

COLD RIVER CURRENTS

July 2023

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

Chapter Co-Chairs' Report

by Steve Mullins and Susan Atwell

ADK is implementing a three-tier training requirement for outings leaders. The Level 1 training requirement will address the vast majority of the CRC Outings. ADK will cover the cost of the training, which has to be completed by December 31st of this year for all Level 1 leaders. Some have already completed the training sessions, and have reported that the time requirements are not onerous or burdensome. However, there have been some glitches that are being worked out by ADK.

2022 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)

Marti Townley (Member-at-large)

If you are an outings leader or anticipate being an outings leader, please consider taking the training classes as soon as they fit into your schedule. All members benefit by having a trained leader, and the ADK organization is stronger as a whole.

The CRC has resumed its potluck meetings and gatherings after a three-year hiatus due to COVID constraints. Our first potluck in June was well-attended with approximately 70 people. We are looking forward to a full slate of in-person gatherings through the end of this calendar year, and we encourage all CRC members to join these gatherings when possible. It's a wonderful way to meet like-minded people, to discuss past, current and future outings, to express preferences for outing venues, to meet other members, and to sample some really delicious homemade treats.

We will be having our second CRC-sponsored program at Tannery Pond on October 11th from 4-6. Holly Ahearn will be speaking about Lyme and other tick-borne diseases. (See more information on the announcements page at the end of this newsletter.)

We hope everyone will enjoy and benefit from our chapter opportunities and activities this summer.

REMINDER: July 20th Potluck at the Conservation Club in Chestertown at 4:00
Please RSVP to Peggy Carrol (peggycarrol281@gmail.com 281-804-5744) or
Linda Hales (l_hales@hotmail.com 518-681-1117) and let them know what you
will be bringing—appetizer, entrée, side dish, bread, or dessert.
Please bring your own plates, utensils and beverages. See you there!!

Chapter News

TRUSTEE'S REPORT

by Rich Salz,
ADK Advisory Council Trustee



- At the April Board of Directors meeting the Certified Leader Program (CLP) and Outings Leadership Guide (OLG), as revised by ADK staff, were unanimously approved. Leaders will have a grace period until December 31, 2023 to meet Level 1 requirements and until December 31, 2024 to meet Level 2 and 3 requirements. All online and in-person training will be free or reimbursed in full by ADK.
-
- On May 13 Advisory Council members met at the Cascade Welcome Center to discuss Chapter needs and challenges, setting goals for the coming year. Julia Goren, ADK Deputy Executive Director, gave an informative presentation on the implementation of the CLP and OLG.
- During the past winter, Cascade had approximately 10,000 visitors skiing on its trails, and sold many new Club memberships. (Members ski free.) The Club has received a federal grant of \$300,000 for a new septic system, solar lights on the ski trails, new signage and internet service improvements.



New CRC Newsletter Editor



Please welcome Kathy Herold as our newest newsletter editor!

Kathy has graciously offered to take over the responsibilities of managing the CRC newsletter. I have known Kathy for several years, as we both retired from teaching English in neighboring districts. Kathy is a relatively new member of CRC, and many of you have already met her on outings, coming to appreciate her friendly demeanor, love for the outdoors, and gentle, compassionate nature.

With mixed feelings, I pass the torch to Kathy. For the past five years, following Elaine Schwartz and Julie Milner, I have served as your newsletter editor, and I have loved the opportunity! It has been a pleasure getting to know so many of you through your emailed reports and articles. I appreciate everyone who has contributed to the newsletter in any way. Articles have been well-written, creative, and timely. A special thanks goes to Ellen Collins who has been my dedicated and very capable proofreader!

Going forward, please send your outings reports and other articles to Kathy Herold's [email—heroldkathleen@gmail.com](mailto:heroldkathleen@gmail.com). ~Linda Hales

Chapter News

New Training Opportunities for Outings Leaders

The Adirondack Mountain Club embarked on a year-long process, led by the Advisory Council's Outings and Meeting Committee, to make hiking safer for participants and offer trip leaders free training in a variety of important areas.

Newly implemented on June 1st 2023, with a grace period, the following dates for participation and completion of certifications is listed on the ADK website, <https://adk.org/outing-guide-resources/>. The target dates for completion vary, depending on the levels led by the newly trained leaders.

