

COLD RIVER CURRENTS

October 2022

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

Chapter Chairs' Report

by Steve Mullins and Susan Atwell

The ADK Mountain Club's Centennial Event held at the Silver Bay YMCA September 23rd – 25th, was a resounding and unqualified success for the Club and its members. Our own CRC organized and hosted the event on behalf of the Club. Many of our chapter members volunteered their time and expertise to organize the event, and we owe a debt of gratitude to all of these volunteers. We owe a special thanks to Rich Salz, Ken Shea, and Julie Milner who spent a disproportionate amount of their time and personal resources to ensure that the weekend events unfolded smoothly without any show-stopping glitches. To Rich, Ken and Julie we offer our sincere thanks for all the excellent work you did, and a heaping load of gratitude for all the unrecognized hours you spent behind the scenes to make everything work smoothly.

We are looking forward to our next CRC gathering on December 15th – the annual Holiday Party at Garnet Hill Lodge. As in past years, this event has been capably organized by Noelle McCrum. The Chapter will hold its annual election of officers at this gathering, which is different than in past years when the elections of officers were held during the CRC Annual Members Meeting and Picnic. The officer selection was moved to December in order to standardize the service terms of the CRC officers with the rest of the Club's chapters, whose terms align with the calendar year (CRC officer terms were from September 1st to August 31st). We are looking to fill the following positions: Steve Mullin's position as Co-chair; Maria Rinella's position as Member-at-Large. Additionally, Linda Hales, Newsletter Chair needs an assistant who can take over at the end of next year. Please considering offering to serve as one of these executive board members, and feel free to contact them to ask questions about their responsibilities. We need you!

We have had very full spring and summer outings calendars, but the fall outings have dropped in number. We are actively seeking ideas for outings as well as leaders for these outings – please step up to volunteer if you have any interest in leading or participating in coming outings events.

Have a great fall, and we look forward to seeing many of the Chapter members during upcoming outings and the Holiday Party.

2021-2022 CRC Executive Committee

Steve Mullins and Susan Atwell (Co-Chairs)
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 (Newsletter Chair)
Maria Rinella, Rich Salz (Members-at-large)



Join us for the Holiday Dinner, December 15th
Registration form on the next page



Chapter News

ADK Cold River Chapter Holiday Dinner Party 2022

When Thursday, December 15, 2022

Where: Garnet Hill Lodge

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

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

Dinner - 6:30 PM

Buffet Menu

Vegetable & Fruit Displays / Hot Appetizers

Mix Green Salad with Maple Balsamic Dressing or Soup/ Assorted Rolls

Roasted Turkey with Stuffing & Pan Gravy and Glazed Spiral Ham / Vegetarian Option

Creamy Mashed Potatoes / Roasted Sweet Potatoes

Vegetable Medley / Cranberry Sauce

Pecan Pie a la mode

30 % 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-----

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



Steve Mullins

Annual Picnic Report

CRC members enjoyed another delicious and delightful annual picnic at the Minerva Lake Pavilion on August 13, 2022. The lunch, catered by Red Wagon, offered barbecued chicken, pulled pork, macaroni and cheese, coleslaw and salad. The meal was rounded out with appetizers and desserts provided by CRC members. Steve Mullins lead a chapter meeting and reminded everyone that voting for new board members will occur at the December Holiday Dinner Meeting at Garnet Hill.

The fifty-five CRC members in attendance were privileged to hear from Michael Barrett, Executive Director of ADK. Mr. Barrett began his remarks by addressing the financial aspects of ADK, which we had been discussing when he arrived. He reminded us that the Club is a \$4.5 million dollar corporation, not just a “friendly hiking club,” thus chapter budgets need to be submitted annually for approval to be sure all spending is in

accordance with ADK goals and 501 (c)(3) non-profit status.

Advocacy was another topic. ADK has been working with other organizations, especially the Catskill Mountain Club. Together they held a forest preserve summit at Heart Lake last year where core principles supporting both the Adirondacks and the Catskills were established and moved forward for legislation. As a result, the DEC received \$8 million for Forest Preservation. Part of this money will be going toward trail improvement.

