

**ADIRONDACK MOUNTAIN  
CLUB  
ONONDAGA CHAPTER**

**TALK OF THE TRAIL  
Summer 2026**

June



July



August



**The mighty Ash (above) felled by the Emerald  
Ash Borer (below)**



**Inside This Edition**

**Giving Up — A Humorous  
Reflection**

Mike Graser shares his stories of turning around — and why giving up isn't always failure

**Thunderstorm Safety**

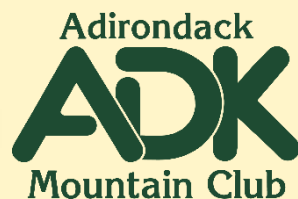
Kathy Campbell shares timely tips on staying safe in summer storms

**ADK Voices — Share Your  
Story**

Listen to oral histories from ADK members and staff at [Adkvoices.org](http://Adkvoices.org) — and consider sharing your own ADK story

**A Forest Under Siege**

Harold Kyle on the emerald ash borer's toll on Onondaga trails — and what hikers can do as citizen scientists to help save our remaining ash trees.



# ADK ONONDAGA CHAPTER

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

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*Submissions for the fall edition accepted until August 1.*

*Send to:*  
[jalynncondon@outlook.com](mailto:jalynncondon@outlook.com)

Cover photos

Ash tree  
*Courtesy Harold Kyle*

Emerald Ash Borer  
*Courtesy emeraldashborer.info*

## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Sal Curran, Debbie Effertz, Steve Goobic, Robert Hughes & Julia Wittner, John Kolb, Katharine Liegel, Caroline Mann, Kenneth & Marcie Mann, Martin McMurtrie, Edward Sheats, Mark Watson, John & Erin Laurretta Zinkievich

### 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) call [600-395-8080](tel:600-395-8080)

#### ADK Overall

Membership May 2026

18,300

↓ 2,050 since September

#### Onondaga Chapter

Membership May 2026

850

↑ 10 since February

### SUMMER TRAIL MAINTENANCE OPPORTUNITIES

Dates	Description	Leader(s)
June 3	Wednesday Trail Maintenance	Frio
June 6	Morgin Hill SF or New FLT Property	Rosati
July 1	Wednesday Trail Maintenance	Frio
July 11	Little Woodhull Lake Maintenance	Rosati
July 18	Fellows Hill Loop Reroute	Kyle
July 24+	NCT Maintenance Backpack	Rosati
August 1	Heiberg State Forest Reroute	Kyle
August 5	Wednesday Trail Maintenance	Frio
August 22	Heiberg State Forest Reroute	Kyle

*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.

# GREETINGS FROM THE CHAIR

BY MARY NIEMI



The anticipated season of summer is finally here and we have all the ingredients here in Central New York to fill your days with fun and companions to enjoy it together. If you want to break up your days of yard work and backyard barbeques, check out our Outings Calendar for hikes or trail maintenance outings. Maybe you want to set a goal for yourself. There are plenty of Trail Challenges available in our own 'backyard'.

NCT Hike 100, [northcountytrail.org](http://northcountytrail.org)

FLT 50 /100, [fingerlakestrail.org](http://fingerlakestrail.org)

ADK Fire Tower, [adk.org](http://adk.org)

FLLT Emerald Necklace, [fingerlakeslandtrust.org](http://fingerlakeslandtrust.org)

Erie Canalway, [eriecanalway.org](http://eriecanalway.org)

The summer season is also trail maintenance season and so, it is a reminder to take the time to thank all the chapter volunteers and trail stewards who keep our trails in such excellent condition under the direction of Harold Kyle and Dick Frio. We have been complemented by hikers passing through on the Onondaga Trail for how well it is maintained.

Have fun getting out on the trails. You might get a chance to see a forest creature living their best life, like the male grouse displaying a mating dance that Pat Urban and I saw up in DeRuyter State Forest in April.



## ADK Voices-Oral Histories from ADK Members and Staff

*ADK Voices* captures brief oral histories with photographs from ADK chapter members and ADK staff whose perspectives and experiences are collected and shared with you. Our stories are about ADK history, conservation, ADK events, nature, ADK staff and volunteers, outings, chapter projects, and people, over the last 100 years and into our future.

