

COLD RIVER CURRENTS

October 2023

The Newsletter of the Cold River Chapter of the Adirondack Mountain Club

Chapter Co-Chairs' Report

by Steve Mullins and Susan Atwell

Outings Leader Training

In 2019 a death occurred during an ADK outing. ADK was not at fault for the death, but during the subsequent insurance audit the ADK insurer asked for the training records of the ADK outings leaders. ADK had never had a formal training program for its outing's leaders, and the Club was required to submit a training program implementation plan to the insurer in order to retain insurance coverage. This is the reason that the Chapter outings leaders are now required to complete training programs for Levels 1-3 outings. The bulk of CRC's outings occur at the 1st level of training, and this program requires only about an hour of training that includes a NY State mandated sexual harassment course and an ADK mandated "leave no trace" course. Each takes roughly a half hour to complete online. So, if you plan to lead any outings in 2024, you will need to complete the Level 1 training by December 31, 2023. Levels 2 and 3 training are more rigorous and are required to be completed by the end of 2024. There is no cost for ADK members for any of this training.

2023 CRC Executive Committee

Steve Mullins (Chapter Chair)

Susan Atwell (Co-Chair)

Rich Salz (ADK Advisory Council Trustee)

Rose Cooper (ADK Advisory Council Alternate Trustee)

Anne Bernat (Secretary)

John Rendinaro (Treasurer)

Tom Riley, Lynn Butterworth (Outings Co-Chairs)

Ellen Collins (Membership Chair)

Linda Hales and Kathleen Herold

(Newsletter Co-Chairs)

CRC Executive Committee (EC) Officer Vacancies

The CRC EC operated through the COVID pandemic with a dedicated group of volunteers with each extending his or her term of service beyond the normal 2-year period. Most of the EC officers are ready to hand off their duties to a new set of Chapter volunteers, many of whom have served for multiple years beyond the two-year service period.

Last year the CRC revised its annual election of officers' date from August to December in order to conform to the ADK standard December election period with officers assuming duties on January 1st. The CRC will hold its annual election of officers on December 14th of this year at the Chapter Holiday Party. We will post candidate names 30 days prior to the December election for all positions. If you are interested in helping to guide the CRC over the next two years, please contact Steve Mullins, Chapter Chair (s.mullins@frontier.com) or Sue Atwell, Chapter Co-Chair (bradtatwell@aol.com) to discuss open positions and the duties associated with those positions. Annual time commitments are not onerous, and your participation will help the Chapter to remain one of the most active in the Club network.

Resumption of Potluck Gatherings

The CRC began holding potluck gatherings this past summer with an enthusiastic response from members. The warm weather potlucks enjoyed outdoor venues with up to 75 people in attendance. Our September gathering had roughly 45 people attending. We want to thank all the hosts for making our potlucks successful after a three-year hiatus. If you are interested in hosting a future CRC potluck, please contact Rose Cooper (rosecoper2@gmail.com) or Maria Rinella (rinellium@frontiernet.net) and they will help you with all the details of setting up and hosting one of these gratifying events.

Chapter News

TRUSTEE'S REPORT

by Rich Salz, ADK Advisory Council Trustee



- ADK was recently awarded a five-year contract from New York State to run a front country stewardship program at five locations along Route 73 between North Hudson and Lake Placid.
- The State has also agreed to fund \$100,000 for operating costs at the High Peaks Information Center (HPIC). HPIC provides trail information, snacks, and supplies at the Heart Lake property.
- As reported in the *Adirondack Explorer* several months ago, the State Office of Parks, Recreation & Historic Preservation has refused to release the \$500,000 grant previously awarded ADK for the purchase of the Cascade property because of a disagreement about the terms of the easement. The State has added a new condition requiring ADK to obtain permission for any modifications or repairs to the building, a provision ADK has rejected. Negotiations are continuing.
- In 2024 ADK will be upgrading its Customer Relations Management software. The new software is designed to facilitate chapter self-management and communication, including outings leader certification, roster access, email, online forms, and events. Training for staff and chapter volunteers will be provided.



Adirondack Almanac 46ers providing Stewardship

Chapter News

Approximately sixty CRC members gathered at the Minerva Lake for the annual picnic, August 12, 2023 at 11:00. Mild, overcast weather made for a comfortable gathering where old acquaintances warmly greeted one another and new friends were made. Thanks goes to Sue Atwell for organizing the catered picnic through Red Wagon Barbecue, featuring barbecued chicken, pulled pork, coleslaw, potato salad, vegetarian baked beans, macaroni and cheese, and rolls. Appetizers and desserts were provided by CRC members, and a special birthday cake celebrated Peggy Knowles' 88th birthday.



Richard Wang

Steve Mullins conducted a short chapter meeting introducing the Chapter's Executive Council Members, reviewing the Outings Leader Guidelines, explaining that officer elections will be held in December at the holiday dinner, and referring members to the CRC website for outings postings.

