

May 2026 ADK-CRC Outings

Thursday, May 7, Inman Pond Trail Hike, Kattiskill Bay

Leader: Peggy Carrol

ADK Leader Level 1, C (Easy)

Duration: 3 hours, 3.6 miles Limit: 15

Description: This trail climbs through woods and a stream crossing to get to the pond. We can skirt either or both sides of the pond but there is no official trail around the pond due to private property. We will climb a short distance to the Pond overlook and find a pleasant spot for lunch.

Meeting Time / Place: 9:30 AM at the Lake George French Mountain Outlets, corner US-9 and NY-149 to carpool or 10:00 AM at the Sly Pond Road trailhead, which connects to Buttermilk Falls Road. From the Outlet Malls in Lake George, take Rt. 149 East for 6 miles, then turn left on Buttermilk Falls Road. Follow this road for 3.1 miles and then turn left onto Sly Pond Road for 3.3 miles. Drive past the trailhead and park on the left.

Contact: Peggy, peggycarrol281@gmail.com or 281-804-5744. If cancellation is necessary, an email will be sent by 7:00 AM the day of the outing. Whitehall Medical Center, 65 Poultney St, Whitehall 12887, 518.499.2444

Thursday, May 7, Paddle Schroon River

Leader: Tracey Donaldson

ADK Leader Level 1, C+ (Fairly Easy)

Duration: 5 hours, Limit 10

Description: We will paddle from north Schroon starting on River Road to the town center. This is a long and windy river paddle for most of the way, hopefully with a current to help move us along. We will take out at the town beach and shuttle back to cars left at the start. An email will be sent out by 7:00 a.m. if it's necessary to cancel the outing.

Meeting Time/Place: 9:00 a.m. at the town beach to figure out cars and the drive up to launch.

Contact: Tracey, traceydonaldson0710@gmail.com or 845-464-5177. If cancellation is necessary, an email will be sent out by 7:00 AM the day of the outing. Hudson Headwaters Schroon Lake Health Center, 24 Fairfield Ave., Schroon Lake 518.532.7120

Thursday, May 7, Wakely Mountain hike, Indian Lake

Leader: Matt Schwab

ADK Leader Level 2, B+ (Moderately strenuous, due to elevation gain)

Duration: 5 hours Limit: 10 people

Description: We will climb 3,744-foot high Wakely Mountain, located off Cedar River Road in the Blue Ridge Wilderness. The trail heads generally in a westerly direction climbing gently for about 2 miles before a steep climb in the last mile. The views from the fire tower are excellent. 6 miles round trip, 1,600-foot elevation gain.

Meeting time/place: 9:30 am at Indian Lake Restaurant in Indian Lake, or 10 am at the Wakely Mountain trailhead, which is 11.5 miles west of Route 28/30.

Contact: Matt, mschwab205@gmail.com or 845-797-7193 if you are interested. Bring lunch. If cancellation is necessary, an email will be sent by 7 AM the day of the outing. Hudson Headwaters Indian Lake, 6356 State Rt. 30, Indian Lake 518.648.5707

Monday, May 11 Big Moose Lake paddle, Eagle Bay

Leader Walt Nelson

ADK leader level C, (easy)

Duration 4 hours Limit 10 boats

Description: The ~1200-acre Lake is astride Herkimer & Hamilton counties in Pigeon Lake Wilderness. It is the headwater of the Moose River. Many homes populate the shoreline, few occupied in the early season. We will circumnavigate the Lake. An American Tragedy is a fictional novel by Theodore Dreiser based on a murder on the Lake, the film A Place in the Sun and the Jennifer Donnelly novel A Northern Light.

Meeting place/time: 10:00 am ready to paddle from the launch at the end of Higby Rd. (Four miles north of Eagle Bay on Big Moose Rd, right turn on Higby Rd 2 miles to its end at the launch.)