Some examples of oral recordings you may want to listen to at **[Adkvoices.org](http://Adkvoices.org)**:

- [Trailwork on the Northville-Placid Trail from John Schneider](#)
- [History of the Glens Falls-Saratoga Chapter Trail Work with Jim Cooper](#)
- [Stalked in Avalanche Pass by Janette Kado Marino](#)
- [Trail Maintenance the ADK Onondaga Chapter Way by Ed O'Shea](#)
- [Adirondack Hiking Memories by Bill & Anne Brosseau](#)
- [Six Peaks on Empty Stomachs by Bill Coffin](#)

Interested in sharing your outdoors stories and experiences? Email [adkvoices1@gmail.com](mailto:adkvoices1@gmail.com) for more information.

BY HAROLD KYLE

We have already cleared dozens of trees that fell into the trail over the past few months. It's been particularly busy for our sawyers because several invasive species, particularly beech blight and the emerald ash borer, are attacking and killing many of our trees. There are several things that we hikers can do as "citizen scientists" to help save our trees.

Most noticeable this year are the many ash trees that suddenly died due to the spread of the invasive Emerald Ash Borer, a shiny green beetle. You'll notice entire stands decimated in all our most popular forests. Bark sloughs off these previously healthy trees, revealing fatal insect damage underneath. Because most ashes won't leaf out this year, more light will reach the forest floor, and the brambles will take over. If you come across a stand that has largely died, any surviving trees may hold the genetic keys to preserve the species. Check out Cornell's Monitoring and Managing Ash program to report any survivors that linger in the ash wastelands: <https://www.monitoringash.org>

A slower-moving invasive threat is the Hemlock Woolly Adelgid (HWA), a small aphid-like insect. Hemlock groves are often my favorite places to stop on the trail; they line our scenic gorges, providing cool cover and wonderful scenery. Because they were not good for lumber, many of these trees are far older than the surrounding second-growth forests. Their days are numbered without intervention, as an HWA infestation will typically kill the host tree within 10 years. Our region is now on the front line of the advancing HWA. ADK Onondaga led an outing in March to survey hemlocks in Morgan Hill State Forest. This information helps advise the state where to roll out programs to save trees. You'll notice tags on hemlock trees near our Hemlock Glen leanto, which indicate trees that the DEC treated with insecticide to resist HWA. This is costly and meant as a stopgap until predators of HWA, which are being tested elsewhere in New York state, become established. (So far, the DEC has not yet released predatory beetles or flies in our area.) If you'd like to help as a citizen scientist, join us next winter to resume surveying for HWA; do not attempt to find HWA in the warmer months lest you become a vector for spreading the critters.



Behind the Hemlock Glen Leanto, tags indicate trees treated to resist HWA infestation. *Photo Courtesy Harold Kyle*



Dick Frio and Dave Reau work to clear the trail on our Fellows Loop reroute. *Photo Courtesy Harold Kyle*

In maintenance news, we've made great progress on this year's trail reroutes. The popular Fellows Loop will soon have a scenic new route on its western side, just north of Spruce Pond. We are also working to eliminate a road walk at FLTC's new property near Deruyter Reservoir. Later this summer we will start to work on a reroute of the Skyline Trail heading into Heiberg Forest. A partnership with SUNY ESF civil engineering students and the DEC will yield an (almost certainly overbuilt) pedestrian bridge to our new parking area on Rowley Hill Road in Morgan Hill State Forest.

We're always looking for volunteers to help maintain a section of the trail and join our outings. Send me an email at [harold@cnyhikes.com](mailto:harold@cnyhikes.com) if you'd

like to adopt a section, or if you'd like to be added to our email list to learn about trail maintenance events.

BY MIKE GRASER

When planning a mountain climb, you're supposed to set a turnaround time, so you don't end up stumbling around in the dark like a lost extra from *The Blair Witch Project*. There's also a moment on every hike when you should consider giving up. For me, that moment arrives about two minutes into the ascent, when my internal monologue politely whispers, "You know, we could be home right now." It fades, then returns every so often, like a pop-up ad for self-doubt. And sometimes, I do give up — usually for what seems like a perfectly reasonable excuse at the time.



*Mike Graser on the trail, still hopeful to impress.*

When I started dating my wife, I decided to introduce her to my two hobbies: Montreal Expos games and mountain climbing. Baseball went fine. Mountain climbing... not so much. I picked Mt. Mansfield, the tallest mountain in Vermont, because nothing says romance like dragging someone up a steep incline in questionable weather. We took the Sunset Ridge Trail, known for its spectacular views — except on the day we went, when the view was replaced by low clouds, light rain, and my optimism. The rain turned to hail, lightning struck, and we turned around. We descended in silence, the kind of silence that says, "I'm rethinking this relationship." I didn't suggest another climb until after we were married. She said no.