Rich Salz introduced the speaker, Deputy Executive Director of ADK, Julia Goren, who immediately and graciously turned the attention back to Rich, recognizing him for all his work on the Advisory Council and especially his time spent on the Outings Leadership Guide (OLG). Ms. Goren explained that although she started as a staff member in 2004, she has been a member of ADK since she was 12 years old, using her babysitting money to join the club, after an inspiring visit to the Johns Brook Lodge.

Chapter News

Chronicling the history leading up to the recently announced OLG, Ms. Goren noted that as an intern in 2004 she recognized there was an interest in wilderness training, but chapters were not ready for standard leadership requirements. However, in 2019 a participant died on a chapter-led outing. The insurance company asked, "What is your standard training protocol for outing leaders?" Almost immediately, the Advisory Council was tasked with creating a standardized leadership training policy.

After working on this challenge for 2 ½ -3 years, the Advisory Council moved the document to ADK's Board. They passed it on to the ADK staff for a thorough review, then returned it to the Board, who approved it unanimously. The staff then created a plan of implementation for the policy, envisioning that outing leaders would serve as ADK ambassadors, educating their participants in the same trainings, such as Leave No Trace. She reminded us that Level 1 training needs to be completed by Dec. 31, 2023 and Levels 2 & 3 training needs to be completed by Dec. 31, 2024. Certification is currently tracked by Kayla White at ADK (kaylaw@adk.org), where she receives either hard or e-copies of outing leaders' certificates of the various courses they have completed. Within six months, ADK plans to have certified outings leaders in a database, available for chapter officers to access.

While Level 1 courses are free and online, watch for upcoming training opportunities at Cascade for Levels 2 and 3. On-going periodic training courses at Cascade are available; however, some courses can also be accessed online through Zoom. Other courses, such as first aid, may be acquired through other sources. (Note that reimbursement is available through chapters to cover the costs of training.) New, will be a "training weekend" in early December at ADK Headquarters offering Level 2 and 3 leaders "bundled" training, enabling leaders to certify in several courses over a couple of days. Although some may feel that OLG is a burden, Ms. Goren suggested that members view it as opportunities for training-- as our "professional development." After all, who does not want to feel confident and prepared when leading an outing?

On another note, the Northville-Placid Trail turns 100 next year, and ADK is encouraging chapters to lead hikes on the NPT. In turn, ADK will advertise the summer outings in the *Adirondac* magazine. To be included in the magazine, outings information needs to be sent to ADK by March.

In a Q & A, Ms. Goren explained that grants have been received for Cascade. Although NYS Office of Parks awarded ADK a half million-dollar grant to aid in the purchase of Cascade in 2022, the money has yet to be seen. An easement disagreement is holding up progress. Meanwhile, other grants have been obtained that provide for interpretive planning, architects, and landscape architecture. Currently, ADK is in the first stage—interpretive planning. Although there is still a lot of work to be done, skiing will be available this winter. A new beginner trail has been completed and signage is being replaced, while motion sensor/solar

powered lights are being installed. Additionally, there are two E-V chargers at the High Peaks Information Center and some more are being planned for Cascade. All-in-all it was an enjoyable, delicious, and informative day. ~Linda Hales

Chapter News



Richard Wang

CRC is seeking volunteers to fill expiring positions on the CRC Executive Committee, and interested members should contact Steve Mullins (s.mullins@grontier.com) or Sue Atwell (bradatwell@aol.com) for information on open positions and a description of duties before November 10, 2023.



Where in the World?

This past spring my wife, Miok, and I traveled to South Korea and Japan. Miok, who is originally from Korea, retired in January and arrived there one month earlier so she could spend extra time with her family in Busan, Korea's second largest city with a population of 3.4 million. This was our first trip to Asia where we both had the luxury of time, and we looked forward to having two full weeks in each country, which are only a few hours apart by air.



In the 26 years since my first visit to Korea, I have witnessed Busan's transformation from a chaotic city dominated by tall apartment blocks and traffic-clogged streets into a clean, modern, cosmopolitan metropolis with a new subway, soaring bridges, and manicured parks. Busan sits amid low mountains and is known for its large container port, beautiful beaches, and rocky coastline. During previous trips, we had enjoyed exploring the many miles of hiking trails found throughout the city, but our plan this time was to do some local sightseeing and then travel by bus about an hour and a half north to Gyeongju National Historic Park, a UNESCO World Heritage site that was the ancient capital of the Silla kingdom and ultimately the entire Korean peninsula (57 B.C. to 800 A.D.). Afterwards, we planned to do some hiking in a nearby provincial park and then return to Busan before heading up to Seoul.

