

COLD RIVER CURRENTS

July 2026 The Newsletter of the Cold River Chapter of the Adirondack Mountain Club

Comments from the Chair

by Bob Singley

In our last newsletter, my opening comments referenced how harsh the winter was; extreme cold, lots of snow, high winds creating blizzard like conditions. Today the weather outside is 90 plus degrees with poor air quality alerts. It appears we need to get used to weather extremes as we continue to “play” in this beautiful region we call the Adirondacks. The Outings Committee, led by Peggy and Walt, continue to feed us a diverse offering of activities each month that allow us to get out and exercise and socialize. In this past quarter the Outings Committee listed 27 outings including a microspike, biking, fishing, and numerous hikes and paddles. Also, a very well attended potluck last month hosted by Marti and Ken at their place in Loon Lake. I would say a pretty busy quarter.

August 15th is the date for the annual Cold River Chapter Picnic. Kate McCormack once again secured the pavilion at Donnelly Beach in Minerva. The menu will be very similar to last year (BBQ Chicken and sides) from Kelly’s Good Eats in Wevertown. All the details are on page 29 and will be on the adkcrc.org CRC website at [Upcoming Outings](#) and in the Outings Listings that comes out around the 15th of each month. Following the picnic, potlucks are scheduled each month for the rest of the year (*see page 30*). Not all follow the traditional format for potlucks so watch the website at [Upcoming Outings](#) , future newsletters and outings listings for the specific details.

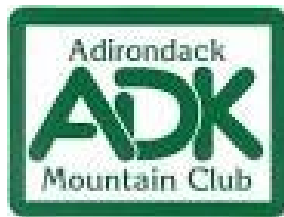
Happy 4th of July and see you at the picnic.

Bob Singley, Chair rtsing46@gmail.com
Open, Vice Chair
Mary Redfield, Secretary
Ger Cox, Treasurer
Rose Cooper, ADK Advisory Council Trustee
Judy Dunn, Alternate ADK Advisory Council Trustee
Peggy Carrol, Outings Co-chair ColdRiverADKChapter@adk.org
Walt Nelson, Outings Co-chair ColdRiverADKChapter@adk.org
Susan Schuler, Membership Chair CRCADKmembership@gmail.com
Jim Waring, Newsletter Chair adkcrcnewsletter@gmail.com
Marti Townley, Member-at-Large mdksshea@aol.com

Chapter News

Thank You Gail Gabriels

The Outings Committee salutes Gail Gabriels for her many years of participation on the Chapter's Outings Committee and thank her for her leadership on the Chapter's more challenging outings; summer, fall, winter and spring. Gail has stepped off the Committee but will continue her participation in and leadership on outings. Gail is an accomplished hiker and cross country skier and we can count on her calm and patient manner whenever a fellow adventurer is in need of support or an encouraging word. When you see Gail on the trail, tell her thanks for stepping up and helping the Cold River Chapter to thrive.



TRUSTEE'S REPORT

by Rosemary Cooper

The Advisory Council meets to address the concerns of chapters and members with the goal of working together to share best practices and have consistency throughout our organization. Currently, some of the issues being discussed are the following:

- Outings Leader Guide (OLG) Update:
ADK HQ has received feedback from local chapters regarding the OLG, and are moving forward with individual chapter meetings to discuss any remaining questions or concerns.
- Advocacy Update:
Members wanting to receive Advocacy Actions from ADK must “opt in” on their profile page. To do so, follow these steps:
 - 1) Sign into your account at <https://members.adk.org>
 - 2) On the left-hand side of your profile, click preferences
 - 3) Under the Communication Preferences heading, check the box next to “Information about conservation and advocacy issues”
 - 4) Click Save

If you have any questions or concerns, feel free to contact our ADK Advisory Trustees, Rosemary and Judith, through our website contact form: [Adirondack CRC](#)

Chapter News

ADK News, Outings & Events

Check out our very own ADK Cold River Chapter website, [Adirondack CRC](#), featuring upcoming and special events, past outings, photos, videos, and resources for members and outings leaders. Feedback and questions are welcome and can be submitted on the website.