In my thirties, I joined a backpacking trip with a group of twenty-year-olds, because apparently I believed I was still indestructible. The plan: hike to the Flowed Lands, set up camp, then climb Mt. Skylight. We started the eight-mile round trip at 1:30 p.m., which in hindsight was less "plan" and more "optimistic fantasy." I began the hike "like a house on fire," which is to say: briefly impressive, then rapidly deteriorating. My companions raced ahead. As I slogged alone up Feldspar Brook, my inner monologue staged a full-scale mutiny. I turned around at 4:30 and made it back to camp at twilight. My friends returned at 9:00 p.m. in total darkness, victorious. My revenge came later, courtesy of the dried apricots I'd eaten — a snack choice that transformed our tent into a biological hazard zone.



*Mike's wife on the day she swore off mountain climbing.*

My next failure marked the end of my dream of becoming a 46er. Algonquin Peak was the culprit. In the 1990s, I climbed one peak each summer with my athletic daughter and her equally athletic cousins. Afterward, I usually couldn't walk upright for a week, but that was just part of the charm. One year we tackled Algonquin. I thought it would be easy — only three miles and 2,400 feet. That was adorable.

At the summit, I asked a steward where the trail to Iroquois was. He looked at my middle-aged beer belly, my sweat-soaked shirt, and my overall aura of "poor decisions," and asked if I was actually planning to go there. When I said no, he visibly relaxed, as if I'd just told him I wasn't planning to juggle chainsaws.

But the story wasn't over. I started walking daily, going to the gym, lost weight, ran a 5K in under thirty minutes, and could climb mountains without spending the next week moving like a question mark. I climbed eight more high peaks. Then it was time to face Algonquin and Iroquois again. It was déjà vu — but sweatier. The climb up Algonquin on a hot October day drained every ounce of energy I had. In my sixties, I was less agile and more aware that gravity is undefeated. My hiking partner took one look at me and declared Iroquois "ridiculous." We turned around.

Sometimes, giving up isn't failure. Sometimes, it's survival.

BY KATHY CAMPBELL

## Thunderstorm Safety (excerpts from NYS DEC)

### If a thunderstorm hits while you are hiking:

**Don't:** Be above treeline.

**Do:** Stay below treeline, avoiding summits and open areas when a storm is forecast, or if you see or hear signs of one.

**Why:** Lightning tends to strike the tallest object on a landscape. If you are standing in an open area, you are the tallest object in that landscape.

**Don't:** Seek shelter under an isolated tree or the tallest tree nearby.

**Do:** Seek shelter in a low stand of trees.

**Why:** Aside from direct lightning strikes, you could also be affected by a ground strike. Ground strikes happen when people are shocked by electricity traveling through the ground. If you are directly next to the tree that happens to be the tallest object in the landscape, and that tree gets struck, the ground current could travel to you, and you could get the brunt of the shock.

**Don't:** Rely on laying or sitting down.

**Do:** Prioritize getting to a safer location if possible (either below treeline or at least to a lower part of the landscape).

**Why:** You may think laying or sitting keeps you safe from lightning as it can reduce your likelihood of being the tallest object on a landscape, but it can put you at a higher risk of ground strikes. Crouching is preferred over laying or sitting because less of your body is in contact with the ground. Getting to a safer location is the only true reliable option!

**Remember:** The safest place to be when lightning is near is indoors. Check the forecast frequently. Watch for darkening skies, increasing winds, and listen for the rumble of thunder. Thunderstorms typically develop in the early afternoon in mountainous areas. Reschedule if necessary. The mountains will always be there!

## North Country Trail Maps

Did you know that free printable and downloadable maps are available for the entire North Country National Scenic Trail (NCNST)? The NCNST is the longest in the National Trails System, stretching 4,800 miles across eight states (North Dakota, Minnesota, Wisconsin, Michigan, Ohio, Pennsylvania, New York, and Vermont)! The maps for each state can be accessed from the following link:

[northcountrytrail.org/trail-maps](http://northcountrytrail.org/trail-maps) .

There is a sequence of 43 maps for NYS beginning at the Stone Quarry Art Park in Cazenovia where it veers off the FLT, ending at Crown Point on Lake Champlain. The maps distinguish between road and foot trail, note parking areas and feature half mile increments to make planning easy.

An interactive map for the entire trail is also available at <https://northcountrytrail.org/the-trail/explore-the-trail/> . You might enjoy an opportunity to stretch your legs by jumping on the trail for some exploration while traveling this summer!