Gyeongju is famous for its burial mounds, which, like the Egyptian pyramids, were built to house the remains and valuable possessions of royal families. There are several dozen such mounds, of which two have been excavated and one is open to the public. The city is considered a "museum without walls" with more temples, pagodas, Buddhist statuary and palace ruins than any other place in South Korea. As a major tourist center, the city has many Western-style hotels, a drive-thru Starbucks and gridlock traffic. At night, the parks are illuminated by thousands of multi-colored lights.



Where in the World?



It is only a one-hour flight from Busan to Seoul (population 10 million) in an area smaller than New York City. Unlike Busan, which has the benefit of ocean breezes, Seoul has a permanent haze filtering the sunlight, the result of air pollution you can feel in your throat. Like Busan, Seoul has mountains to climb, and we hiked two of them. Nam-san was across the street from our hotel and the short, moderately steep trail started as a paved path, becoming more rugged as it climbed to the top. Near the summit one comes upon the remnants of the Seoul city wall, built in 1396 and in place until 1910, the last year of the Joseon

dynasty. An observation tower is on the summit, and the only group there were not tourists but rather Korean Army junior ROTC cadets who looked like they were having fun chasing each other around.



Baegundae Mountain, in Bukhansan National Park on the outskirts of metropolitan Seoul, is conveniently located within walking distance of the last stop on the subway. It's the highest mountain in the park at 2,742 feet, and the 7.1 mile out-and-back trail to the summit was quite challenging.

Like most national and provincial parks in Korea, it contains active Buddhist temples, as monks have lived there for many centuries. Restrooms with flush toilets were available at several locations along the route. The trail itself was a combination of rock and long steel staircases built into the mountain.



For the last quarter mile, the trail climbed at a steep angle up the rock, and you had to haul yourself up using a steel cable. We enjoyed lunch on the summit in the company of two young Londoners touring Asia on their vacation along with a diverse mixture of Koreans and Westerners.

On to Japan. This was my fifth trip (and Miok's first), having worked for a Japanese insurance company in New York City for the last 13 years of my career. Business was the primary purpose of my previous

visits, so I was looking forward to exploring other parts of the country. After landing in Tokyo, we discovered that we had arrived during spring break – the first two weeks in April -- at the end of the cherry blossom season when everyone in Japan seemed to be on vacation. If that did not make it crowded enough, this coincided with the surge of international tourists in Japan following the country's shutdown to non-business travel during Covid. We quickly found out what this meant for our trip when we tried to visit the Gyoen National Gardens (Tokyo's equivalent of Central Park) and found out that timed tickets were necessary, and none were available that day.

Where in the World?

We were fortunate to find out that the Japan Tourist Bureau was offering free tours conducted by volunteer guides of the Imperial Palace East Gardens, located on the former site of Edo Castle where the Tokugawa shogun resided from 1603 to 1867.



Our (private) tour was led by a retired Tokyo high school English teacher and an assistant who held up laminated pictures while she explained the design and construction of the moats, walls and guard houses that provided the castle's innermost defenses. Although much of Tokyo was destroyed during the Second World War, the palace was spared from Allied bombing.

The bullet train (known as Shinkansen) network makes it possible to travel between most major cities in Japan at

speeds of up to 200 miles per hour. Unlike Amtrak, the trains run on time, the stations are clean and have numerous restaurants and food shops. Our first stop was Kyoto, the capital from 794 A.D. until 1869, when the emperor and seat of government moved to Tokyo. Kyoto is considered the cultural and educational capital of Japan with countless Buddhist temples, Shinto shrines and gardens. Since there was so much to see, we decided to take a full-day bus tour, which included a visit to the Golden Pavilion, a Zen temple originally the home of a 15th century shogun who used gold leaf to cover the top two floors. A fanatic monk burned it to the ground in

1950, and it was rebuilt five years later. Another stop on the tour was Kyoto's imperial palace (built before the capital moved to Tokyo), but unlike the one in Tokyo, the public has access to most of the buildings and grounds unless the emperor is in town.

After spending some time with old friends in Kyoto, we got back on the Shinkansen and traveled north to Kanazawa, a small city bordering the Japanese Alps with the remains of an historic castle and gardens. We could see the dramatic snow-covered peaks from our hotel room. Our intention was to do some hiking in a nearby national park and in Matsumoto, another smaller castle town several hours southeast by local train. Unfortunately, our plans were scuttled when we discovered that all the access roads to the hiking areas near Kanazawa and Matsumoto were closed due to heavy snow. Had I done more thorough pre-trip research, I would have found out that the roads didn't open until later in April, and that hiking without technical gear wouldn't be possible until early summer.