Contact: Walt by TEXT (716.799.4016) with your interest. Cancellation and other information will be relayed before the day of the paddle and by 7:30 AM the day of the outing. Dress for the weather and have a PFD, whistle and snack/lunch. Town of Webb Health Center 114 S. Shore Rd. Old Forge 13420, 315.369.6619

Thursday, May 14, event: Bird Banding and History Tour at the Crown Point State Historic Site

Leader: Peggy Carrol

ADK Leader Level 1, C (Easy)

Duration: 3 to 4 hours Limit: 15

Description: Observe a citizen science collaboration at a bird banding station on the Crown Point site. Join this outing to see nature at its most mysterious in action. And that's not all! Syracuse University Field School will have archaeological work on site on May 14 as well. If you are interested in stopping by to visit the field-school, it's a great program and worth seeing. The site has hiking trails through the grounds, along the shore of Lake Champlain and to the Crown Point Lighthouse which celebrates Samuel de Champlain and the region's historical connection to the French. At 10 AM and 3 PM the site offers a 10 minute "Site Introduction Talk" and at 11 AM and 1 PM, the site offers free "Guided Grounds Tours". Choose your schedule. Bring water and lunch.

Meeting Time / Place: 9:00 AM meet at the Museum Parking Lot of the Crown Point State Historic Site, 21 Grandview Dr., Crown Point, NY. Take the Northway to Exit 28 and head EAST on Route 74 (17.2 miles) to Route 9N. Turn left and take Route 9N North (11.4 miles) to NYS Route 185. Take Route 185 East (3.5 miles) to the Historic Site entrance on the Left. Follow the signs for the Bridge to Vermont. Drive past the Park Maintenance Building to the Museum Parking Lot near the lake.

Contact: Peggy, peggycarrol281@gmail.com or 281-804-5744. If cancellation is necessary, an email will be sent by 7:00 AM the day of the outing. Elizabethtown Community Hospital, 75 Park St, Elizabethtown 12932, 518.873.6377

Thursday, May 14, Jay Range hike, Jay New York

Leader: Marti Townley

ADK Leader Level: Moderately Strenuous B+ ADK Rating:

Leader Level 2 Duration: 6-7 Hours Limit: 15

Description: This is a beautiful ridge walk with several ups and downs after hiking to the top with a 360 view of the High Peaks. It is 6.8 miles RT. With 2,200 feet of elevation change. The highest point is at 3,600.

Meeting time and Place: Meet at the Black Bear in Pottersville at 8:15 or the Stewarts in Keene at 9:05

Contact: Marti, mDKSShea@aol.com 518-301-3712. If cancellation is necessary, an email will be sent out by 6am that morning. Elizabethtown Community Hospital, 75 Park St, Elizabethtown 12932, 518.873.6377

Monday, May 18, St. Regis Chain Lakes Paddle, Paul Smiths. Alternate (rain) date

Tuesday, May 19

Leader: Tom Meyering

ADK Leader Level 1, C +(Easy)

Duration: 4-5 hours Limit: 12

Description: Paddle through 3 lakes connected by the St. Regis River in Paul Smiths, NY. The trip will start at the parking lot at Keese Mills, travel to Lower St. Regis Lake, Spitfire Lake and Upper St. Regis Lake. The lakes are lined with gigantic "Summer Camps" of the well to do, many built in the early 1900s. There are also several bays to explore along the way before tracing our paddle to return. Total distance up to 12 miles.

Meeting Time / Place: 10:00 AM meet at the parking lot at Keese Mills, Keese Mill Road, Paul Smiths. The parking lot is approximately 2.5 miles west of the intersection of Keese Mill Road, Route 30 and Route 86.

Contact: Tom, Remy12603@gmail.com or 845-235-7699. If cancellation is necessary, an email will be sent by 7:00 AM the day of the outing. Paul Smith's College Urgent Care 7777 NY rt 30 Paul Smiths, 518.327.6000

Thursday, May 21 Joe Indian Pond paddle, Colton

Leader: Walt Nelson

ADK Leader Level 1 C (easy)

Duration 3 hours Limit 10

Description: The Pond is surrounded by private land. A CRC member has a cottage on the pond and is 'hosting' this paddle. (Our host offers a double kayak for those interested.)

Meeting Time/Place: Rt. 3 west from Tupper Lake ~15 miles, Right (north) on Rt. 56 @ Sevey's Corner, ~16 miles, right @ sign to Joe Indian Pond (Stark Rd.) proceed ~5 miles on Stark Rd. (it becomes Whitehall Rd.). We will meet there @10AM and proceed with 'guide' to launch.