BY LAURIE SCHWEGHART

JAN/FEB 18

## ADK MEMBERSHIP

# Mary Coffin

## Trails and Conservation Volunteer

If you are looking for Mary Coffin, you will probably find her in the woods, bushwhacking through the forest researching prospective trail routes, or clearing brush from the Finger Lakes Trail.

Mary joined ADK in 1981. Like many of us, she found out about ADK through



Mary Coffin

a friend. It was the perfect opportunity, since Mary liked the outdoors and preferred to hike with other people.

At the time, the local chapter (Onondaga) required a prospective chapter member to participate on five hikes, one of which had to be a trail work outing. The morning started with a flagged route and by the end of the day there was a trail. The sense of accomplishment hooked Mary on trail work and ADK, as it did her husband, Bill Coffin, who served many years on the ADK Trails Committee.

Soon after, Mary heard about the

46ers and started hiking in the Adirondacks. She became a 46er in 1985 and then completed a through hike of the Northville-Placid Trail.

Another one of Mary's passions is travel. She led adventure travel trips for ADK for twenty-six years and served on the Outings Committee. She enjoyed planning trips, taking people places they'd never been before, and traveling with like-minded folks. When she was still in her teaching career, she led every other year, but after retirement she led a couple of trips each year. Among destinations she's led hiking trips to are New

Zealand, Switzerland, Spain, and the Four Corners canyon and river country, along with Minnesota and Montana for paddle outings.

Mary's volunteer activities were recognized by ADK in 2004 when she received the ADK Distinguished Volunteer Award. She continues her volunteer work, as current conservation chair and North Country Trail team leader for the Onondaga Chapter. Mary has also been on ADK's Conservation Committee for the past eight years.

Another interesting volunteer project for Mary is representing ADK on

the North Country Trail Association (NCTA). She has been working with NCTA and the New York State Department of Environmental Conservation (DEC) for the past ten years to develop the North Country National Scenic Trail (NCT) route through the western and central Adirondacks. The work involves field checking, scouting, and evaluating the best routes where none exist.

Mary is also ADK's NCT Trail Steward, working with ADK Trails Coordinator Andrew Hamlin on securing chapters or individuals to adopt sections of the NCT. Mary's mantra is, "If you like being outdoors, do a trails project with ADK. It's very rewarding."

Mary has been generous not only with her time, but also with her financial support. She believes in ADK and wants to support it, not just for its advocacy work, but also for the camaraderie and wonderful people she's met, including her husband. Mary's advice: "Support the mission of the organization. Make a difference."

*"If you like being outdoors, do a trails project with ADK."*

—Mary Coffin

### CALL TO ACTION

#### How You Can Help Trails:

- Volunteer for trail work—visit [adk.org](http://adk.org) beginning in April for opportunities
- Make a gift to ADK designated for this important work

Date	Outing Title	Leader(s)
Every Wednesday	Walking Wednesday	D. Frio, B. Holloway, M. Niemi
Mon, Jun 1	Baltimore Woods Nature Center Hike	Sigi Schwinge, Theresa Evans
Wed, Jun 3	Wednesday Trail Maintenance	Dick Frio
Sat, Jun 6	National Trails Day - FLT/NCT Trail Maintenance	Bob Rosati
Sat, Jun 20	Guppy Falls Trail & Skaneateles Conservation Area	Mary Niemi
Sat, Jun 27	Finger Lakes Trail Hike in Cortland County	Theresa Evans, Jay Evans
Wed, Jul 1	Wednesday Trail Maintenance	Dick Frio
Mon, Jul 6	Chippewa Falls with Midlum Hill Option	Sigi Schwinge
Sat, Jul 11	Little Woodhull Lake Trail Work Hike	Bob Rosati
Sat, Jul 18	Fellows Hill Loop Reroute	Harold Kyle
Sun, Jul 19	Stillwater Mountain Fire Tower	Mary Niemi
Fri, Jul 24	Future NCT Herd Path Maintenance	Bob Rosati
Sat, Jul 25	Baltimore Woods Nature Center Hike	Mary Niemi
Sun, Jul 26	Hemlock Glen - Morgan Hill State Forest	Melanie Stevens
Sat, Aug 1	Heiberg State Forest Reroute	Harold Kyle
Mon, Aug 3	Beaver Lake Nature Center Hike	Theresa Evans
Wed, Aug 5	Wednesday Trail Maintenance	Dick Frio
Sat, Aug 15	Great Bear Recreational Area	Mary Niemi
Sat, Aug 22	Heiberg State Forest Reroute	Harold Kyle
Sat, Aug 29	FLT Abbott Loop	Theresa Evans, 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 6	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 6
3	A	Strenuous	3,000	5 to 10	8 to 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/ 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. Peterbo 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)