Level One: By December 31, 2023

Level Two: By December 31, 2024

Level Three: By December 31, 2024

The website also includes a description of resources and training options, many of which are offered online and all are reimbursable by our chapter. At the time of this writing, the offerings are being extended almost daily so please check back to the site regularly for updates.

Level One includes Leave No Trace (LNT) Awareness, and Sexual Harassment Training, with six months to complete.

Level Two includes Outdoor Leadership 101; Maps and Compass Fundamentals and Basic First Aid as well as the Level 1 training requirements, with 18 months to complete

Level Three includes Wilderness First Aid, Leave No Trace Trainer, as well as Levels 1 and 2, with 18 months to complete.

Rather than seeing the new training as cumbersome, it is important to remind ourselves of the ongoing mission of the ADK to "...protect New York's wild land and waters by promoting responsible outdoor recreation and building a statewide constituency of land stewardship advocates. Since 1922, ADK has worked to increase access to the backcountry by building trails, conserving natural areas, and developing a stewardship community that supports the ethical and safe use of New York's outdoor spaces."

Many of us would never experience our hikes and paddles without the commitment of our outing leaders to share their love of the Adirondacks, as well as their ongoing training to keep us safe and informed. It is the hope of ADK that even more people will reach out for training making us all informed and ready to lead.



Chapter News

In the recent newsletter of the Mohican Chapter of ADK, an article, “Being a Hike Leader Demands More Than Knowing the Way” by Brent Laymon, Chapter Chair, reinforces the need for outings leader training. The text follows:

A recent YouGov poll found that roughly 1 in 3 Americans think they could safely land a jetliner in an emergency – confidence that commercial pilots like Patrick Smith consider laughable.

“There is zero percent chance of someone pulling that off,” Smith told the Washington Post. “Do people think they can perform transplant surgery? No. Then why do they think they can land a plane?”

And sure enough, when the Post enlisted a handful of ordinary people to see how they would perform in this scenario, most crashed and burned. Of course, this was a controlled experiment using a flight simulator. Nobody died.

The Post story, which was really about how we humans tend to think we know more than we do, came to mind when the ADK announced new certification requirements for hike and paddle leaders, mandating that leaders take specific training, based on the difficulty of the outing involved.

To me, it all seems like commonsense stuff aimed at keeping us safe and insurable – and in keeping with what other serious outdoor organizations like the Appalachian Mountain Club require of their leaders. Yet the development and roll out of the new guidelines has been contentious. Some people seem offended by the new requirements; others are bothered by the inconvenience. Some even say they will give up leading rather than take the training.

It's true that most of our hikes are routine, a pleasant walk in the woods. Still, it's a mistake to think that because you know the way that you're qualified to lead.

Hiking at Butler Preserve with an ADK group this spring, I tripped while going down a small hill. There I was, flying crazily through space before landing face first on something hard. Haven't we all?

Lucky for me, another hiker calmly took charge, assessing the damage, stopping the blood that was gushing from a cut on my nose, cleaning my wounds, getting me back on my feet and determining if I was fit to get out of the woods on my own power. She exhibited the qualities we all want in a leader. Calm, decisive, knowledgeable.

I also remember the first day of winter back in 2019, when a 71-year-old woman, hiking with a group along the Table Rocks trail in Mohonk Preserve, fell 50 feet to her death after sliding down an icy slope and into a narrow rock crevice as her fellow hikers watched, horrified but helpless. The authorities ruled her death an accident. I'd call it a failure of leadership. What were the hikers doing on that trail, known for its rocky ledges and deep crevices, on that day, when temperatures were well below freezing, during a month when snowfall was heavier than normal?

It was source of pride when I started leading hikes for the ADK after years of just tagging along. I will be even prouder when I can say that I am a certified ADK hike leader, equipped with the knowledge that such a designation denotes...

Where in the World?



Utah's Mighty Five

By Shannon and Bo Andersen

When most East Coasters think of Utah, images of a vast inland lake, a majestic cathedral or world class ski mountains come to mind. What many may not know is that much of southern Utah is dominated by a vast desert which is part of the Colorado Plateau. This area encompasses five national parks: Zion, Bryce Canyon, Capitol Dome, Canyonlands, and Arches. We flew out of Albany, connected through Chicago, and made Salt Lake City our jumping off point however this trip is also accessible through Las Vegas.