Fortunately, there was plenty to do in both Kanazawa and Matsumoto. In each city we enjoyed private, volunteer-led tours of the local castles, gardens and shrines. Kanazawa was home to the powerful Maeda clan in the Edo era, and the samurai district's narrow alleyways and homes have been preserved and converted into museums and cafes. We also visited a phonograph museum, where we heard a demonstration of 12 different machines from their vast collection. One day we took a tour of Shirakawa-go, a traditional mountain village south

Where in the World?



of Kanazawa with houses in the gaisho style with steeply peaked roofs to handle the heavy snowfall. The houses were constructed without any nails or metal pieces, using rope to fasten the wooden beams.

We ended the trip back in Tokyo, where we joined my former colleagues for a farewell dinner in an izakaya pub whose specialty was raw horsemeat. Miok said it was delicious.



Outings Reports

A special thanks to those who led each activity, as well as Lynn Butterworth, Tom Riley, and the CRC Outings Committee.

IF YOU ARE NOT RECEIVING THE OUTINGS EMAILS AND WANT TO, OR IF YOU WANT TO STOP THEM, PLEASE SEND YOUR EMAIL ADDRESS AND REQUEST TO OUR CHAPTER AT ColdRiverADKChapter@adk.org

July 6: Rich Lake Paddle, Newcomb Leader: Walt Nelson

A baker's dozen paddlers embarked from the beach at Rich Lake with a bluebird sky dotted with slowly building cumulus clouds. The water was glass smooth until after lunch. Some wished for a breeze helping make the temperatures more enjoyable.

The moose, bear, bald eagles, and most other wildlife were visiting another lake that day. There was a momma merganser herding her chicks away from the paddlers. We lucked out on the home stretch; a loon did make an appearance. Great company, sunny skies and calm winds, a fine combination for an ADK paddle!

~Walt Nelson



Rich Lake

July 6: Poke-O-Moonshine Hike, Willsboro Leader: Tracey Donaldson

The 90 degrees plus temperature and high humidity scared the timid away from a great climb. Heeding the forecast, an intrepid little group of six members decided to get an earlier start; they dressed for the weather and carried plenty of water for the trip. The two hours of relatively easy climbing through a beautiful mixed forest led to remains of the old Fire Observer's cabin and eventually the summit. Spending a half hour on the summit, enjoying the slight breeze on the fire tower helped us to forget the struggle with the heat to get up there. While the smoke from the Canadian wildfires was gone, there still was a slight haze that shrouded the view just enough to add an element of wonder to the summit. It was all downhill from there. An hour and a half later we were back at the parking lot, ready to head home. We took with us great memories of friends, natural beauty and a mildly challenging (if hot) climb.

~Tom Meyering



Poke-O-Moonshine



Outings Reports

July 13: Baxter Mountain Hike, Keene Leader: Sara Mullins

Six of us met at the trailhead on an overcast day, chancing that we could get the hike completed before the rain came again, which was forecast for noon. It was looking hopeful as we set off up the trail. It was muddy in spots but overall, conditions were not too bad. We progressed at a steady pace and stopped at a lookout near the top. The view was good, and we stopped for a few minutes to drink it in. After meeting a couple of people, who told us to keep going, we proceeded to the top which was bare rock. Despite the low hanging clouds, the view was spectacular, looking across towards Hurricane Fire Tower and down on the village of Keene. The lush vegetation spread out beneath us, which appeared even more lush after all the recent rain. We even managed to get some sunshine before we headed down again. Lots of mushrooms on the trail, and the conversation was great. It was a nice three-mile RT hike and we were back to the cars well before the rain started.

~Ger Cox



Baxter Mountain

July 14: Second Pond Hike, Johnsbury Leader: Lynn Butterworth

A series of thunderstorms were expected to hit Thursday afternoon, the day of the scheduled hike to Second Pond. Lynn sent out an email Wednesday moving the hike to an earlier start time to avoid the storms. The weather changed so the hike happened on Friday. The day was cooler with breaks of sun, and the trail was in fairly good shape considering all the rain we had. It was a delightful group of hikers who were happy to be hiking. We had lunch on the shore of Second Pond, and we were entertained by a loon, a swimming deer, purple finches, and a wind-blown lily pad. Thank you for your tenacity in making this hike happen. We were sorry John could not join us, ~Gail Gabriel



Second Pond



Outings Reports

July 20: CRC Potluck Dinner

Location: Chestertown Conservation Club

Knapp Hill Road, Chestertown

Hosts: Peggy Carrol and Linda Hales

About 40 people attended the July Potluck at the Conservation Club in Chestertown, including several out-of-town guests visiting members. Sue Atwell conducted the business meeting. As always, the plentiful food was delicious, and everyone in attendance enjoyed a relaxing time visiting and getting to know each other better. The Conservation Club provided a comfortable venue, offering indoor facilities too. However, we did not need them on this glorious summer day! ~Linda Hales



