

COLD RIVER CURRENTS

January 2025 The Newsletter of the Cold River Chapter of the Adirondack Mountain Club

ACTING CHAIR'S REPORT

by Susan Atwell

Approximately 74 members attended the 2024 Annual Meeting and Holiday Party on December 12th at Garnet Hill Lodge. Many thanks to Noelle McCrum for organizing the event. It was an evening of good food and festive cheer with the best of company.

I wish to extend my gratitude to the Executive Committee for the time and energy each of you contribute to our organization. I would also like to thank the volunteers, that is, the Outings Leaders and Potluck Hosts for making good things happen. ADK Chapters faced challenges this year. A new information management system, Imis, was due to be rolled out in April but is not yet fully functioning, and Outdoor Leadership Training Guidelines are now required for people to lead outings. Our outdoor leaders have put time and effort into becoming certified. We appreciate their efforts on our behalf to provide safe outings with positive outcomes.

Lynn Butterworth shared the membership of the Outings Committee, the 2024 Co-Chairs Tom Riley and Lynn Butterworth; Alex Paul and Tom Meyering, our newest members; Barbara Kearns, and Jeanne Tommell, stepping down after years of service, and current members, Chuck Hefner, Gail Gabriels, Gail Hefner, Ger Cox, Sara Mullins, Shannon Anderson, Steve Thompson, and Marti Townley. Also shared were the most frequent trip leaders: Marti Townley-10, Lynn Butterworth and John Rendeinaro-10, Ger Cox-8, Shannon Anderson-8, Gail Gabriels-7, Tracey Donaldson-6, Chuck and Gail Hefner-6. Anne Bernat-5

Data submitted annually by Maria Rinelli included 48 hikes, 17 snow shoes, 14 cross county trips, 8 bike rides, 2 fishing trips and 1 bird outing.

Treasurer, Ger Cox, reported that we have \$15,000 in our bank account. Expenditures for 2024 included potluck venues and supplies, the annual picnic, the holiday party/annual meeting, leadership training and bike insurance. We are in a comfortable financial position for our 2025 budget that continues to include money to reimburse associated fees to outings leaders who successfully complete and receive certification in an Outdoor Leadership course.

Membership Chair, Susan Schuler, reported because Imis is not fully functioning, our chapter is not receiving updated membership lists. Please let new members know that they should email Susan Schuler with their contact information. Susan will send a welcome card and add them to the newsletter distribution list. A new member that would like to receive the outings listing must contact Tom Riley or Peggy Carrol.

Chapter News

TRUSTEE'S REPORT

by Rosemary Cooper

For the Integrated Management Information [System](#) [Imis] to operate efficiently, it is imperative that each member take a moment and please review their information on the ADK portal.



- ✚ Our chapter will be using that information to determine membership, send emails, as well as the newsletter, monthly outings, certifications, information about pot lucks, etc.
- ✚ We will be working with the Imis team to create our CRC website in the near future and integrate our calendar of events onto the ADK master calendar. The goal is to integrate 12 independent platforms that did not communicate, into one system.
- ✚ Our Imis admins are: Thomas Riley, Mary Redfield, Tom Meyering and Susan Schuler. If you have any questions, contact support at adk.org
- ✚ ADK HQ Board of Directors are interviewing prospective candidates for the position of Executive Director and hope to have selected a candidate by January.
- ✚ LOJ Heart Lake is serving dinner again.
- ✚ Cascade Welcome Center trails are free to ADK members
- ✚ The Fire Tower Challenger website is now in the Imis system

Where in the World?

by Kathryn McCormack

Norway, land of the Vikings, trolls, and fjords as seen from Havila Voyages ferry from Bergen to Kirkenes in October '23 was a great adventure. Each day we chose an excursion stop to hike, bike, explore small fishing villages and sheep herder huts and reindeer herd paths.



Where in the World?