Our home base for Arches and Canyonlands was in Moab, UT. Arches is home to the iconic arch formations which are formed in sandstone. We got in 10 miles of hiking that day and saw the Devil's Garden Trail, a steep rock scramble, Double-O arch, the iconic Delicate Arch, Park Avenue (massive monoliths), Balanced Rock and the massive Double Arch.



Day 2 brought us to Canyonlands. After a day of stunning red, orange, and yellow colors, we were surprised to see a plateau of green that greeted us at the entrance to the park.

We attended a ranger led session on Canyonlands' history and geology while taking in the vast landscape from the Island in the Sky mesa. My favorite arch, Mesa Arch, was here in Canyonlands and we spent the afternoon in The Needles section of the park and got in a total of 7 miles of hiking for the day.



Where in the World?



Day 3 brought us to Capitol Reef National Park which was a couple hours west of Moab. The park gets its name from two parts: a line of white domes that look like the US Capitol Dome and series of peaks that look like an ocean reef. We took a late morning hike up to Hickman Bridge, but the skies turned dark and we took refuge under a rock outcropping during a thunderstorm. After drying out on a short drive, we enjoyed homemade pies in the town of Fruita at the Gifford house. We saw a marmot in the field during lunch.

We finished the day with some more hiking and a magnificent 360-degree view from Panorama Point. We stayed in the small town of Torrey, UT for the night.



Day 4 took us to Peek-a-boo Slot Canyon. While not a national park, this was a spectacular feature of southern Utah and a 'must see' on a trip to this area. It is quite easy to get disoriented in these canyons and we did more hiking than necessary but it was truly an unforgettable experience.

Day 5 brought us 'home' to Bryce Canyon. It was a harrowing drive in and out of Bryce; however, the alpine landscape reminded us of the mountains of ADK. What was spectacular to see were the Hoodoos, a majestic formation of rock spires that seem increasingly more complex. The view of the Bryce Canyon Amphitheater seems to catch your eye and changes at every turn of the trail. After a day of hiking, we enjoyed a nice meal at the Bryce Canyon Lodge followed by a spectacular end of the day from Sunset Point.



On day 6, we set off for the drive to sandboard the Coral Pink Sand Dunes State Park. It was an adventure! For \$30, you get a board rental and a once in a lifetime experience. It is quite a hike out and up the dunes but I can say we did it; despite the residual sand in everything. We explored Kanab, UT that afternoon and enjoyed a relaxing afternoon.

Where in the World?

Day 7 brought us to Zion National Park. The 2.5-hour drive is not for the faint of heart where you experience a 6,000 elevation drop, winding switchback roads and no guard rails! It was totally worth it once you reach Zion Canyon. Its looming rock formations and sheer rock faces make us humans realize how small we really are in this world. We enjoyed two hikes for the day seeing waterfalls, two mountain grottos, the beautiful Virgin River and a short drive through the Zion Mt. Carmel Hwy Tunnel. Unfortunately, the water level was too high for us to hike the Narrows which is a 20' wide riverbed/gorge with 2,000 cliffs. This was a spectacular place to visit with colors, flowers and geology that is unique to the area. We could have easily taken 10 days for this trip but we were ready to head home to North River, NY by day 8.



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

April 13: Kipp Mtn (plus the option of Stewart Mtn) Hike, Chestertown Leader: Meredith Todd

On an unseasonably warm spring day, little warmup was needed for the 5 CRC hikers plus 2 neighboring hikers from the Glens Falls-Saratoga Chapter. The first few hundred feet of Kipp Mountain were a bit icy but easy to navigate with poles and even easier on the return as the ice slushed up. Our views from Kipp's ridge of Loon Lake and the mountains to the west and east, notably Crane and Gore, allowed us a breather after the 425-foot climb. Part 2 of our hike, Stewart Mountain, found similar trail conditions and several other trail-users on our quick ascent. This morning allowed newcomers to complete 2 of the Chester Challenge hikes and awarded us all a pleasant hike on a sunny, spring morning. ~Peggy Carrol



Kipp Mountain

April 13: Peaked Mtn. Hike, North River Leaders: Lynn Butterworth and John Rendinaro