Conservation Club



Conservation Club

July 20: Mead/Beckman Mountain

Leader: Rich Salz

In a summer of storms and smoke, our group of 11 was fortunate to have a sunny, clear day for our trek up Meade and Beckman Mountains, one of the eight hikes qualifying for the Chester Challenge. Although only 2.2 miles round trip and 520 feet of elevation gain, this trail offers more views than ones requiring double or triple the effort. Except for the first 100 yards, the trail was relatively dry considering the amount of rain this summer. The shaded woods road rose steeply until it reached the summit of Meade, where we enjoyed views of Gore, Crane, and Eleventh Mountains. No time to linger too long at the top, for we had to get to the potluck at the Chestertown Conservation Club at 4:00 pm. After a quick photo, we moved along the ridge toward Beckman, passing a nice viewpoint of Loon Lake with the Lake George mountains in the distance. Reaching the summit of Beckman, we looked north from the thoughtfully provided picnic table and saw Schroon Lake and Pharaoh Mountain. We were disappointed not to see Frank Beckman, the property owner, who is often encountered greeting hikers along the trail, so that we could thank him for allowing us on his mountain. On the way down, we rang the bell attached to a tree alongside the trail signifying (according to the sign) our appreciation of the veterans who have served our country. From previous visits, we had learned that Frank is an Army veteran who served in Korea as a helicopter mechanic in the 1970's. We were back in the trailhead at about 3:00 pm, with plenty of time to clean up for the potluck

.-Rich Saltz



Beckman Mountain

Outings Reports

July 28: Weston Mountain, Keene Leader: Marti Townley

Rain was forecasted for the hike up Weston Mountain on Thursday, so Marti switched the hike to Friday which turned out to be a beautiful day. The trail is part of the Nun-da-ga-o Ridge Trail that took us past Lost Pond, two lean-tos, and up to a stunning view of the High Peaks. We had a relaxed lunch on top and a leisurely trip back. An enjoyable hike for everyone
.-Marti Townley



Weston Mountain

August 3: West End of Forked Lake Paddle, Long Lake Leader: Walt Nelson

A half dozen enthusiastic paddlers launched on an overcast day. The forecast reported rain ending about launch time. The forecasted west breeze was spot on. We elected to paddle into the Brandreth Lake outlet rather than water adjacent to Whitney Enterprise. A light rain, lasting about an hour, started as we left Forked Lake and entered the outlet. As we paddled upstream, we heard a loon calling in the distance and the call became louder and louder. A trio flew overhead calling all the while, likely on their way to Raquette Lake. Long after they were out of sight their call bounced off the hills. A couple beaver dams were easily paddled over, both ways. On the other hand, several large downed trees eventually won out and we returned to Forked Lake. There are five primitive campsites on the western end of the Lake, two on the south side and three on the north side. We lunched at one on the north side. Four hours on the water passed quickly with fine company and warm water.~Walt Nelson



Forked Lake

August 3: Clay Meadows to Montcalm Pt. Hike, Bolton Leader: Gail Gabriel

This is an 11-mile round trip hike with rolling hills along the shores of the Northwest Bay of Lake George. Is it too much? Not for this group of 9 hikers! While the rich live on the opposite shore we enjoyed the beauty of nature hiking. In 1757 French General Montcalm camped on this point outsmarting the British at Fort William Henry. Thus naming the beautiful point where we had lunch! ~Marti Townley



Montcalm Point



Outings Reports

August 10: Jabe Pond Paddle, Hague Leader: Rich Salz

How was the road? That's the first question anyone asks when they hear you've been to Jabe Pond because of the never-ending cycle of washouts and repairs on the notorious one-mile, rutted dirt road leading to the pond. This time the answer is "not bad," although you would not want to drive it without four-wheel-drive. More importantly, how was the pond? Three paddlers in our group were experiencing the magic of this relatively small (300 acre), deep (30 -75 feet) and isolated pond for the first time. Within the first few minutes, we had a loon sighting; later, we heard the calls of two loons echoing between the low mountains that surrounded us. We took our time circumnavigating the shoreline and the small, pine-studded islands, including "Chimney Island," where an intact stone chimney is all that remains of a private camp built in 1905 by the Silver Bay Association and destroyed by fire only three years later. Back on land, we enjoyed lunch and snacks, admiring the beauty of the surroundings on an ideal summer day.