Information on Norwegian history and marine culture flowed with daily updates of our progress north. Trondheim a university city with a Medieval cathedral, a Rock and Roll Museum with a skateboard park on grounds and numerous canals lined with colorful homes and shops was a place to discover on foot, bike or tram.



Where in the World?

Onward we had a celebration on deck with fish cakes and champagne when we passed the Arctic Circle.



Where in the World?

It involved an icy bath of ice cubes by the on-board troll! You must believe!
Most impressive was the far north villages, salmon farms and the ice hotel and dogsled ride before the journey to the visitor center on the Berent Sea.



As far north as I have traveled!
The long sunsets followed by delicious, fish and Norwegian tastings served by delightful staff made a perfect end to the day.

Outings Reports

October 3: Henning Preserve Hike, Middle Grove Leaders: Karen and Richard Wang

A small group of us ventured a little south of the Blue Line for a pretty hike in the Hennig Preserve of East Galway. Our almost six-mile loop on the yellow trail led us through a beautiful forest, along a babbling brook, past three cellar holes, an old well and many stone walls that reminded us of past residents who somehow eked out a living there back in the 1800s. We enjoyed the comfortable temperatures, the colored leaves of the maples and the lack of insects on this beautiful fall day. ~Karen Wang



Henning Preserve



October 3: Buck Mountain, Lake George Leaders: Lynn Butterworth & John Rendinaro

Rescheduled because of rain the week before, it was a glorious day with sunshine, nice temperatures, and fun company! The view of Lake George sparkled from the sun. It was hard to leave after lunch. Inspired by Lynn, we found a wonderful tree to climb for a photo op on the way down. Storm damage prevented us from doing the intended Tongue Mt. Range, so this was a great alternative for 12 of us. ~Marti Townley



Buck Mountain

Outings Reports

October 7: Jabe Pond Paddle, Silver Bay Leader: Tom Meyering

There was a mild breeze as four hardy canoeists from the CRC ventured out on Jabe Pond. Despite the light breeze you could not ask for a nicer fall day with puffy white clouds accenting a blue sky. We were alone on the pond, except for four loons, who followed us around the pond. A great fall trip. ~Tom Meyering



Jabe Pond

October 10: Moxham Mt. Hike, Minerva Leader: Gail Gabriels

An enthusiastic group headed up Moxham on a chilly day as Gail reassured us the sun would come out. It did, in spurts, and we soaked up both the sun and the fall views along the way. Lots of chatter ensued as many of us were meeting for the first time. Hikers from Schroon Lake, the Old Forge area, even Otter Lake convened. Breezy at the top, we enjoyed lunch and spectacular foliage before saying our goodbyes in the parking area, while pledging to meet again! ~Kathy Herold



Moxham Mt.

Outings Reports

October 10: Wardsboro Settlement Hike, North Bolton Leader: Peggy Carrol

We dusted off our mittens and warm hats for our expedition into history on the Wardsboro-Graphite Road on a chilly but sunny morning. Wardsboro was a settlement very near Lake George that got its start in the early 1800's. Its heyday had passed by the 1920's, but there are remains of what was once a vibrant place to eke out a living. Our guide, Peggy Carroll, had done her homework so that she could bring it alive for us CRC folks. On our walk down the Wardsboro Road we saw many stone walls, the remains of a racetrack, an 1860 house and a small cemetery where we read tombstones that told the story of the harsh life these settlers faced — many of the stones were for children who had died long before reaching adulthood. After being immersed in the story of Wardsboro we stopped on the way home to look for the remains of a Civilian Conservation Corps camp dating back to the early 1930's. This required persistence to find, with plenty of blowdown along the way — quite a change of hiking pace from the gentle walk we had completed on the Wardsboro Road. We had a beautiful day to be out in the woods learning about some little-known places that are well worth remembering. ~Karen Wang