Wow! 80's and abundant sunshine in April! Oh! and some snow. The walk along the Peaked Mtn. Brook was awesome! The brook was raging and roaring, so much so that at the 2-mile mark we could not get across. We opted to bushwhack to find a crossing. We tried a beaver dam and then a path around a marsh. No luck, so we sat on some logs in a beautiful setting and enjoyed our lunch. Just fun to be with friends in the woods. ~Marti Townley



Peaked Mountain

April 20: South Pond Paddle, Long Lake Leader: Walt Nelson

With a brisk April breeze on the water and a blue bird sky overhead, four hardy paddlers ventured out on South Pond for a morning paddle. Wildlife sighting was limited to a mallard pair although a loon was calling on the water, somewhere. Deciduous vegetation remained dormant; however, the red maples had started flowering, lending a tinge of red to the forest. All remained dry throughout our time together. ~Walt Nelson



Outings Reports

April 20: Lake Bonita / Lake Ann Hike, Corinth, NY

Leaders: Karen and Richard Wang

Ten folks from three different ADK chapters got together on a beautiful spring morning to explore Moreau Lake State Park's Lake Bonita/Lake Ann trail. We went clockwise around Lake Bonita where we found an early spring wildflower, Trailing Arbutus (which we learned has a wonderful fragrance!). We took in the many vistas before joining the Lake Ann trail, which took us through some pleasant woods to tiny but picturesque Lake Ann. We stopped at the lean-to for a snack in the sun before continuing back to Lake Bonita, where we completed the loop around the lake and back to the parking lot. Getting to know people from the Glens Falls, Schenectady and CRC ADK chapters was a special treat on this outing, and we look forward to hiking with everyone again soon.

~Karen Wang



Lake Bonita/Lake Ann



April 20th: Black Bear Mt., Inlet, NY Leader: Jeanne Tommell

Jeanne led five happy hikers up Black Bear Mt. in Inlet on a crisp, sunny, spring day. The bald top offered views of the surrounding lakes and mountains for miles.

We had a leisurely lunch and trip down, stopping for laughs, stories and a good joke. ~Gail Gabriel



Black Bear Mt.

Outings Reports

April 27: Goose Pond, Schroon Lake Leader: Peggy Carroll

Our group started from the Crane Pond Rd. parking lot in the northwestern Pharaoh Lake Wilderness, travelling generally southeast. The first portion was along the old unmaintained road, supposedly within the wilderness, with the Crane-Alder-Goose Pond outlets to our left. Due to highwater, the sights and sounds of the rushing brook were impressive. After the brook crossed under the road, we turned onto the Goose Pond trail to reach this attractive pond. There were two nearby campsites to explore beyond the trail terminus. On the return trip, we bushwhacked a short distance to the Alder Pond shore. This was an enjoyable 3-mile round trip. ~Peggy Carroll



Goose Pond

April 27: Coon Mountain Trail, Westport Leader: Tracey Donaldson

We had a nice hike up Coon Mountain in Westport, part of the Champlain Area Trail Systems (CATS). It is a d-shaped trail with a choice to take the Hidden Valley Trail through the woods, just off the main trail at the start, or to go straight to the Summit Trail. It is about 2 miles with a gradual, steady climb up to magnificent views of Lake Champlain, Vermont, and the New York mountains. It was a good time to enjoy the view, as the buds are just starting on the trees, and one can see through the trees in spots. This trail is well-marked and maintained, so it is easy to follow. One section towards the top, the stone staircase, is over wet rocks, so it's a bit tricky for a short time. There were wildflowers everywhere, and we had knowledgeable hikers who could identify everything we saw. It was a nice morning spent with ADK friends. ~Tracey Donaldson



Coon Mt. Trail

May 4: Poke-O-Moonshine Hike, Willsboro Leaders: Lynn Butterworth and John Rendinaro

After a week of rain and a tentative forecast, we packed raingear just in case. We were met at the trailhead by blooming trillium and enjoyed a rainless hike through beautiful forest, on a gradual incline toward the fire tower at the top. Steep sections were easily accessible due to a short set of stairs and what appeared to be newly placed boulders at the top. Albeit muddy in spots and slippery on rocks, we were treated to beautiful waterfalls and noisy spring birds. Droplets hung on trees like illuminated lights. Completely viewless due to cloud cover, we were rewarded with good company, and we were finally, outside and hiking. We vowed to return in July for the view. ~Kathleen Herold