.-Rich Salz



Jabe Pond

August 10: Spruce Mountain Fire Tower Hike, Corinth Leaders: Karen and Richard Wang

Seven of us walked (not really climbing, despite >1000 feet elevation gain) on a gradual hike to the summit. The trail was surprisingly dry for this rainy summer, and we were out on a rare, sunny day. There was not much of a view from the summit, but climbing to the top of the tower afforded a 360 degree view. At 73 feet, this is one of the tallest in the Adirondacks. We saw a monarch caterpillar on a milkweed plant near the summit. We all enjoyed ice cream afterwards at Bon's in Lake Luzerne. ~Meredith Todd



Spruce Mountain Fire Tower



Spruce Mt Fire Tower

Outings Reports

August 11: Snowy Mountain Hike, Sabael Leaders: Lynn Butterworth and John Rendinaro

Due to rainy weather, this hike was postponed one day, so only five hikers ended up going on the trek, including a member from the Albany chapter. Even with all the rain the day before, the trail was surprisingly dry, but a couple of the multiple water crossings were challenging. At 3900', Snowy Mountain is just shy of being a High Peak, and the steepness of the last 800' going up and down was not for the faint of heart. The views from the top, though, made the climb worthwhile. The weather cooperated beautifully; there was a cool breeze all the way up, and it was so chilly at the top, we had to don extra layers. And, shockingly, there were no mosquitoes! The fire tower was open, so we had 360-degree views of the surrounding mountains and lakes. This eight-mile hike took seven hours to complete, a full day of enjoyment. ~Lynn Butterworth



Snowy Mountain



Snowy Mt Fire Tower

August 17: Round Lake Paddle, Round Lake

Leaders: Judy and Steve Thomson

Amid another stretch of iffy summer weather, 9 paddlers were able to find a window for an outing on Round Lake across the road from Little Tupper Lake on August 17th. Accessing the lake from a meandering flow, the signs of late summer were evident with occasional red maples standing out in the wetlands. With light winds at our backs, the paddle along the right-hand shore of the lake toward the inlet was leisurely, and we reached the last campsite before the inlet for our lunch just as the winds and chop picked up on the lake. The area surrounding the lake is relatively open which often allows the wind to pick up quickly and persist in this region. We passed up the half-hour walk along the inlet in favor of getting started back to our vehicles as the headwinds and whitecaps suggested a fair amount of effort and time would now be necessary. All were up to the task with steady strokes, and we loaded our cars just before the first raindrops began to fall. Ice cream at Stewarts in Indian Lake capped off a pleasant day of paddling with good friends. ~Steve Thompson



Round Lake

Outings Reports

August 17: Crane Mountain Loop Hike, Johnsburg

Leader: Ann Bernat

Well, the predicted rain did not keep us away. It was cloudy and the trail had many streams and much mud to avoid. But that is the charm of the Adirondacks. We still had excellent views from the top. Crane does have some challenging rocky ups and downs. The real bonus of this 4.1-mile loop is a rest at the serene Crane Mt Pond on the way down. You leave with a very peaceful feeling. ~Marti Townley



Crane Mt



August 24: Long Pond Hike, Speculator

Leader: Brendan Hanley

In deference to the potential for early afternoon showers, six CRC members set out early with the goal of reaching our remote destination and returning to the trailhead before any wet weather set in. We enjoyed lunch on a rocky point surrounded on three sides by the waters of Long Pond. Afterwards one of us went for a brief swim before the group packed up for the return hike. The first raindrops did not begin to fall until just before we reached our destination. During the outing, we heard coyotes near Rock Pond and found what appeared to be moose droppings right along the trail. In addition to these wildlife "encounters," a large grouping of chanterelles was located near a campsite on Long Pond and an enormous chicken shelf mushroom was harvested by one of the hikers. ~Brendon Hanley



Long Pond

Outings Reports

August 31: Cat and Thomas Loop

Leaders: Lynn Butterworth / John Rendenaro

This 7.5-mile loop in Bolton Landing is a favorite for many who want to seek the beauty of Lake George from a mountain top. We had an almost fall day with cool temperatures and abundant sunshine. We got two bonus views of the lake and a fun ridge walk through the woods. A dragon fly on someone's nose, a colorful toad, a tree frog, and a greenish caterpillar joined us on our hike! ~Marti Townley