## 9301 Walking Wednesday

**Every Wednesday 9:00 AM**

Meeting Place: DeWitt Wegmans' Park & Ride (in front of Hobby Lobby); Carpooling is an option

Rating: Level 1, C+, Fairly Easy, 5-8 miles

Elevation Gain: up to 1000 feet

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

Map(s): FLT-O1, FLT-O2, FLT-M21

Leader(s): Mary Niemi, [315-751-7492](tel:315-751-7492), [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com), Bruce Holloway, [b.holloway.adk.on@gmail.com](mailto:b.holloway.adk.on@gmail.com), Dick Frio, [richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com) (for info).

Every Wednesday some of our members take a hike on one of the many trails in CNY. The Wednesday hikes welcome new participants. The participants decide where to go, based on weather and individual schedules. The first Wednesday of each month during spring, summer and fall is usually devoted to trail maintenance. The trails are south of Syracuse, below Rt 80 in general, the Onondaga trail, FLT, and NCT trails give us a variety to choose from. Dress for the weather (in layers). Water and food (light lunch/snack), and any necessities such as raingear are best carried in a small daypack. Walking/hiking poles might be good for balance on rocks and tree roots we encounter, traction spikes and/or snowshoes taken as needed seasonally. Our group is very flexible and we love to be out in the woods for a nice social hike. Contact the leader if weather is questionable or any other questions arise. Hope to see you on a Wednesday hike.

## 9302 Baltimore Woods Nature Center Hike

**Mon, Jun 1 8:30 AM**

Meeting Place: DeWitt Wegmans Park & Ride (in front of Hobby Lobby). Option to meet at Balt. Woods at 9:15.

Region: Central New York

Rating: Level 1, C, Easy, 4-5 miles R/T

Elevation Gain: 400 feet

R/T Drive (miles): 30 miles

Map(s): Baltimore Woods Trail Map

Leader(s): Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), Theresa Evans, [tj\\_evans@verizon.net](mailto:tj_evans@verizon.net), [315-480-0022](tel:315-480-0022)

We'll walk the hilly loops at this nature center near Marcellus starting at 9:15. Bring water and a snack to share - with our lively banter -

afterwards at the pavilion. Our walk-n-talk group walks every Monday; contact leaders for more info.

## 9303 Wednesday Trail Maintenance

**Wed, Jun 3 9:00 AM**

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

Region: Central New York

Rating: Level 1, C+, Fairly Easy, 6 mile R/T

Elevation Gain: 500 feet

R/T Drive (miles): 80 miles

Map(s): FLT-O1, FLT-O2, FLT-M21, FLT-M22

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

We will be doing trail maintenance on a section of the Finger Lakes Trail and the North Country Trail on FLT O-1, O-2, M-21, M-22. Our chapter currently maintains 72 miles on the FLT and lean-tos 57 miles are concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are cleared and blazed for all to enjoy. Please bring a pair of work gloves, personal hand tools, water, lunch, insect repellent, and wear appropriate clothing.

## 9304 National Trails Day - FLT/NCT Trail Maintenance

**Sat, Jun 6 9:00 AM**

Meeting Place: Contact Leader

Region: Central New York

Rating: Level 1, C, Easy, 3 miles R/T

Elevation Gain: 800 feet

R/T Drive (miles): 50 - 75 miles

Map(s): FLT-O1, FLT-O2

Leader(s): Bob Rosati, [315-766-7054](tel:315-766-7054), [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 Morgan Hill State Forest or on the recently purchased FLT property near DeRuyter Lake. 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.

## 9305 Guppy Falls Trail & Skaneateles Conservation Area Hike

**Sat, Jun 20 9:30 AM**

Meeting Place: GPS 42.9681365,-76.3903085;  
Parking at 3905 Guppy Rd., Skaneateles, NY  
Region: Central New York  
Rating: Level 1, C+, Fairly Easy, 5 miles R/T  
Elevation Gain: 1000 feet  
Map(s): Skaneateles Conservation Area Map  
Leader(s): Mary Niemi, [315-751-7492](tel:315-751-7492),  
[maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)

Enjoy a relaxing Saturday hike to view the 30-foot Guppy Falls on a wooded trail and then cross the road to hike additional trails with varied ponds, woodland, and wetlands in the Skaneateles Conservation Area.