Poke-O-Moonshine

Outings Reports

May 11: Puffer Pond Loop Hike, Indian Lake

Leader: Jan McCann

Puffer Pond is a remote pond near Indian Lake. It starts off as a woods-walk passing an attractive marsh area along the way. As we approached the pond, we spotted beautiful yellow Trout Lilies. We enjoyed our lunch with pleasant conversation as we sat by the pond but quickly moved to the lean-to to escape the pesky black flies. On the way out, we walked along the Puffer Pond Brook and listened to the cascading waterfalls. It was a very soothing sound to end a charming hike of 6 miles in the woods. ~Marti Townley



Puffer Pond

May 11: Rogers Rock Hike, Hague

Leader: Sara Mullins

We had a small group meet on a beautiful day at the Rogers Rock Campground in Hague to start our adventure. Construction on 9N made the journey there a bit longer than usual. Since the campground is officially opened Memorial Day Weekend, it was a good time to schedule a hike at this location. The beginning of the trail is hard to find, as it's not marked at all, but we knew to head towards campsite #210. We were able to drive our cars right there, saving about a half mile walk-in. The trail starts climbing through the woods on a well-traveled path, so it's easy to follow at the beginning. There are several different ways to get up to the top, and some of the options are marked with surveyor's tape in the

trees. There are a couple of steeper sections where our hiking poles were more of an annoyance than helpful, so we tossed them up and hoisted ourselves with two hands onto the rocks above. The route we took to the top was only .8 of a mile to a fantastic view of Lake George, where we had snacks and sat for a while before the journey down. We came down a different way than our ascent and were happy to be in the woods again instead of the gradual climb down on the rocks. There were nice wildflowers out though the bugs were out too, so a few of us had on netting over our hats. Afterwards we enjoyed ice cream at The Wind Chill Factory in Ticonderoga. On the drive home some of us took the backroads to avoid the construction on 9N. It was a wonderful morning and afternoon. Thank you, Sara Mullins, for leading the way and suggesting ice cream.

~Tracey Donaldson



Rogers Rock



Outings Reports

May 18: Spring Bird Walk -- Amy's Park, Bolton Landing **Leader: Miok Salz**

Thank you to Miok and Rich for taking our group today to beautiful Amy's Park. We walked about 2.5 miles to two different ponds and stopped to listen along the way to all of the sounds we heard in the woods. Miok is a wonderful teacher and can identify many birds by their sounds. She also carries a small computer with bird software downloaded on it to show photos and to share bird calls. We got an early start by meeting up to carpool at 8:00 a.m. She explained that her bird club usually meets around 5:30 a.m. to listen to the early morning activity, and we were thankful that we got to sleep in a bit more. The bugs weren't out early, as we had frost and a cool morning. We identified a total of about 23 different birds observed or heard, including blue herons nesting and flying over the ponds. It was a beautiful morning spent with nice people in a wonderful setting. Great way to start the day!
~Tracey Donaldson



Amy's Park

May 18: Hike Beyond the Santanoni Great Camp, Newcomb **Leader: Barbara Kearns**

This hike started out as an innocent walk into the Santanoni Great Camp on a sunny cool spring day. Then things got interesting. We followed a well-marked trail around Newcomb Lake with lunch at a beautiful spot by the Ward Pond Brook lean-to. When we left, the trail got a little crazy and hard to follow. But we all put our heads together and finally found the correct route around the lake to the next lean-to. There was

also one unusual bridge crossing that Barbara had warned us about. After that, we had a lovely rest on a large rock overlooking the lake, although bug nets were required at this point. Still this 13.5-mile hike for 11 of us was a perfect adventure for the day! We explored an area very few folks see.
~Marti Townley



Beyond Santanoni

May 22: Round Lake Paddle **Round Lake** **Leader: Walt Nelson**

A very large crowd of mosquitoes were at the launch greeting the Round Lake paddlers on a sunny morning. Once we were on the water that welcoming committee stayed behind. A calligrapher beetle rode along for a significant period. Shore birds, soaring birds and water birds added to the enjoyment of the Lake's circumnavigation. Maybe the lake should be labeled a flow? This impoundment of the Bog River offers easy water-only access to several campsites, one with a beach providing our lunch break site. Those wanting to tempt bass with artificial lures should find better sport here than the neighboring Little Tupper waters.
~Walt Nelson