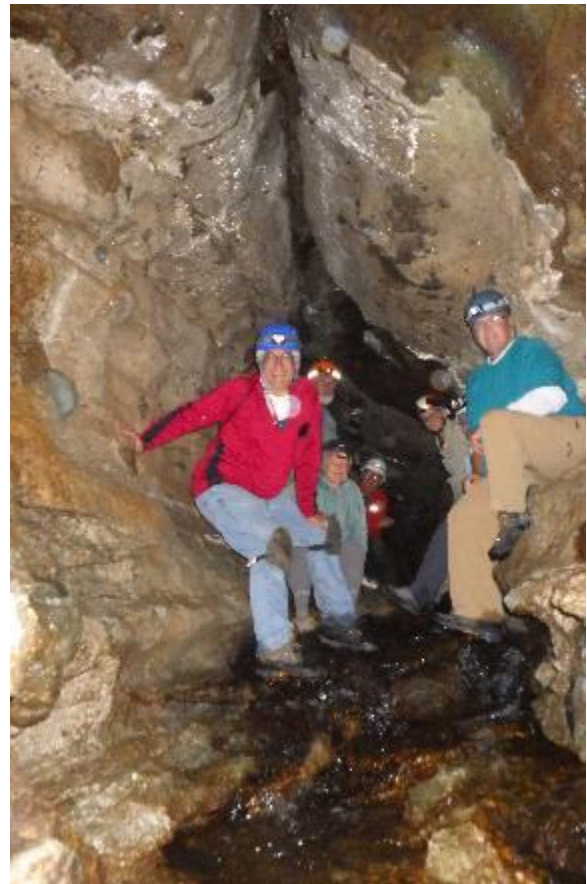
Thomas Mt



August 31: Brown's Cave Exploration, Minerva

Leader: Tom Zelker

On August 31, seven explorers hiked a barely perceptible path through the woods to Brown's Cave, northeast of Moxham Mountain. This marble cave is formed within a hillside that blocked drainage from a swamp. The water flowed in through crevices forming this beautiful cavern. Igneous intrusions of iron like rock cut through the marble forming natural bridges and other weird-looking formations. Sitting in complete darkness in the depth of the Adirondacks, all one could sense was the water rushing by and the pounding of our hearts with excitement. Sunlight, warmth, and lunch welcomed us when we climbed out of the rock, and we found our way back home. It was a good day. ~Tom Zelker



Brown's Cave

Outings Reports

September 7: Corey's Ponds, Stony Creek & Raquette River Paddle, Harrietstown

Leader: Walt Nelson

Seven enthusiastic paddlers launched from Axton Landing upstream into the Raquette River, turning onto Stony Creek and upstream into Stony Ponds. Once in the Ponds, we were greeted by a solitary loon. As we stopped for lunch at one of the marked campsites a bald eagle wheeled close over our boats and landed in a tree across from the campsite. The bird might have been watching us while we ate. Soon after relaunching, the eagle left the tree and again wheeled over the water we had just left, dove and caught a fish. ~Walt Nelson



Axton Landing



September 7: Last Great Shoreline Hike, Glenburnie

Leader: Brendan Hanley

While all CRC outings are a fun way to get out and enjoy the great outdoors, every now and then one turns out to be especially memorable. Our outing to the LGLC's Last Great Shoreline Preserve, led by Brendan Hanley, was one. Five of us met Brendan at his family's camp on Lake George near Ticonderoga. We hopped on his boat for a lovely ride to the dock at Last Great Shoreline where we began our hike. Despite the heat and humidity, we climbed up to the main trail and hiked about three miles through the fortunately deeply shaded woods where we remarked on the beauty of the abundant mosses as well as the variety of mushrooms and the views of Vermont. On our trip back to Brendan's dock we hugged the west shore of the lake to see downtown Hague, rock climbers on Rogers Rock and the dry dock area for the Lake George Steamboat Company. It was lots of fun to see all of this from the water. After all of that, we were thrilled to be able to go for a cooling swim from the dock and to eat our lunches in sight of Rogers Rock. Many thanks to Brendan for organizing such a varied and interesting day in the woods and in the water. ~Karen Wang



Lake George

Outings Reports

September 7: Rooster Comb Hike, Keene Leader: Marti Townley

The weather was calling for thunderstorms, possibly severe. The planned hike to Noonmark was changed to Rooster Comb. It was a beautiful walk through the open forest, along a trail lined with erratics, to an ascent that brought us out to breathtaking views. We made our way back down in time to get in the car and have the rain start as we left Keene. An ice cream at Stone Bridge and Caves made for a near perfect day. ~Gail Gabriels



September 14: OK Slip Falls Hike, North River Leader: Ger Cox

Ten hikers set off toward the Hudson River Gorge on a pleasant, sunny morning. At the lookout at 3.4 miles, the falls were beautiful, with plenty of cascading flow. The sun shone on the falls, and we were treated to a display of rainbows. This was a lunch spot with a great view. An additional hike down to the bottom of the gorge was considered, but we headed back to the trailhead instead, having already enjoyed a rewarding outing. ~Meredith Todd



OK Slip Falls Hike

September 21: Blue Mountain via Sunset Rock Hike, Blue Mountain Lake Leader: Andy Coney

The trip description began, "Blue Mountain is one of the more popular Adirondack peaks, but no one climbs it this way." But that day six of us did. For two it was their first ever CRC trip and they picked a good one. Looking up at the mountain from a boat, it's easy to see where the hiking trail traverses the western flank and then turns sharply upwards to follow the ridge to the peak. Our route would bypass that long traverse and bushwhack directly up to the ridge, joining the official trail about two thirds of the way up.