## 9306 Finger Lakes Trail Hike in Cortland County

**Sat, Jun 27 9:30 AM**

Meeting Place: Green Hills Plaza (parking lot is on the east side of South Salina Street across from Green Hills Farms)  
We will car pool from the meeting location to the W. River trailhead on FLT Map 20. Contact leader if you would like to meet at W. River trailhead.  
Region: Finger Lakes Region  
Rating: Level 2, B+, Moderately Strenuous, 7.4 miles R/T  
Elevation Gain: 1400 feet  
R/T Drive (miles): 85 miles  
Map(s): FLT-M20  
Leader(s): Theresa J. Evans, [315-414-0431](tel:315-414-0431),  
[tj\\_evans@verizon.net](mailto:tj_evans@verizon.net), Jay Evans

We will be hiking in the Tuller Hill State Forest starting from W. River Road. We will be climbing a wooded trail along Howie Creek to a beautiful waterfall. We will continue our trek to the summit of Snyder Hill (1980') and continue on to Cortland 9 (an old woods road) and turning off again into the woods to reach Woodchuck Hollow Lean to. We may divert to a blue spur trail here depending on the trail conditions (we scouted 4/15/26 and significant blow down on main trail, which we reported). Our return trip to our cars will be more of a descent! Bring lunch/snacks/water, appropriate hiking wear, & poles, if used.

## 9307 Wednesday Trail Maintenance

**Wed, Jul 1 9:00 AM**

Meeting Place: DeWitt Wegmans Park & Ride (in front of Hobby Lobby)  
Region: Central New York  
Rating: Level 1, C+, Fairly Easy, 6 mile R/T  
Elevation Gain: 500 feet  
R/T Drive (miles): 80 miles  
Map(s): 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 trail maintenance on a section of the Finger Lakes Trail and the North Country Trail on FLT O-1, O-2, M-21, M-22. Our chapter currently maintains 72 miles on the FLT and lean-tos 57 miles are concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are cleared and blazed for all to enjoy. Please bring a pair of work gloves, personal hand tools, water, lunch, insect repellent, and wear appropriate clothing.

## 9308 Chippewa Falls with Midlum Hill Option

**Mon, Jul 6 8:00 AM (to Carpool)**

Meeting Place: For carpooling from east side meet at 8 AM (please contact leader for location) Option to meet at parking area on Route 12 (FLT Map M22) at 9 AM, GPS 42.71279, -75.88127 (we will spot cars here). Then we will drive to Stoney Brook Rd. trailhead to begin the hike.  
**Must contact leader if meeting at Route 12 parking.**

Region: Central New York  
Rating: Level 1, C, Easy, about 4-5 miles R/T  
Elevation Gain: 100 feet  
R/T Drive (miles): 50 miles  
Map(s): FLT-O1, FLT-M22  
Leader(s): Sigi Schwinge,  
[sigischwinge@aol.com](mailto:sigischwinge@aol.com)

This is a nice 2.3 mile trail passing Chippewa Falls and continuing downhill to Rt. 12 parking where we spotted cars. Then, we carpool up to Stoney Brook Rd. to retrieve cars parked at the start of the hike. Optional: Then, we drive to Midlum Hill and hike mostly downhill 1.1 mile to the little Civil War era cemetery and car parked there. Bring water and snacks to enjoy on Midlum Hill while we enjoy the view over the valley. After that, we may also hike the new trail down to Irish

Hollow with its little waterfalls, and back up the switchbacks, about 1 mile.

**9309 Little Woodhull Lake Trail Work Hike**  
**Sat, Jul 11 8:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)  
Region: Adirondacks  
Rating: Level 2, B, Moderate, 7 miles R/T  
Elevation Gain: 330 feet  
R/T Drive (miles): 128 miles  
Map(s): NA, future NCT Route  
Leader(s): Bob Rosati,  
[b.rosati.adk.on@gmail.com](mailto:b.rosati.adk.on@gmail.com), [315-766-7054](tel:315-766-7054)

The Little Woodhull Trail will be 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.

**9310 Fellows Hill Loop Reroute**  
**Sat, Jul 18 10:00 AM**

Meeting Place: Spruce Pond, Morgan Hill State Forest, Town of Fabius  
Region: Central New York  
Rating: Level 1, C, Easy, 2 miles R/T  
Elevation Gain: 200 feet  
Map(s): FLT-O1  
Leader(s): Harold Kyle, [harold@cnyhikes.com](mailto:harold@cnyhikes.com),  
[315-416-4619](tel:315-416-4619)

We're rerouting the very popular Fellows Hill Loop away from the persistent blowdowns next to some recent forestry. 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.