Outings Reports



Round Lake



May 25: Northwest Bay Brook to Northwest Bay Paddle, Lake George, Bolton

Leader: Gail Gabriels

Six paddlers braved chilly morning temps in the high 40s, trusting they would warm up as predicted. They did (sunny and 60) and the winds stayed calm into the early afternoon. We paddled out through the wetlands to the open bay, and then hugged the eastern shore until just short of Montcalm Point where we relaxed and lunched on shore at a beautiful spot. The wind picked up a little on the way back, and much more so as we approached the southern section of the wetland area. Two loons, a heron, and various ducks were spotted along the way. Wonderful camaraderie, weather, and leadership!

~Susan Jefts



Northwest Bay Brook

May 25: The Saddles State Forest Loop Hike, Whitehall, NY

Leaders: Gail and Chuck Helfer

Gail and Chuck Helfer led 3 of us up into the Saddles State Forest where we hiked 8.2 miles with 3,000 ft elevation. The hike started upward 1.3 miles to a ridge intersecting the loop trail. We hiked counterclockwise to the first overlook, Vermont and Whitehall. At the second overlook we saw Lake Champlain's South Bay. We hiked down to the shore of the lake, a sandy beach in summer. The trail then winds up another ridge with great rock formations. Once at the top we had better views of the Diameters (cliffs) across the lake. We then had a few PUD's (pointless ups & downs) to deal with before getting back to the beginning of our loop and heading back to the cars. A demanding hike, but well worth the pain afterwards. Thank you, Chuck and Gail, for introducing this hike to our chapter!

~ Anne Bernat



Saddle State Forest

Outings Reports

June 1: Castle Rock Hike, Blue Mountain Lake

Leaders: Judy and Steve Thomson

The hike up Castle Rock, overlooking Blue Mountain Lake, was enjoyed by 10 hikers on the first official day of the summer season following Memorial Day. After walking along a dirt road for a short distance, the trail continued along rolling terrain until reaching a spectacular rock formation. A few small caves had cool breezes wafting out which were enjoyed delightfully because of the near 90-degree temperatures of the day. The final portion of the hike included a steep, rocky section with narrow passages before the final climb up to the open summit, where everyone enjoyed lunch and a great view. Thanks to Judy and Steve for another terrific Adirondack CRC Outing!

~Greg Clark



Castle Rock

June 1: Schroon River to Starbuckville Dam Paddle, Horicon

Leader: Ger Cox

Eleven of us met at the south end of Schroon Lake by the boat launch. We unloaded our boats on the sandy shore across from the parking lot and spotted cars at the parking lot just north of Starbuckville Dam. After the drivers returned, we headed out. The water level was low, but the weather was perfect. Starting off, the river had several turns, and it then meandered through wooded areas on both shores, until we came to the first riverside home. Suddenly disturbed, three deer dashed across the river, as we rounded the bend. From there, the shores were wooded for a short while, and then we came to an area of riverside homes on the west shore. It was

quiet with no occupants around, so it was very peaceful, tooling along. To our left we passed a trailer campground, but, again, no human activity. After a mile, the river veered east, and we passed a ranch with open fields and lots of fencing. Once past that, the river was wider on both sides for a short stretch. Then the river started to follow East Schroon River Road, where there are some older camps along the riverside, some set back from the river's edge. We observed a hawk flying tree-top high over us. To our right (west) there was a channel leading into a swamp, which might be interesting to explore at another time. We got off the river before the bridge, just in front of the dam, at Riverside Pines Campsites beach, (with previously sought permission from the campsite owner). Everyone enjoyed the relaxing paddle and the perfect weather. Happily, there were few bugs that day. ~Ger Cox



Schroon River



Outings Reports

June 1: Trillium Trek Trail to Gore Mtn Hike, North Creek

Leader: Marti Townley

On June 1st, Marti led a group of 9 folks up the Trillium Trek at Gore Mt. From the base lodge we walked north into the woods and then turned westward up through the forest. There is a fairly steep section that has ropes to help hikers get up and down, and then a great rock formation called the Lean-to Rocks. At about two miles, we emerged from the woods at the mid-station where bathrooms and AC was available. From there we walked up the "Cloud" ski trail to the top of the mountain where again the lodge was open, and we had lunch. We returned the way we came for a length of 7.4 miles and elevation of approximately 2,000 feet. There were great views along the way as we descended. Thank-you Marti and Ken for leading this hike!
~Anne Bernat