The purchase of Cascade is a boon to ADK growth and development. Among its benefits is room for an education center, hiking and cross-country ski trails, and housing for employees, particularly in the summer. (ADK houses between 40-90 employees throughout the year.) Educational events are being planned, and ADK is currently working to find more ways to use Cascade to serve more people, especially the disabled.



Michael Barrett

The Goggins Road facility has been sold. Soon there will be a temporary location in Lake George for ADK offices. This space will ideally attract visitors and other people who are interested in ADK, as well as accommodate personnel offices. Everyone is working together to make these transitions in ADK smooth and to achieve the goal of the Club becoming synonymous with “outdoor education.”

To our delight, Mr. Barrett passed around the framed, signed ADK membership card of Eleanor Roosevelt from the Mid-Hudson Chapter. This artifact served as a clear reminder that ADK has been strong for many years and will continue to flourish into its next century.

Chapter News

Adirondack Mountain Club's 100th Anniversary Fall Outing

By Lynn Butterworth

The sunny, crisp, cool weather could not have been more picture perfect for the Adirondack Mountain Club's Centennial Celebration and Fall Outing. Two hundred-twenty-nine attendees, including sixty-six Cold River Chapter members, gathered Friday through Sunday, September 23, 24 and 25, 2022 to celebrate all things related to the Adirondack Mountain Club. Club members came from across New York State as well as from neighboring Massachusetts, New Jersey, Pennsylvania, and Connecticut; and one couple traveled from North Carolina to participate in the festivities.

The venue, the Silver Bay YMCA, located on beautiful Lake George, offered accommodations ranging from shared bunkrooms with shared baths, to the historic inn, to high-end hotel accommodations. An on-site cafeteria provided meals, and for those who were out-and-about all day taking advantage of the numerous outings opportunities, the Y provided bagged lunches.

The number of outings offered was extraordinary: forty-eight leaders volunteered to lead fifty-seven outings over three days. Outings options included hikes, paddles, fishing, caving, Gore Mountain gondola rides, and a tour of Fort Ticonderoga. Cold River Chapter members, with a few leaders from the Glens Falls/Saratoga, Schenectady, and Onondaga chapters, as well as ADK HQ staff, led the majority of outings. Additionally, nine CRC members worked as venue volunteers.

Following the outings on Friday, weekend festivities kicked off with a meet-and-greet cocktail hour. It was a joyful get together with members seeing old friends as well meeting other chapters' members. A buffet dinner in the cafeteria followed, and a live concert was, for many, the highlight of the evening. Dan Berggren, Dan Duggan, and Peggy Lynn, the Jamcrackers, performed in the Silver Bay auditorium--a gorgeous, wooden-structured, Adirondack building with lovely acoustics and at least one bat living in the rafters. The three folk musicians, two guitarists and a hammered-dulcimer player, entertained the crowd with original songs that featured inspirational lyrics, lovely melodies, and lively instrumentals. Having no heat in the auditorium added to the experience, encouraging folks to participate more actively by singing and clapping along with the music in order to help stay warm.

Following breakfast Saturday, members found their outings' groups and spent the day enjoying the outdoors, another perfect-weather day. The evening activities included either a cafeteria dinner or a barbecue dinner held in a private dining room. After dinner, members headed back to the Silver Bay auditorium to listen to the keynote speaker, Bill McKibben. ADK Executive Director Michael Barrett gave a very gracious introduction, and Mr. McKibben spoke for about an hour, giving a talk entitled, "An Adirondack Look at Our Planetary Possibilities." He discussed the unique relationship that the Adirondack Mountain Club has to the Adirondack Park and how climate change is affecting the Park.

After breakfast on Sunday, participants again took advantage of outings options, and then said good-bye to new and old friends.

Chapter News

In 2017, Ken Shea approached the CRC Executive Committee with the idea that CRC should host the ADK Centennial Fall Outing. The intensive planning for this anniversary weekend started more than eighteen months ago. Because of coronavirus, no one knew, at that time, how many people would be interested in attending. This 100th Anniversary ADK Fall Outing ended up being the second-most attended fall outing in the history of the club, with the greatest number of outings offered during any fall outing. The Cold River Chapter, with the help of ADK HQ, made all of this happen.