Wardsboro Settlement

October 11: Boreas Ponds Paddle, North Hudson Leader: Walt Nelson

The quartet of paddlers experienced a stellar fall day paddle: crisp air, blue sky, and a light breeze in our faces (both ways!). The on-water quiz identified Mt Marcy, Sawteeth and Haystack on the far horizon, each with termination dust on their peaks. Pinnacle, Allen, McDannel, Little Nippletop, Moose, Rist and Cheney Cobble were in the foreground. Loons were actively fishing in preparation for a move to a rafting up lake, elsewhere. Our lunch stop was near Fourth Pond that is not connected to the larger water body. ~Walt Nelson



Boreas Ponds

Outings Reports

October 17: Garnet Mine Tour + Hike, North River Leader: Shannon Andersen

On a beautiful fall day, 14 explorers were led by Shannon for a tour of the Garnet Mines. We carpooled to the entrance, and Ava and Judy gave us a fascinating history of the mines. We drove down to an abandoned mine where we had the opportunity to find garnet and enjoy the area. After finding treasures we drove to the Halfway Brook Trailhead where Greg Schaefer led us on an historical tour. We passed the Vly, a beaver flow, William Blake Pond and the Hooper Mine before returning to our start. It was a great outing. ~Gail Gabriels



Back view of Gore



Shop at the Barton Mines

October 17: Potash Mountain Hike, Lake Luzerne Leader: Rich Salz

How many Adirondack mountains have their own Facebook page? I can only think of one: Potash, in Lake Luzerne, whose 3.3-mile (roundtrip) trail starts in the privately owned Harris Preserve and crosses into NY State land about halfway up the mountain. This relatively new, well-designed trail was built by the Glens Falls – Saratoga Chapter's Steve Mackey, who also maintains it with other Chapter members. On an unseasonably cool fall morning, seven hikers started out in fleece and wool. By the time we reached the viewpoint for lunch about an hour and a half and 1,000 feet later, we had de-layered several times during the steep climb. We savored the peak fall color in the surrounding mountains and were reminded how fortunate we were to be in such a special place. ~Rich Saltz



Potash Mountain

Outings Reports

October 24: Amy's Park Loop

Leaders: Lynn Butterworth & John Rendinaro

Amy's Park is a remote nature preserve that has a little bit of everything. The lush green bed of moss and ferns really draw you into the quiet nature of the place followed by a hike up to the high point to a scenic view of Lake George. A pleasant walk through the woods with stops to view the Beaver Ponds ended our 5-mile hike. It was a peaceful day for 7 of us ending with sunshine and blue sky to remember the day. ~Marti Townley



Amy's Park Loop



October 31: Hike to the Saddle Lodge of Gore Mt. Via the

Trillium Trek Trail

Leader: Marti Townley

Eight hikers joined Marti to one of her favorite destinations on Gore Mountain - spectacular rock formations, views from Twister Cliffs, views of the High Peaks and the amazing cliffs of Gore Mountain that followed the steep trail up to Saddle Lodge where we lunched. The sounds of "Crunch, crunch" filled the otherwise mostly quiet trail. The trail was so engorged with crispy leaves from maple, oak, birch, aspen and beech trees that it was hard to hear when Marti warned us in the rear to watch out for MUCK that could pull the boot off your foot. Although mostly dry, the few muddy areas were treacherous. A highlight of the steep ascent and descent was the option to use ropes to safely navigate the steepest section. The trek was a challenging but rewarding experience, a total of 5.5 miles and 1,516 feet of elevation!!~Peggy Carrol



Trillium Trek Trail

Outings Reports

November 2: Putnam and North Ponds Circuit Hike, Ticonderoga Leader: Tom Meyering