Trillium Trek Trail

June 8: Fifth Mountain Peak

Leader: Marti Townley

After rain predictions we canceled our parking reservation for the Ausable Club, so we did not hike Indian Head. That was a disappointment but Fifth Peak on Lake George was a perfect alternative. We only had a few drops and the smoke from the Canadian fires had left us. We were all happy to be in this lush green area to enjoy the fresh air. ~Marti Townley



Fifth Mountain Peak

June 15: CRC Potluck 25 Bonnie Bell Farm Road Beach, Loon Lake, Chestertown

Hosts: Ken Shea and Marti Townley

Our first potluck since COVID! Great weather, great food, great company! That is Steve on a stump conducting our meeting! ~Marti Townley



Bonnie Belle Farm

Outings Reports

June 15: Loon Lake Paddle, Loon Lake Leaders: Judy and Steve Thomson

Eleven folks paddled on Loon Lake hoping to watch loons, turtles, and eagles. The strong wind had other ideas. and we concentrated our efforts on staying on course and together. Luckily, we were able to watch a loon from shore as we enjoyed the potluck later in the day.
~Judy Thomson



Loon Lake

June 15: Cunningham Trail Hike, Chestertown Leader: Rose Cooper

On a beautiful day in mid-June, Rose Cooper lead 7 on the Cunningham Loop trail in Chestertown. Timing was just right as we were between bug seasons with the Adirondack Air force (black flies) almost gone and the blood-sucking mosquitoes had yet to make an appearance. The skies were blue, the weather was beautiful and the wind was light.

The 2.5- mile trail raises 235' in the first half mile, never steep, but persistent. Once to the height of land, we meandered through a mixed forest for about a mile until the steady descent to the municipal center. Along the way, we spooked a fawn lying within a few feet of the trail. Five of us passed by without noticing the deer but by the sixth, the little fawn jumped up and quickly bolted through the forest. It was quite a rare sight.

~Rose Cooper



Cunningham Loop

June 15: Rabbit Pond Loop Hike, North Creek Leader: Brendan Hanley

Ten CRC members set out from Joe Minder Lodge via the Ski Bowl Park trail system. Taking advantage of the meandering switchbacks along the upper reaches of the Long Trail (a mountain bike trail), we eventually reached the top of the Hudson Chair. On our way up, as various alpine ski slopes were crossed, we enjoyed the narrow views down the slopes to the hamlet of North Creek and the Hudson River. We descended the back side of the mountain on an unmapped, blazed trail that led us to the Rabbit Pond Trail and then to the quiet little bowl-shaped pond itself. While lunching at the pond a brief rain shower blew through but did not dampen our spirits. After lunch the sun returned and we repacked our rain gear and continued down the Rabbit Pond Trail to a well-marked, four-way junction, where the group turned right onto the Ski Bowl Connector Trail for the final 1.4-mile gentle descent to the Ski Bowl Park. Most of the group reconnected at the Chapter potluck at Loon Lake later that day. ~Brendan Hanley



Rabbit Pond Loop

Outings Reports

June 22: Harris Lake Paddle, Newcomb Leader: Walt Nelson

Under a blue sky, with light cirrus clouds and a gentle cooling breeze, Walt led ten appreciative paddlers, some of whom joined us from the far-reaches of Old Forge, Crown Point, and Corinth. We circumnavigated the Harris Lake clockwise from the launch on Lake Harris Rd, turning around at the Santanoni Bridge and heading toward the campsites. A sandy beach on the south end of the lake offered us a nice break from paddling (with flush toilets just a quick walk away). Next, we left Lake Harris, venturing onto the Hudson River, as we veered to the left. When we came to the “waterfall,” a set of rapids under the Campsite Road bridge, we turned and retraced our path until we came back to the outlet of Lake Harris. Then we rotated left again and followed the Hudson to the “rock garden” under the 28N bridge. Lastly, we returned to the beautiful beach for lunch before heading back to the launch. What a perfect paddling-day!