There were so many moving parts in order to make this weekend the enormous success that it was. So many people worked tirelessly, volunteering their time and energy, to make sure every aspect of the weekend ran smoothly. Many thanks to Steve Mullins, Rich Salz and Ken Shea for locating the perfect venue. Many thanks to Julie Milner for spearheading the technical aspects of registrations and payments. Additionally, Julie worked numerous hours on the RegFox program inputting the outings descriptions and other website data. Many thanks to Judy Thomson, Marti Townley, Ken Shea, Gail Gabriels, Laurie Clark, Sara Mullins, and Sue Atwell for coordinating the planning and descriptions of the outings. Many thanks to Rich Salz for working as the venue manager and communications liaison with ADK HQ senior staff. Many thanks, also, to Rich for suggesting and hiring the musical guests. Many thanks to Steve Mullins for suggesting and hiring the keynote speaker. Many thanks to ADK HQ staff members Karim Becker, Ben Brosseau and Ann Hough for their administrative and promotional assistance. Many thanks to the staff at the Silver Bay YMCA for being so welcoming and helpful throughout the weekend. Many thanks to our forty-eight outings leaders! All are CRC chapter members, unless otherwise noted.

Marti Townley led THREE outings.

These folks led TWO outings:

Gail Gabriels
Gary Schiavo
Greg Clark
Laurie Clark
Jeanne Tommell
Judy Thomson

Steve Thomson
Lynn Butterworth
Maria Rinella
Meredith Todd
Moir Goldfarb
Roy Keats

Sue Keats
Sam Vona
Sara Mullins
Steve Sokal
Sue Atwell
Sue McMeekin-Davis

And these folks each led an outing:

Anne Bernat
Barbara Kearns
Bobbi Jennison
Dan Nielsen
Deb Karl
Gary Karl
Doreen Page
Ger Cox
Hester McCarthy
Jan McCann

Jeff Schanzer
Jen Ferriss*
Joe Babcock*
Jen Shepherd**
Julie Milner
Marie Naple
Mary Coffin***
Meghan McLoughlin*/**
Rich Rogers****
Moureen Coutant*

Noelle McCrum
Peggy Carrol
Richard Wang
Karen Wang
Rose Cooper
Steve Mackey*
Sue Sliva
Susan Jefts
Tom Zelker
Tracey Donaldson

Chapter News

This 2022 ADK Centennial Celebration and Fall Outing was, for the first time, an ADK chapter and ADK Administration joint venture. We are hoping this will create a precedent for future annual fall outings.

*Glens Falls/ Saratoga Chapter
**ADK HQ

***Onondoga Chapter
****Schenectady Chapter

Memories of the Fall Outing

Photos by Richard Wang



Chapter News

TRUSTEE'S REPORT

by Rich Salz



- ADK has received \$304,000 in grant money from the Northern Border Regional Commission to renovate the Cascade Information Center. Applications for additional grant money are pending.
- ADK has leased space for administrative offices in Queensbury. There will be no retail operation there.
- Due to the dormancy of the Lake Placid Chapter, plans are underway to merge the LP members with the Northwoods Chapter.
- To comply with the NY State non-profit corporation law, ADK has established a new donation policy limiting donations to no more than 10% of a Chapter's budget.
- The Albany and Mid-Hudson Chapter have started inner-city youth programs.



Looking for Volunteers to Host Potlucks

After a long hiatus, our popular potlucks will resume next year. Maria Rinella and Rose Cooper, Potluck Committee members, are looking for volunteers to host a potluck. There is money in our budget for space rental fees. If you are willing to help revive this enjoyable event, please contact Maria or Rose. They are happy to answer any questions and will provide you a "potluck guide."



New DEC Bridges

By Rick Morse



Botheration Pond Outlet

In case you feel like going on a lovely hike and seeing some new DEC bridges . . . I hiked from Barton Mine Road to the new Botheration Pond Outlet bridge, as shown above. It is about 35 feet long and looks very sturdy. The three stringers, and possibly some of the lumber, were hauled in by draft horse this spring. The horse and stringer poles must have been extremely heavy, which explains why the bridge on the Halfway Brook trail near The Vly was built so that it could handle heavy weight. Both bridges are attractive and look as though they are built to last. The trip was about 6 miles round trip. The trails are in good shape, especially if the weather has been reasonably dry.



The Vly

Paddling the Adirondacks

Are you a paddler? Did you know CRC sponsors the ADK Paddle Pursuit patch? Paddles since 2001 count toward your patch, which was created to not only attract paddlers into the Adirondack waterways but also raise awareness of the park's aquatic ecosystems.