We parked on Maple Lodge Road, elevation 1800 feet, 400 feet lower than the trailhead and so gladly a bit extra to ascend. We first summited Sunset Rock, the first bump on the ridge above town, with an intimate view of Town Bay, and expansive vistas to the south; Lake Durant on the left flowing to the Hudson and Blue Mountain Lake on the right flowing to the St Lawrence. Only a narrow band of land separates the two watersheds; were it severed all of New England would be an island.

Above Sunset Rock we walked mostly through grassy meadows and fern beds on mild, south-facing slopes, only encountering dense, stunted trees as we made the final steep climb to join the trail. It was tough finding a path of least resistance through the tangle. Each of us sometimes thought our own choice was best and other times were jealous of the easier ways our friends had found.

After lunch on the summit where we recruited another hiker interested in the CRC, we descended part way down the hiking trail and before leaving it to follow a small stream, the headwaters of Museum Brook, which led us all the way to our parked cars. Had we followed roads and trails, our trip would have been 6.2 miles, but our route was only 4.6 and we had a lot more fun. ~Andy Coney

Outings Reports



Blue Mountain via Sunset Rock Hill



September 28: Cedar River Flow Paddle, Inlet

Leaders: Judy and Steve Thomson

A more perfect fall day in the Adirondacks could not have been ordered on Thursday, September 28, 2023 for 9 CRC paddlers. In a notable visual tribute to our late CRC colleague, Peter Hornbeck, all seven of the solo paddlers traveled in boats bearing his name. The fog had lifted by the time we had entered the waters revealing a panoply of brilliant colors more fully developed than in the Warren County area. We were confronted with only light breezes later in the day, otherwise enjoying sunny skies and calm waters for the entire paddle.

We were able to find the stream entrance with minimal wandering and conquered the one beaver dam obstacle shortly thereafter. We paddled to the lean-to, turned back, and stopped for lunch on a sandbar among the spires of mixed spruce and tamarack that line the stream. Emerging into the open waters of the Flow once again illuminated the deciduous vistas in all directions but particularly toward Wakely Mountain to the Northeast. It was a beautiful day to put in our memory bank to be reopened on a bleaker day in the future.~Steve Thomson



Cedar River Flow

Announcements

More Events to look forward to:



Wednesday, October 11 Tannery Pond Community Center,
North Creek, 4:00 – 6:00 PM

Presenter: Holly Ahern, Associate Professor of Microbiology will be discussing ongoing research regarding Lyme and Tick-borne Diseases. Holly Ahern is Associate Professor of Microbiology at SUNY Adirondack, where she teaches and mentors undergraduate research students. She is the author of nationally published textbooks, including the first open access microbiology laboratory textbook. As a result of her family's experience with Lyme disease, Ahern co-founded and is vice-president of the NYS-based 501-c-3 advocacy organization, Lyme Action Network, and additionally serves as Scientific Advisor for Focus on Lyme Foundation in Arizona. Ahern was appointed to serve on the Diagnostics and Patient Access to Care subcommittees of the US Department of Health and Human Services (HHS) Tick-borne Disease Working Group between 2018 and 2022 and is currently a member of the New York State Lyme and Tick-borne Disease Working Group.

Announcements



ADK Cold River Chapter Holiday Dinner Party 2023

When Thursday, December 14, 2023

Where: Garnet Hill Lodge

Time: Social Hour - 5:00 - 6:00 PM

Vegetable and Cheese Platter

Butler Passed Hors d' oeuvres service.

Annual Meeting & Election of New CRC Officers - 6:00 PM

Dinner - 6:30 PM

Burrata Salad and Breads

Buffet

Chicken Marsala, Vegetable Risotto in Puffed Pastry

Mashed Potatoes, Green Beans with Squash Zucchini

Dessert

Chocolate Cake, Apple Pie and Vanilla Ice Cream

15 % off your room with CRC reservation, at Garnet Hill Lodge! Check out
the rooms on-line and reserve at

(518) 251-2444, Includes breakfast and trail passes. RSVP by December
1st.

Cut Off and Return the Bottom Portion

Announcements

Cost: \$35.00 per person

I/We wish to make a reservation for _____ individual(s) at \$35.00
per person.

Name(s) _____

Address _____

Phone _____
Email _____

Enclosed is a check for \$ _____

PAYABLE to: Cold River Chapter.

Please return this form with your check to Noelle McCrum (518) 494-5193

Holiday Dinner Chairperson

PO Box 689

Chestertown, NY 12817

Membership News

WELCOME NEW MEMBERS AND AFFILIATES AND WE LOOK FORWARD TO
SEEING YOU ON OUTINGS.

Membership Chair, Ellen C. Collins

As of September, 2023

Total Households: 312 Total Members: 520 Total Affiliates: 21



Jeffrey Judd and Stephanie Deddish-- Chicago, Ill

Zachary and Brittany Shearon -- Fort Washington, PA

Stephen Harrington-- Johnsbury, NY

Margrit Rosen-- Montclair, NJ