Contact: Walt by TEXT (716.799.4016) with your interest. Cancellation and other information will be relayed before the day of the paddle and by 7:30 AM the day of the

outing. Dress for the weather and have a PFD, whistle and snack/lunch. Canton-Potsdam Hospital, 50 Leroy st., Potsdam 13676, 315.265.3300

Thursday, May 21, Spring Bird Walk -- Up Yonda Farm & Environmental Education Center (Bolton Landing)

Leader: Miok Salz, Licensed N.Y. State Guide

ADK Leader Level 1, C (Easy) Duration: 2 hours, 2 miles Limit: 10

Description: Spring is in the air! May is a great time to hear and see native and migratory birds in the Adirondacks. Perhaps you have spotted them already in your neighborhood. This will be an easy morning walk of about two miles on flat and sloping terrain in a 75-acre nature preserve that is an e-bird hot spot. We hope to see warblers, flycatchers, thrushes and tanagers. We will stop often and record the bird species identified. Please bring binoculars if you have them.

Meeting Time/Place: Meet at 8:00 am at Northway Exit 24 parking lot or at 8:15 at Up Yonda Farm, 5239 Lake Shore Dr., Bolton Landing. There is a **\$5.00 per car admission fee**, so we will carpool at Exit 24 lot. Should cancellation be necessary, an email will be sent by 7:00 AM the day of the outing.

Contact: Miok, miokls@aol.com Hudson Headwaters Bolton Landing, 11 Cross St. Bolton Landing 518.644.9471

Thursday, May 21, Hurricane Mountain Hike, Keene

Leader: Lynn Butterworth

ADK Rating: Leader Level 2, B+ / Moderately Strenuous

Duration: 5 - 6 hours, 6.5 miles Limit: 10

Description: This hike is one of the best "not a High Peaks" hike, with about 2000' of elevation gain. There is a rock summit, which affords 360-degree views of the High Peaks. It also has a fire tower, which, if open, allows for additional panoramic views. The hike starts with a steady climb. It levels out a bit before climbing again for the last third. This hike has 2000' of elevation gain.

Meeting Time / Place: 10:00 AM at Hurricane Mtn trailhead- SOUTHERN APPROACH. Take NYS Northway exit 30 toward Keene Valley. Turn left onto Rt. 9 N then slight left onto Rt. 73 W. In 11 miles, turn right onto Rt. 9 N and proceed 3.5 miles to the trailhead roadside parking area on the left.

Contact: Lynn, tlynnbutterworth@gmail.com or 518-240-6162 If cancellation is necessary, an email will be sent by 7:30 AM the day of the outing. Mountain Health Center State Rt. 73 Keene 518.576.9771

Thursday, May 28, Paddle Amy's Park Pond and wetlands, North Bolton

Leader: Meredith Todd

ADK Leader level: 1, C or C+; easy or fairly easy

Duration: 3-4 hours Limit: 10

Description: We will begin at the designated Amy's Park launch, accessed from the main parking lot. We will head north to explore the pond first. Then we will turn southward to

paddle the outlet and wetlands. The 1-2 carries will be short, so we can assist one another with those.

Meeting Time/Place: Southern lot of the two Amy's Park lots on Padanarum Rd at 9:30 AM,
Directions: From Northway exit 24, drive 3.4 east on County Rd 11 and turn left onto North Bolton Rd, just before the stoplight. Bear right at 1.6 miles onto Padanarum Rd. After another 1.9 miles, bear right again at the Trout Falls Rd junction to stay on Padanarum Rd. The lot is on the left 1.2 miles further.

Contact: Meredith, meredith36ny@yahoo.com or 518-494-8088. Hudson Headwaters Bolton Landing, 11 Cross St. Bolton Landing 518.644.9471

Thursday June 11, Potluck event

Hosts Marti Townley & Ken Shea

Duration: 4-6 PM

Details forthcoming

Date: TBD end of July: Mt. Van Hoevenberg Facility Tour

Leader: Lynn Butterworth, reply directly to tlynnbutterworth@gmail.com or 518. 240. 6162

ADK Rating: Leader Level 1, C (Easy)

Duration: 3 - 5 hours Limit: 30+ (two groups each)

Description: Spend a full day touring and experiencing the Olympic facilities at Mount Van Hoevenberg, including:

10:00 Legacy Tour with Jack Mullholland

11:30: Lunch

12:30: Meet Mark Vandenberg, bobsled designer and builder for the US Olympic Bobsled Team

1:00 – 2:00: OPTIONAL-- Split into groups and actively participate in Biathlon, Wheeled Luge or take a Mountain Coaster ride.