Adirondack waterways encompass a wide spectrum in the realm of outdoor recreational opportunities and familiarity with the diversity of environmental impacts on each unique paddling spot is unavoidably apparent. There are the seemingly pristine, quiet and secluded fauna, flora and fungi abundant waters only found by research, sweat and determination, and there are those of historic significance notably having established the basis for human settlement.

At one point or another, Paddle Patch recipients will likely have noted aquatic invasives choking waterways, disrespectfully dumped debris, and the stench of factory and sewer discharges. Diametrically different: they will remember the likes of conifer scented Adirondack air, clean water, basking turtles, loons, ducks, dragon flies; pond lilies, and cardinal flowers, among their best friends.

There are currently 67 Adirondack Paddle Pursuit Patch recipients, with just two added this year. Each person fulfilling the requirements for receiving a patch has an informed basis for helping ADK sustain our beautiful waterways.

Download a copy of the Paddle Pursuit here:

<https://www.adk.org/wp-content/uploads/2017/04/ADKPaddlePursuit.pdf>



Where in the World?

Icelandic Adventures

by Lynn Butterworth

After two years of no international travel, we were finally able to go on a long-awaited trip to Iceland. I specifically scheduled it for the first two weeks of June, to avoid the family vacationers as well as to take advantage of 24-hour daylight leading up to the summer solstice.

Temperatures were mostly in the 50s during the day, with a few warmer days pushing 60 degrees, and it got down into the 40s at “night”. My very aggressive itinerary took us around the entire island as well as around the Golden Circle, around the Snaefellsnes Peninsula and to the Vestmannaeyjar Islands.

Aside from spending the first two nights in Reykjavik, we were in a different town every night. The driving in Iceland was definitely part of the adventure. The roads went from 5 km straightaways to twisting, turning, heart-stopping blind curves and blind hills. There were also single lane bridges all over the country and single lane *tunnels*; that all took some getting used to. Oh, and then there were the gravel roads. We were on main roads for the majority of the trip, but even on major, paved roads, the pavement would suddenly end, and we would be driving on the same twisting, turning, heart-stopping blind curves and hills, but on gravel roads. Particularly along the northern coast, which was one gorgeous fjord after another, the gravel roads were white- knuckled, steering wheel-gripping excitement.

The best way to describe Iceland is “Yellowstone on Steroids” or “A Geologist’s Dream.” The Land of Fire and Ice includes active volcanos, volcanic craters, pseudo craters, lava fields, lava tubes, hot springs, bubbling paint pots, geysers, geothermal hot springs, glaciers, glacial lakes and basalt formations. A few lava field locations, miles wide and long, looked like the surface of the moon. The entire country gets its heat by geothermal energy, and every town has its own community hot spring spa. There is no need to go to the overpriced and overcrowded Blue Lagoon if you are traveling outside the Reykjavik area, as there were gorgeous spas all over the country.



Where in the World?

Waterfalls were also all over the country. Every day, as we would drive, we would just shout out locations using the clock-dial, location reference: “Waterfall-- 2:00; waterfall--11:30.” We also made a point to go see specific waterfalls--about a dozen; each one was unique and beautiful. Of course, the theme song for the trip became, “Don’t Go Chasing Waterfalls.”



Even though we drove to a new destination every day, I scheduled a number of excursions for each day along the way. In addition to daily walks or hikes to specific natural sites, we also explored a lava tube, went whale-watching about 10 miles south of the Arctic Circle, took a zodiac boat cruise around a glacial lagoon, hiked a glacier, went to a botanical garden, explored 18th-century turf houses and took a ferry to the Vestmannaeyjar Islands where we sea kayaked to see puffins and other seabirds.



Iceland is a very expensive country, as almost everything has to be imported, and tourist dollars are an important part of the economy. Our 10-day trip covered about 900 miles, with gasoline at \$10 a gallon. Visiting a spa was \$35 per person, kayaking three hours cost \$160, and a beer was \$12. The only other country to which we have traveled that has been more expensive was Switzerland. Nevertheless, it was by far, for me, the best vacation EVER. Iceland was truly magical, strange, beautiful, exciting, and fun, offering so many different adventures. We commented, multiple times each day, about the gorgeous or unusual scenery. It is truly a unique place, and I would highly recommend experiencing Iceland’s beauty for yourself.