Seven of us met at the parking lot at Putnam Pond State Campground, amid light snow and sleet falling. We headed out walking clockwise around the lake towards the Grizzle Ocean/Treadway trail turnoffs with sporadic shower drops coming through the canopy of trees overhead. Continuing past these turnoffs, there was a lovely carpet of leaves through the entire hike. The trail took us to Mud Pond, Clear Pond, and then on to Rock Pond where we opted for a photo op on the bridge to Little Rock Pond. We stopped for lunch at the remains of an old iron and graphite mine on the shore of Rock Pond. After the chill had set in, we returned to the trailhead passing along North Pond. Our leader Tom informed us that North Pond was a separate pond to Putnam Pond before the dam at the campground was built. We had hiked 6.3 miles and everyone was happy and tired! ~Ger Cox



Rock Pond

November 7: Five Mile Mountain Hike, Bolton Leader: Gail Gabriels

On a beautiful fall day, 6 hikers set out on our trek. The conditions were good and the trail was dry despite a recent rain. The forest was lovely as Gail led us to the famous Deer Leap with beautiful views of Lake George. After a short stay we headed back out and then started our climb to the Tongue Mountain Lean-to for a well-deserved lunch. ~ John Rendinero



Deer Leap

Outings Reports

November 7: Lost Pond, Pharaoh Lake Wilderness Leader: Ger Cox

Ten happy hikers met at the trailhead on Putts Pond Road, welcoming back some friends we had not seen for some time. Several of us had never been on this trail before. After nearly a mile and great conversation, we reached the pond where a Y indicated the trail going around the lake. We opted to go counter clockwise, and stopped to explore the little beach just past the intersection of the trails. We remarked on how low the water was. The trail went from an easy walk to a bit of rock scrambling right along the water's edge by the NE side of the pond under Abes Hill. It was scenic looking back along the rocky shore, as we reached a campsite, and stopped for lunch. Some found seats on rocks right out by the water and soaked up some rays. We spied some mergansers far out in the water. We continued around the south end of the pond, while hiking through some lovely hemlock groves. We came across a few more campsites. Discussion ensued as to whether this would be a good ski trail if we avoided the rocky area and did an out and back, sticking to the western side of the pond. We will give it a go sometime! Fun was had by all, hiking just about 4 miles! ~Ger Cox



Lost Pond

November 14: Pole Hill Pond / Walnut Ridge Hike from Godwin Preserve, Bolton Leader: Marti Townley

On a gorgeous November day, Marti Townley led 14 hikers to Pole Hill Pond and then on up to Walnut Ridge. The pond was a lovely spot to enjoy the scenery and on Walnut Ridge we were treated to a spectacular view of lake George looking southeast. In total we hiked 3.8 miles with 1,000 ft of elevation. The sun was out and warmed us as we swished through the fallen leaves; this was a lovely hike!
~Anne Bernat



Pole Hill Pond/Walnut Ridge

Outings Reports

November 14: Bass Lake Trail Hike, North Hudson Leader: Peggy Carrol

Although the Bass Lake trail is well-trod, presumably by those who fish Bass Lake, the parking and trailhead have no signage, but 9 CRC hikers found our starting point on a chilly, sunny day. The first few hundred yards of the trail follow Black Brook that showed us an impressive waterfall at the start and end of our hike. The first mile presented a steady, gradual incline until the trail leveled with few obstacles other than the usual rocks and roots heavily carpeted by leaves. We hiked to the eastern edge of Bass Lake and returned to a lakeside campsite for lunch. The shores of lovely Bass Lake reflected in the water's surface while we quickly ate and moved on to keep the cold at bay. Ann and Sue spotted large, healthy ash trees and we enjoyed many large, old trees alongside the trail and lake. A splendid way to experience the Hammond Pond Wild Forest, enjoying a lovely fall day on a 5.5 mile hike with about 500 feet of elevation. ~Peggy Carrol



Bass Lake

November 20: Castle Rock Snowshoe / Micro-spike / Hike, Blue Mountain Lake Leader: Shannon Andersen