**9311 Stillwater Mountain Fire Tower**  
**Sun, Jul 19 8:30 AM**

Meeting Place: Thruway Exit 34 (Canastota)  
Call leader by July 16, so I know how many will be eating at Stillwater Restaurant afterwards.  
Region: Adirondacks  
Rating: Level 1, C, Easy, 2 miles R/T  
Elevation Gain: 560 feet  
R/T Drive (miles): 156 miles

Map(s): [dec.ny.gov](http://dec.ny.gov), Stillwater Fire Tower hiking map

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

To commemorate the 25th anniversary of the Adirondack Fire Tower Challenge, join me on an easy hike to the Stillwater Mountain Fire Tower with views of the High Peaks, the Stillwater Reservoir and the Tug Hill Plateau. Afterwards, let's eat at the Stillwater Restaurant.

**9312 Future NCT Herd Path Maintenance**  
**Fri, Jul 24 10:00 AM**

Meeting Place: Thruway Exit 34 (Canastota)  
Region: Adirondacks  
Rating: Level 2, B, Moderate, 10 miles R/T  
Elevation Gain: 650 feet  
R/T Drive (miles): 140 miles  
Map(s): NA, future NCT Route  
Leader(s): Bob Rosati,  
[b.rosati.adk.on@gmail.com](mailto:b.rosati.adk.on@gmail.com), [315-766-7054](tel:315-766-7054)

Overnight camping or backpacking work trip to clear blow down off of the herd path from North Lake to Horn Lake which will become the future trail for the North Country National Scenic Trail. We may camp at North Lake and hike in each day or decide to backpack in and remote camp. Participants must provide their own backpacking/camping gear and food. Tools required to clear blow down will be provided. Contact leader for gear requirements. Group size limited to 9 to adhere to DEC regulations.

**9313 Baltimore Woods Nature Center Hike**  
**Sat, Jul 25 9:30 AM**

Meeting Place: GPS 42.9649232,-76.3471813;  
Parking lot on 4007 Bishop Hill Rd., Marcellus, NY  
Region: Central New York  
Rating: Level 1, C, Easy, 4 - 5 miles R/T  
Elevation Gain: 400 feet  
Map(s): Baltimore Woods Trail Map  
Leader(s): Mary Niemi,  
[maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com), [315-751-7492](tel:315-751-7492)  
Come and hike at this lovely Marcellus Nature Center with its varied habitat and well-maintained trails.

## 9314 Hemlock Glen - Morgan Hill State Forest

**Sun, Jul 26**

**10:00 AM**

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

Region: Central New York

Rating: Level 1, C, Easy, 3.2 miles R/T

Elevation Gain: 764 feet

R/T Drive (miles): 36 miles

Map(s): NCT Maps

[https://northcountrytrail.org/maps/ny\\_map\\_series.pdf](https://northcountrytrail.org/maps/ny_map_series.pdf)

Leader(s): Melanie Stevens,  
[msteve39@gmail.com](mailto:msteve39@gmail.com), 315-278-2787

A 3.2-mile loop of the North Country Trail located within Hemlock Glen in Morgan Hill State Forest. The hike features Hemlock Glen, numerous small waterfalls, Hemlock Lean-To, and Shackham Brook. This hike begins at Shackham Road, and you'll descend into a camping area next to Shackham Brook. The brook is crossed on a footbridge, and the trail crosses a small stream before beginning to ascend. The trail turns away from Shackham Brook and now enters the numerous small waterfalls of the scenic Hemlock Glen. We will take a break at the lean-To and continue to Morgan Road. We will retrace our steps to Shackham Road.

## 9315 Heiberg State Forest Reroute

**Sat, Aug 1**

**10:00 AM**

Meeting Place: Kettlebail Rd at Tully Truxton Rd (42.77598, -76.06907)

Region: Central New York

Rating: Level 1, C, Easy, 3 miles R/T

Elevation Gain: 200 feet

Map(s): FLT-O1

Leader(s): Harold Kyle, [harold@cnyhikes.com](mailto:harold@cnyhikes.com), 315-416-4619

SUNY ESF has asked us to reroute our Skyline Trail south of Pond 1. Come help build this new section of trail in Heiberg State Forest, off Kettlebail Rd. 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.

## 9316 Beaver Lake Nature Center Hike

**Mon, Aug 3**

**9:30 AM**

Meeting Place: 131 Rigi Ave., Syracuse, NY (Theresa's home)

Let leader know if you will meet at Beaver Lake Nature Center - main lot.