Outings

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

IF YOU ARE A **MEMBER OF CRC** AND 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 7: Swede Mountain Fire Tower Hike Leaders: Lynn Butterworth and John Rendinaro

Twelve hikers climbed Swede Mt. This is a 2-mile out and back hike that passes through both woodlands and pine forests. The trail starts by crossing a lovely, manmade, step-stone bridge across a shallow stream. There were tons of berries along the trail which we all snacked on. Further on, there are a few steep sections, but they are very short. The fire tower was open, and had great views looking west toward Gore Mt. A lovely hike for guests not used to hiking long or steep terrain. ~Lynn Butterworth



Swede Mountain



July 14: Tub Mill Marsh Trail Leader: Kate McCormick

Skies were overcast on July 14th for the hike to Tub Mill Marsh via the Short Swing Trail on Route #74. We viewed wild flowers along the way and marveled at the ridge rock formations. The marsh lean-to and facilities are in good shape, while the marsh seems rather dry this summer. This is a pleasant introduction to further exploration of Pharoah Mt. natural area.

~Kate Grow McCormick



Tub Mill Marsh Trail

July 14: Paddle Schroon River to Schroon Lake town beach Leader: Tracey Donaldson

Putting a canoe in the Schroon River at the Adler Meadow Road access point is part of the adventure when paddling the Upper Schroon River. The riverbank is steep, so sliding the boat down towards the water worked well for most of us five paddlers. Once we were on the water, the current helped us on our way for the four and a half mile trip to Schroon Lake Village. We enjoyed the clear water which enabled us to see the sandy bottom of the river. The river is shallow through this section, so we were careful to avoid getting stuck as we negotiated its many twists

Outings

and turns. We surprised a family of Mergansers who kept ahead of us by scooting along sometimes almost above the water. Many thanks to leader, Tracey, who thoughtfully arranged positioning of our cars at the take out point. It was truly a lovely day to be out on the water!

~Karen Wang



Schroon River

July 21: Moxham Mountain Hike Leader: Hester McCarthy

A threat of thunderstorms and a few personal conflicts reduced our numbers from 13 to a happy group of 6, including my 28-year old daughter, Caitlin, (who really enjoyed everyone!)

We had a gorgeous day and paused at many of the 11-ish bald rock overlooks enroute to the open summit with lots of ripe blueberries.

There are three USGS medallions on the summit, all within a few yards of each other, so there is no mistaking that one has made it to the top.
~Hester McCarthy



Moxham Mountain

July 28: Treadway Mountain From Putnam Pond Leader: Marti Townley

Treadway Mountain is in the Pharoah Mountain Wilderness area and boy, you feel like you are right in the middle of it ! It is a roundtrip of 8 miles with a moderate ascent of 900 feet. Eight of us hiked this trail with a lovely varied terrain--some woods , some marshes and some open ridges. Finally, we reached an open top with many rocks to choose from, to plop down and eat our lunch. It was a peaceful spot with refreshing winds, sunshine, big puffy clouds and good hiking buddies. ~Marti Townley



Treadway Mountain

Outings

August 4: Square Falls Gorge Hike **Leader: Brendan Hanley**

We got an earlier start to the hike today than originally planned due to the anticipated heat and humidity. We had a group of eight meet in Johnsbury to do the 2-mile hike along the Eastern Branch of the Sacandaga River. As usual, it was Brendan and his harem. Why don't more men hike? We all debated this on the way into the trail. It was nice to be in the woods early in the morning and the terrain was good for walking. The pine needles softened the trail and the fallen trees we had to climb over weren't too hard to maneuver. The sound of the running water next to us and the views of the river along the way provided an enjoyable setting. Due to our lack of rain, the river was much lower than usual. We stopped about a mile into the hike and sat on boulders next to the river to enjoy a break and eat and drink. On the return trip, Brendan stopped at a swimming hole area and four of the eight of us braved the cold river water for a swim. It was refreshing, as the sun was getting higher in the sky and the promised humidity was beginning to settle down upon us. We took photos and hiked back to our cars, glad that we got to enjoy the morning together in the woods and meet new friends. Thank you, Brendan Hanley, for a wonderful morning hiking and swimming.
~Tracey Donaldson