On Wednesday November 20th Shannon Anderson led a group of 6 hikers on a loop hike up Castle Rock in Blue Mt Lake. The weather was perfect for the 3-mile hike with 745 ft of elevation change. The summit has outstanding views south looking across Blue Mt Lake, east toward Lake Durant and west toward Utowana Lake. We had a Blue Mt Lake local on our hike, Ellen Collins, who gave us all the news fit to print about Blue Mt Lake and its residents. ~Anne Waring



Castle Rock Blue Mt. Lake

Outings Reports

Friday, December 6: Ski the Whiteface Highway, Wilmington **Leader: Marti Townley**

You never know what you are going to get when you plan a ski in early December. We were lucky with powdery snow as four of us were led by Marti up the Whiteface Toll Road. The day started in the low teens with winds hidden behind turns, so it was brisk as we made our steady ascent. As we approached the Lake Placid turn, the wind came out of hiding. A good point to turn around and enjoy the free ride down. A delightful run followed by hot chocolate in Jay. Not bad for an early December day! ~Gail Gabriel



Whiteface Toll Road

December 19: Coney Mountain Snowshoe, Tupper Lake **Leader: Shannon Andersen**

Thursday December 19th, eight friends set out for a winter hike up Coney Mountain. Due to the rain earlier in the week and only an inch or so of fresh snow, we ventured off into the snow-draped forest with our micro spikes

The climb was steady but enjoyable, and the camaraderie among the group made it even more memorable. Upon reaching the summit, we were greeted by snow showers that limited the 360-degree view of Tupper Lake and the surrounding mountains. ~Shannon Andersen



Coney Mountain

Outings Reports

As always, 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

In 2024 there were 48 hikes offered, 22 paddles, 17 snowshoes, 14 cross country skis, 8 bike rides, 2 fishing trips, and 1 birding outing. AMAZING!



Members of the committee are Jeanne Tommell, Steve Thomson, Gail Gabriels, Marti Townley, Sara Mullins, Shannon Anderson, Ger Cox, Chuck and Gail Helfer, and Barbara Kerns.

CRC Membership and Connections

Siamese Ponds Trail Improvement Society SPTIS

The Siamese Ponds Trail Improvement Society [SOTIS] is a volunteer group that helps to maintain the trails in the Siamese Ponds Wilderness area. Groups usually go out Oct. 15-Nov.15 and April 15-May 15 which is when chain saws can be used. You can also go out others times of the year to clear trails without a chainsaw.

To join this group send an email to Jake Haker jwh0125@aol.com and Nelson Miller adkmtnman@hotmail.com . Jake will send you an IVA form from DEC to fill out and send back to Jake. You might give them a little information about how you found out about this group. You can also contact Marti Townley mdksshea@aol.com, Ken Shea or Rick Morse for more information.



CRC Membership and Connections

How to record Outings Leadership Guide Certifications

By Marti Townley

I have created an easy way to be record your Outings Leader Course Completions :

1. Create an account with ADK
2. Go to Membership and Log in
3. Go to Edit Profile
4. Click certifications
5. Click on enroll on the level you want.
6. Click on the requirement you have completed
7. Upload proof of completion
8. Click select file
9. Save

Others have also gone to the ADK.org page and gone to the bottom, and clicked on certification to view a video. I found it easier to use my directions.



CRC Membership and Connections

An unexpected meet-up....

On a chilly mid-December morning, the Adirondack Interpretive Center (AIC) hosted a Winter Bird Hike with Miok Saltz, and 9/10 bird peepers were members of CRC! Fun to catch up with all and have Miok identify the birds at the feeders attached to the long windows, while sharing information about them, before donning our spikes and heading out to the Rich Lake Trail. Fellow human owl imitators were encountered, and the chickadees ventured out to say hello amid our own chatter and delight to see our CRC friends!



AIC Rich Lake Trail

Membership News

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

As of December 20, 2024

407 active members

New members:

Catherine Bato of Aquebogue, NY

Ed Gandorf of Schroon Lake, NY

Gale Pearl of Schroon Lake, NY

Linda McClary of Newton, CT