Region: Central New York

Rating: Level 1, C, Easy, 4-5 miles R/T

Elevation Gain: 95 feet

R/T Drive (miles): 45 miles

Map(s): Beaver Lake Nature Center - [beaverlakenature.org](http://beaverlakenature.org)

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

Come out and take a summer hike on the wooded trails of Beaver Lake. We will start on the Deep Woods Trail intersecting with the Lake Loop Trail. We should see summer flowers in bloom as we walk. We will then go the Hemlock/Bog Trails to see what is happening here, especially along the boardwalk on the Bog Trail. Bring insect repellent, snacks & water.

## 9317 Wednesday Trail Maintenance

**Wed, Aug 5**

**9:00 AM**

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

Region: Central New York

Rating: Level 1, C+, Fairly Easy, 6 mile R/T

Elevation Gain: 500 feet

R/T Drive (miles): 80 miles

Map(s): FLT-O1, FLT-O2, FLT-M21, FLT-M22

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

We will be doing trail maintenance on a section of the Finger Lakes Trail and the North Country Trail on FLT O-1, O-2, M-21, M-22. Our chapter currently maintains 72 miles on the FLT and lean-tos 57 miles are concurrent with the NCT. No special skills are required just a genuine desire to ensure that our trails are cleared and blazed for all to enjoy. Please bring a pair of work gloves, personal hand tools, water, lunch, insect repellent, and wear appropriate clothing.

## 9318 Great Bear Recreational Area

**Sat, Aug 15**

**9:30 AM**

Meeting Place: GPS 43.2658899,-76.3545379;  
Parking lot at junction of Rt.57 & Great Bear Rd.  
Region: Central New York  
Rating: Level 1, C, Easy, 5 miles R/T  
Elevation Gain: 300 feet  
Map(s): Great Bear Recreational Area Trail Map  
Leader(s): Mary Niemi,  
[maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com), [315-751-7492](tel:315-751-7492)

This recreational area along the Oswego River and Canal is a peaceful place to spend a summer Saturday. Join us for a fun walk.

## 9319 Heiberg State Forest Reroute

**Sat, Aug 22**

**10:00 AM**

Meeting Place: Kettlebail Rd at Tully Truxton Rd (42.77598, -76.06907)  
Region: Central New York  
Rating: Level 1, C, Easy, 3 miles R/T  
Elevation Gain: 200 feet  
Map(s): FLT-O1  
Leader(s): Harold Kyle, [harold@cnyhikes.com](mailto:harold@cnyhikes.com),  
[315-416-4619](tel:315-416-4619)

SUNY ESF has asked us to reroute our Skyline Trail south of Pond 1. Come help build this new section of trail in Heiberg State Forest, off Kettlebail Rd. 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.

## 9320 FLT Abbott Loop

**Sat, Aug 29**

**9:00 AM**

Meeting Place: McDonalds, 5961 US-20, LaFayette, NY. 13084  
Look for a Bronze Subaru Forester  
Region: Finger Lakes Region  
Rating: Level 2, B+, Moderately Strenuous, 8.3 mile loop  
Elevation Gain: 1600 feet  
R/T Drive (miles): 104 miles  
Map(s): FLT-17, DeLorme p.92  
Leader(s): Theresa Evans, [315-414-0431](tel:315-414-0431),  
[tj\\_evans@verizon.net](mailto:tj_evans@verizon.net), Jay Evans  
We will be hiking thru Danby State Forest on the Abbott Spur Loop Trail. Mostly wooded, with

some view points along the way including the Pinnacles with views of Inlet Valley & West Danby. The terrain is rolling with steep hills followed by more forgiving sections. We expect the trail to be fairly dry in the summer, but there could be wet sections. Waterproof boots, gaiters & trekking poles are recommended. Bring snacks, lunch, water & insect repellent. Parking and start/end on Michigan Hollow Road, N. Danby, NY. Please RSVP leader by 8/28.

## Mark Your Calendars:

The 2026 ADK Mountain Club Fall Outing, hosted by the North Woods Chapter, will be held Friday, September 18 – Sunday, September 20 at the Saranac Village Young Life Camp. This premier Adirondack retreat facility is gently nestled on the shores of beautiful Upper Saranac Lake, and is in the heart of prime paddling, hiking, and biking country. In addition to a long list of guided outings available to all registrants, evenings will be filled with live music and dancing. For longtime ADK members, new members, and anyone who loves recreating in the Adirondacks, this weekend retreat is an opportunity to meet and explore wild places with fellow outdoor enthusiasts. All ages are welcome.



For more information and to register use the following link: [ADK Fall Outing 2026](#)

Mailing Address:

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

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