Square Falls

August 4: Giant Nubble **Leader: Marti Townley**

The Giant Nubble is an attractive open rock nub that can be seen from Rt. 73 near Keene Valley. It was a little hot and sticky, but we got an early start and were rewarded with a breeze on top of this open nob. Such a pleasure to be surrounded by high peaks while eating lunch. We also welcomed several new hikers to our group. We all enjoyed the day! ~Marti Townley



Giant Nubble

August 11: Paddle Lake Abanakee **Leaders: Judy and Steve Thomson**

Ten CRC folks in eight boats had a beautiful day for a paddle on Lake Abanakee. Our leader told us that we might see loons, osprey and an eagle and some of us were also hoping that a moose might be on the scene. There were no eagles or moose, but we were treated to an amazing display of young osprey learning how to fly and a parade of seven adult loons as we neared the southern part of the lake. We continued on into the inlet of the lake to see the rapids which was also pretty exciting. After our almost four hour paddle we gathered at the nearby Stewarts to help Peggy Knowles celebrate her 87th birthday. Happy birthday, Peggy and happy paddling to all! ~Karen Wang

Outings



Lake Abanakee

August 18: Jabe Pond Paddle, Hague Leaders: Lynn Butterworth and John Rendinaro

This is a very secret pond in the wilderness. So secret, it is hard to find! But all 12 of us made it without a problem. We paddled all around the perimeter enjoying the occasional sounds of the loons. We all scattered to find the perfect lunch spot. Sure enough, we found a camp site that would fit all of us. It was a little windy and cloudy, but very pristine and peaceful! ~Marti Townley



Jabe Pond



August 25: Paddle South Schroon Lake Leader: Tracey Donaldson

Our group whittled down to just two paddlers as Covid struck, other health issues and construction projects led to many last minute cancellations. Marie drove from Wells to paddle on Schroon Lake. Since it was just the two of us, we made a full day of it, paddling up the east shore and looking at all of the nice homes and cabin communities along the way. The marshy area by the boat launch was too low to paddle in, so we didn't get to explore the usual heron habitat. The lake is low with our lack of rain this year and many boats can't make it to their docks and are moored a ways out. We paddled a total of about eight miles at a leisurely pace and stopped to visit Scaroon Manor, where we used the rest rooms and read all about the history of this spectacular place. We paddled past Brill Island on both sides and noticed the restoration of the home on this boat access only island, complete with caretaker cottage, which recently changed owners. After paddling back down the western shore of the lake, we took a trip into town. Good day to enjoy ice cream and visit the Chamber of Commerce for info on historical properties visible by boat. Nice day on the lake and very calm and relaxing. Thanks for making the trip, Marie! ~Tracey Donaldson



South Schroon

Outings

August 25: Long Pond Hike **Leader: Brendan Hanley**

Hyped by our leader as a location "reminiscent of Lake George on a much smaller scale", Long Pond did not disappoint. Paralleling Wakely Brook and close to the East Branch of the Kunjamuk River, the relatively flat and shady trail skirted some blowdown, Rock Pond and Adirondack-style ledges on a great day for a 7-mile walk in the woods. The six CRC hikers had the trail to themselves and took advantage of a swim in the clear waters of Long Pond as we lounged for lunch on the banks of the large and picturesque pond. The trail was in good shape but the Elm Lake Road access could be bone-jarring. Gratitude goes to our 2 drivers who provided the carpool from Speculator into the trailhead. ~Peggy Carrol



September 1: Pilot Knob Ridge Hike **Leader: Sara Mullins**

Nine CRC hikers seized the opportunity to take the first hike of September and climbed up Pilot Knob Ridge to see some amazing views of Lake George and the mountains beyond. The trail to the top of the ridge is marked with blazes and is mostly unrelentingly uphill, since it gains almost 1400 feet in 2.7 miles. However, the wide open views of Lake George along the ridge made us instantly forget the climb. It was especially fun to watch the Lake George tour boats wend their way on the lake — they looked very small from that elevation. Our trip down from the ridge eventually connected us with the Inman Pond trail through a beautiful wooded valley. This is a hike not to be missed and our leader, Sara Mullins, did a great job of shepherding us all the way. ~Karen Wang