Mt Van Hoevenberg has been at the heart of winter sports history for nearly a century. From its role in hosting two Olympic Winter Games to its continued evolution as a premier training and competition venue, this mountain has shaped—and been shaped by—the athletes, events, and innovations that define snow and ice sports. We will explore the rich stories behind iconic cross-country ski trails and world-renowned sliding track to discover how Mt Van Hoevenberg became a cornerstone of winter sports in the United States.

Explore Mt Van Hoevenberg's Olympic past and discover the long lineage of gliding and sliding sports. The informative one-hour guided Legacy Tour begins at the unique Mountain Pass Lodge, allowing you to observe where today's elite athletes train, and stunning views of the Nordic competition course and the surrounding mountains. The guided tour

continues with a visit to the United States' only Icehouse Push Track and concludes with a trek alongside Mt Van Hoevenberg's historic sliding track.

This is a fantastic opportunity to tour an outstanding Olympic facility. Our Legacy Tour guide, Jack Mulholland, will not only take us around the venue and explain the workings of the facility, but he will also share his personal Olympic experience when he participated on the 1972 US bobsled team.

But wait, there's MORE! We will offer a second tour with Mark Vandenberg, the designer and builder of the bobsleds used for the US bobsledding team. This tour includes walking outdoors on uneven terrain in all weather conditions; we strongly recommend closed-toe seasonally appropriate footwear and attire. Tours are \$10/person for groups of 20+, \$15/person for groups of less than 20 people with a 30-person limit.

But wait, there's even MORE!

A wheeled Luge experience. Wheeled Luge is offered at 1pm, 2pm and 3pm and lasts for an hour. An instructor will be with the group and take you out onto the paved roller loop (this does not happen on the bobsled track, but mimics that experience). It is a great introduction to luge using wheeled sleds in a safe setting, led by pro instructors. You will delve into the sport, learn basic techniques and advanced maneuvers while progressing through tailored challenges designed to enhance skills and confidence over multiple runs down the paved loops. Each person will be on his/her individual, wheeled sled without a driver. For a full experience with multiple runs per person, we can accommodate about 10 guests per hour for wheeled luge, and the group rate is \$55/person.

Also offered is a Biathlon Experience, which is very cool! That one will happen on the Biathlon Field and would include the same individualized attention as wheeled luge from our instructors. The group would get a brief biathlon history lesson, instructions on safety and shooting, and then 2 turns shooting: 5-shot clips with a .22 rifle (or with a Laser Rifle if the group prefers.) Biathlon can accommodate about 12-15 guests at once, and the group rate is \$25/person.

Depending on how big our group, we can split into two and rotate between different activities.

The Mountain Coaster is re-opening. The coaster runs along the bobsled track and takes you up and through the mountains, imitating what it feels to be like on a bobsled while an audio track plays from built-in-speakers as you ride. It is the longest coaster in North America! The coaster costs \$45/person.

We will have lunch in the Mountain Pass Lodge cafeteria. You have the option to purchase lunch at the cafeteria or bring your own lunch. If you have a season ski-pass, you will receive a discount.

Meeting Time / Place: 9:30 AM at Mt Van Hoevenberg Ski Center, upstairs 31 Van Hoevenberg Way, Lake Placid, NY 12946

Directions: From I 87-N, take exit 30 for US-9 toward NY-73/Keene Valley/Keene. Turn left onto US-9N. Drive 2.2 miles and take a slight left onto NY-73 W. Drive 13.1 miles and take a slight left to stay on NY-73 W. Drive 7.9 miles and turn left onto Van Hoevenberg Way. Continue to parking areas.

Thursday September 17, Potluck event

Host: Sharon Kendall

Duration: 4-6 PM

Details forthcoming

Saturday, December 12 CRC Holiday Party Garnet Lodge luncheon, 11:00 AM to 2:00 PM. Detail following, save the date.