~Linda Hales



Harris Lake

June 22: Mossy Cascade Trail to Hopkins Mountain Hike, Keene Leader: Gail Gabriels

Second day of summer and a perfect day for 12 of us (and 1 new member) to hike Hopkins Mt. We hiked up along the lovely Mossy Cascade Trail which truly follows a mossy cascading brook. This 3.4-mile trail alternates with a little steep and a little flat most of the way up. We sat and chatted for a long time at the top enjoying the company and the view of the high peaks! ~Marti Townley



Hopkins Mountain

June 29: Boreas Ponds Paddle, North Hudson Leader: Tracey Donaldson

After a valiant effort to paddle into the Boreas Ponds tract via the LaBier Flow, we were thwarted by an impassable section of rock. We returned to the Four Corners Parking Area for a .7-mile carry through a buggy, but manageable path. Our efforts were rewarded as we paddled the tranquil ponds, greeted by loons and the looming peaks of Saddleback and the Gothics. A smoky gray day, but rainless, we enjoyed the paddle and conversation as we explored the ponds and some of the shoreline/lean-to. Shout out to Tracy for a well-planned paddle in a beautiful area.

~Kathy Herold



LaBier Flow

Outings Reports



Boreas Pond



Hurricane Mountain

June 29: Hurricane Mountain Hike, Keene Leaders: Lynn Butterworth and John Rendinaro

We were so lucky! There had been a threat of rain all week; even though it was a cloudy day, the rain held off for our Thursday hike. The humidity was heavy, which caused everyone to get soaked with sweat, but as we ascended, we walked deeper and deeper into the clouds that were hanging over the top of the mountain. The misty clouds kept everything cool. Even with the rain earlier in the week, the trail was in fantastic shape, clear and only muddy in spots. When we reached the rock summit, which usually affords 360-degree views of the High Peaks, Whiteface Mountain, Lake Champlain, and the Green Mountains, it was socked in by the clouds, so all we saw was white. The smoke from the Canadian wildfires also affected visibility. Only one brave soul ventured up the fire tower.

As we descended, the clouds started clearing and the humidity lifted, and we were tempted to head back up to the summit to see the view, but we decided to save the view for another time. Hiking up Hurricane is a terrific walk, whether or not you get to see the view.

~Lynn Butterworth



Hurricane Mountain

If you have signed-up for an outing and find you cannot participate, please let the outing leader know as soon as possible. Most of the time, there is a waiting list and other members could be invited to take your place, if availability is known.

Announcements

More events to look forward to:



July 20: Potluck; Conservation Club, Chestertown; hosted by Peggy Carroll and Linda Hales, 4-6 PM. Please be sure to RSVP Peggy or Linda at peggycarrol281@gmail.com or l_hales@hotmail.com.

August 12: 2023 Annual Picnic Donnelly Beach Pavilion, Minerva; 12:00 pm to 4:00 PM. The picnic buffet will be catered by Red Wagon BBQ again this year. We are pleased to have Julia Goren, Deputy Executive Director of ADK, as our guest speaker to update us on the latest ADK news. There will be a \$5 per person charge for the catered buffet (to be paid at the event). Please bring your own place settings and beverage. You may also bring an appetizer or dessert to share. Please RSVP to bradatwell@aol.com.

September 21: Potluck; Long Lake Pavilion; hosted by Jackie Mallery (jjmallery2737@gmail.com) and Kate Cronn (kcronn@gmail.com). Remember to RSVP.

October 11: Program at Tannery Pond 4-6 PM. Presenter: Holly Ahern, Associate Professor of Microbiology to discuss ongoing research regarding Lyme and Tickborne 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) Tickborne Disease Working Group between 2018 and 2022 and is currently a member of the New York State Lyme and Tickborne Disease Working Group.

December 14: 2023 Holiday Party; Garnet Hill Lodge, North River (more info in the October newsletter)

Membership News

WELCOME NEW MEMBERS AND AFFILIATES!

WE LOOK FORWARD TO SEEING YOU ON OUTINGS.

Membership Chair, Ellen C. Collins

As of June, 2023

Total Households: 315

Total Members: 534

Total Affiliates: 19



Jocelen and Brad Pearson Leesburg, VA

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

Cold River Chapter
July 2023 Newsletter
Linda Hales and Kathleen Herold (Co-Editors)