Pilot Knob

September 8: Vista Trail **Leader: Jeanne Tommell**

All my Eastern friends traveled to Eagle Bay where 6 CRC members also joined my neighbor, a Binghamton member, and me for a hike on the Vista Trail, that should be called the "roller coaster" hike. It has a lot of ups and downs and very few vistas, as it is overgrown. We clocked it at 4 1/2 miles, running the Algonquin Ridge between Bald Mountain and the Sis and Bubb trail. It was great exercise on a sunny day! A very fun day with hearty adventurous friends!! ~Jeanne Tommell



Vista Trail

Outings

September 10: Cat Mountain SUNRISE Hike (Blue Trail), Bolton

Leaders: Lynn Butterworth & John Rendinaro

Who thought we could be at a trailhead at 4:30am wearing headlamps and giggling because we couldn't tell who anybody was? We lucked out and had the light and the beauty of a harvest moon on the way up and on the top. We ate our breakfast and enjoyed the peacefulness of the morning, waiting for the sun to rise. It was a magical moment to watch it rise up from behind the mountains and shine on Lake George. If you get a chance, do a sunrise hike!
~Marti Townley



Cat Mountain

September 15: Prospect Mountain in Lake George **Leader: Jan McCann**

This alternate route to the top of Prospect Mountain, though unmarked, is now easily traveled. We lucked out with a sunny fallish day after a bout of rain, so there was water in the brook we followed and mushrooms abounded. (Luckily we had two "mushroomers" with us to make sense of the fungi.) After 1 1/2 hours we reached the parking lots and continued on the steeper incline to the top with its beautiful views of the Lake George area and beyond. There we shared a picnic table with a chipmunk who

obviously believed our food was his. It was a pleasure to have a new CRC hiker, Dara, with us on this beautiful day. ~Jan McCann



Prospect Mountain



September 15: Jones Hill

Leaders: Marti Townley and Ken Shea

Fall was on its way, with cool breezes but lovely sunshine. This unique hike is part of the National North Country Scenic trail that starts in North Dakota. We enjoyed the rolling terrain through the woods to the top of Jones Hill with great views of the Hoffman Notch wilderness area. Then we hiked along a ridge enjoying the southern view. We also welcomed two new members to help lead this hike! All around a great day!
~Marti Townley



Jones Hill

Outings

Sept. 29: Split Rock Mountain trail to Ore Bed Overlook at Split Rock Mtn Wild Forest.

Leader: Ger Cox

The day was cloudy and cool when seven of us met at the trailhead to Split Rock Mountain Forest Preserve, 4.7 miles north of Westport. The trail we took was heading north to the Ore Bed Lookout, although there were several trails one could explore in this preserve. After about .3 of mile up an old logging road, we went left at the Y junction and continued up a very mild incline through mostly open hardwood forest. The trail was well marked, and the sun tried valiantly to peak out among clouds. At one point the trail took a sharp right turn and started to ascend a little more and the forest got thicker. We stopped at a couple of lookout points which gave us clues to the views we had to look forward to. As we reached our destination, and stepped out on the lookout, the sun came out to enhance a wonderful view of the High Peaks looking west, with farm fields in the foreground, and looking south and east, we saw Lake Champlain and the Green Mountains in VT. We sat for over 30 minutes and admired all before us prior to heading back on the same trail.

~Ger Cox



Split Rock Trail

September 29: Cedar River Flow Paddle Leader: Walt Nelson

Seven of us gathered on a brisk September morning to paddle the Cedar River Flow and the Cedar River. The sun came out much earlier than expected, and the breeze stayed rather calm. We had the whole trip to ourselves except for an iconic fisherman at the outset, who only added to the experience. It was a magical day. The fall colors were exceptional in the flow as well as in the bog vegetation. Getting to the Cedar River was a little tricky to find through the bog (middle path, and then stay left - aim to get to the right corner of the row of alder bushes). We crossed a small beaver dam and paddled until the current was narrowed and swift. The campsite there on the left was not the one we were looking for. Heading back down the river, we could see a lean-to roof set back and mostly hidden from view. We pulled ashore and found a sunny lunch spot. Along with three loons, we watched a perched and then a flying eagle, but no beavers surfaced to accompany all the evidence of beaver activity. The paddle back through the flow in the center of that wilderness far exceeded the day's expectation and will be a beautiful memory.

