b.rosati.adk.on@gmail.com](mailto:b.rosati.adk.on@gmail.com))

We're building new trail on a new Finger Lakes Trail Conference property near Dam Rd in DeRuyter, New York. FLTC purchased this property to preserve access to the DeRuyter trail in perpetuity and they need your help to build this new section. 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. Contact Harold to RSVP, please.

**9298 Chaumont Barrens Hike**  
**Sat, May 23 10:00 AM (RSVP)**

Meeting Place: Brewerton Park & Ride Lot  
 Hike Rating: Level 1 C, Easy, 2 miles approx.  
 Est Hike Time: 2-3 hours  
 R/T Drive: 150 miles  
 Map(s): DeLorme p. 25  
 Leader(s): Kathy Disque, [315-656-3383](tel:315-656-3383), [kathydisque@yahoo.com](mailto:kathydisque@yahoo.com); Theresa Evans [315-414-0431](tel:315-414-0431), [tj\\_evans@verizon.net](mailto:tj_evans@verizon.net);

Hike the unique Alvar landscape at this Nature Conservancy property in northern New York. There are many unusual flowers that bloom in this area, the orchids and prairie smoke should be in bloom. We will hike slowly with many opportunities to explore the area and take pictures. We also usually have lunch afterwards at a nice picnic area at the trailhead. Please come and join us for spring walk & talk!

**9299 Tirrell Pond Backpack**  
**Sat, May 30 8:00 AM**

Meeting Place: Contact Leader  
 Hike Rating: Level 2 B, Moderate, 7 miles (A)  
 Est Hike Time: 3 hours  
 Long Distance Trail: NPT  
 R/T Drive: 260 miles  
 Map(s): Delorme p. 37  
 Leader(s): Jim Bristol [315-935-3623](tel:315-935-3623)

Let's take a walk to picturesque Tirrell Pond on the flank of Blue Mountain in the Blue Mountain Wild Forest. We will spend the night at the Tirrell Pond lean-to on the shore of Tirrell Pond and return to the car the following day. Contact leader for trip details.

**9300 Return to Rome Sand Plains**  
**Sun, May 31 10:00 AM (RSVP)**

Meeting Place: Thruway Exit 34 (Canastota)  
 Hike Rating: Level 1 C, Easy, 3-4 miles approx.  
 Est Hike Time: 2-3 hours  
 R/T Drive: 100 miles  
 Map(s): DeLorme p. 48

Leader(s): Theresa J. Evans [315-414-0431](tel:315-414-0431), [tj\\_evans@verizon.net](mailto:tj_evans@verizon.net); Kathy Disque [315-656-3383](tel:315-656-3383), [kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)

Join us for a walk on some of the trails in this unique area of Rome. Hopefully, we will be blessed with sunshine and not a torrential shower as last year. We start at the usual trailhead for Wood/Creek/Sand Dune Trails. The lupines should be in bloom. We will explore other trails that are close to this primary area. Please call or email leader (s) if plan to attend. There is parking at Hogsback Road, but it is limited. Bring lunch/snack, appropriate footwear and poles, if used.

\*\*\*\*\*

**Mark Your Calendar**

**National Trails Day, Sat., June 6, 2026.** A local, chapter maintenance hike will be scheduled, TBD.

**Save the Date: ADK Fall Outing 2026**

Northwoods/Lake Placid Chapter Host  
 Mark your calendars for **September 18 - 20** to attend the ADK Mountain Club's 2026 Fall Outing. The weekend retreat will take place at the nostalgic **Saranac Village Young Life** camp on the banks of beautiful Upper Saranac Lake. Organized events will include everything from hiking High Peaks and fire towers to more gentle walks. Or you might want to paddle the serene St. Regis canoe area, or bike through stunning wilderness vistas on the Adirondack Rail Trail. If relaxing is your game, enjoy the peaceful camp facilities with activities suitable for all ages, including lake swimming. Your evenings will be filled with live music and dancing amongst your fellow outdoor enthusiasts. Be on the lookout for registration information to be released in February.

Mailing Address:

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

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