~Mary Redfield



Cedar River Flow

Announcements

ADK's 2023 Winter Outing is coming up!

January 27-29, hosted by the Black River Chapter. Click or copy this link for more info: [2023 Winter Outing | Adirondack Mountain Club](#)

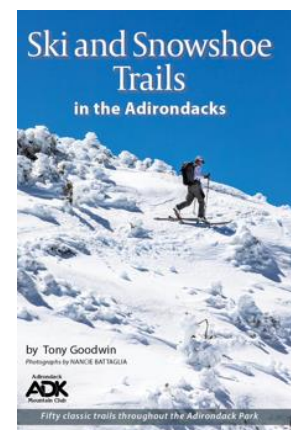


New Trail Book

This second edition of Goodwin's classic guidebook to winter trips is a comprehensive collection of fifty popular and lesser-known adventures for all ability levels throughout the park. It includes the iconic Mount Marcy and Whiteface Mountain Toll Road climbs, as well as lesser-known trips, such as Hoffman Notch, Berrymill Flow, and Moxham Mountain.

Goodwin, a longtime ADK member, wrote the first edition in 2003, and also authored ADK's guide to High Peaks Trails and High Peaks Trail map since 1984. He shares his expertise about winter adventuring in *Ski and Snowshoe Trails in the Adirondacks*, the newest addition to ADK's authoritative catalogue of guidebooks.

The 160-page, full-color book includes GPS coordinates for trailheads and parking areas. It also features page map sketches by illustrator Terry Brosseau and scores of photographs by well-known regional photographer Nancie Battaglia. Information about winter safety, round-trip distances, and difficulty ratings for skiers and snowshoers are all part of the package. It follows the 5.5" x 8.5" format of ADK's popular sampler guidebooks. Just \$18.95, plus shipping and taxes, at [ADK.org](#), ADK's HPIC and Cascade Welcome Center (member discounts apply) and select local retailers. For more contact ADK Publications Director Laura Rappaport, laura@adk.org.



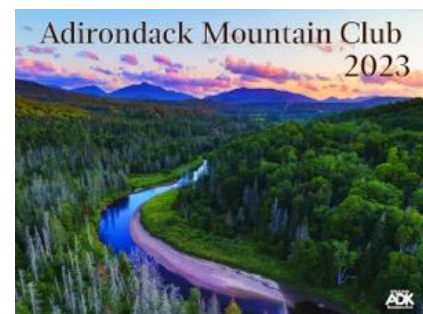
ADK's 2023 Wall Calendar!

Get one while they last!

ADK's 2023 wall calendar showcases the scenic beauty of the mountains, lakes, and wildlife of the Adirondack Park and puts a spotlight on native plants.

Get one today to enjoy the park's beauty all year long! Purchase of the calendar supports ADK's summit stewards and other important conservation efforts.

Just \$14.95, plus shipping & taxes. Available at ADK's HPIC, Loj, Cascade Welcome Center and [ADK.org/shop](#) (member discounts apply), and at select local retailers.



CRC Membership and Connections

Membership News

Membership Chair, Ellen C. Collins

As of September 2022

Total Households: 323

Total Members: 546

Total Affiliates: 22



Alan Belenz North River, NY
Robin Dull & Laurie Kerdsy Brooklyn, NY
Randall Ellis Chestertown, NY
Jason and Stephanie Hamilton Mendham, NJ
Jack Hanifan Schroon Lake, NY
Diane Jansson Chatham, NJ
Richard Leigh & Kerry Annett Carlisle, PA
Nicole Nahor Old Forge, NY
Marcy Nechemias and Nate Falk Hershey, PA
Rebecca Oppenheimer Indian Lake, NY

Bruce Prendergast Old Forge, NY
Mary Redfield Long Lake, NY
Frances Rucker North River, NY
William Stevers Holland Patent, NY
Dara Sullivan and Kenneth Clark Schroon Lake, NY
Magdalena Vonic Hampshire, IL
Christopher Wood Millersville, MD
Kathleen & Steven Zailac Indian Lake NY

Our CRC web address is: <https://www.adk.org/adk-chapter/cold-river/>

ADK Cold River Chapter
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