An ADK Video on the Ten Essentials to bring with you for a Safe Outing Experience:

<https://youtu.be/XiZCjzOw264?si=c8pDoOReBPsnwunB>

Mt Van Hoevenberg Olympic Legacy Tour on July 31st

Host: Lynn Butterworth Duration: 5+hours (10 am – 3:30 pm) Cost: \$20/person

Due to overwhelming interest in this event, there will be two groups of no more than 25 participants in each group. We still have a few spots available for this outing.

Email Lynn Butterworth ASAP if you would like to attend: rendiandbutter@gmail.com

Explore Mt Van Hoevenberg's Olympic past and discover the long lineage of gliding and sliding sports. The informative Legacy Tour begins at a unique Mountain Pass Lodge, allowing you to observe where today's elite athletes train, and take in stunning views of our Nordic competition course and the surrounding mountains. The guided tour includes a visit to the United States' only Ice House Push Track and concludes with a trek alongside Mt Van Hoevenberg's historic sliding track. Strongly recommend closed toe, seasonally appropriate footwear and attire.

Here's what the day will look like:

10:00 Group A- Jack Mullholland Legacy Tour / Group B- Mark Vandenberg bobsled tour

11:30 Lunch: Bring your own lunch. We will meet and eat as a group on the third floor.

1:00 Group A- Mark Vandenberg bobsled tour / Group B- Jack Mullholland Legacy Tour

2:30ish OPTIONAL—For those who wish to pay an additional fee, you can actively participate in Biathlon, Wheeled Luge or take a Mountain Coaster ride.

For more information, check out our chapter's website: [Upcoming Outings](#)

ADK Naturalist Programs at the Loj

Explore the natural world of the Adirondacks by attending our naturalist-led interpretive programs. These include nature walks, evening campfire talks, and more.

For more information on daily programming, please stop by the Adirondack Loj or call 518-523-3441 ext. 1 or check out this link: [Naturalist Series | Adirondack Mountain Club](#)

Chapter News

July is officially “Go Take a (Fire Tower) Hike” Month!

2026 marks the 25th anniversary of the Adirondack Mountain Club Fire Tower Challenge, and ADK is celebrating by encouraging more people out on the trail.

Fire tower hikes offer something for everyone—history, rewarding climbs, and unforgettable views—and they’re a perfect fit for group outings of all abilities.

Looking to join a local chapter’s fire tower hike? Check the ADK calendar of local chapter outings for July: [Chapter Events | Adirondack Mountain Club](#)

For more information: [ADK Fire Tower Challenge](#) or [/firetower.challenge.php](#)

If you have pictures, stories and audio files of fire tower hikes that you’d like to share, please send to: firetower@adk-gfs.org

Thank you for helping celebrate 25 years of the ADK Fire Tower Challenge, and for inspiring hikers to go higher.



Goodnow Mtn Fire Tower
Photo Credit: Jim Waring

Fall Outing this September 18-20th – Registration Now Open



The 2026 ADK Mountain Club Fall Outing, hosted by the North Woods Chapter, will be held Friday, September 18 – Sunday, September 20 at the Saranac Village Young Life Camp. This premier Adirondack retreat facility is gently nestled on the shores of beautiful Upper Saranac Lake, and is in the heart of prime paddling, hiking, and biking country. In addition to a long list of guided outings available to all registrants, evenings will be filled with live music and dancing.

For longtime ADK members, new members, and anyone who loves recreating in the Adirondacks, this weekend retreat is an opportunity to meet and explore wild places with fellow outdoor enthusiasts. All ages are welcome.

This site includes pertinent information to register for the event, select your housing and meal information, and discover outings.

For more information: [Fall Outing 2026 — Adirondack Mountain Club](#)

Chapter News

ADK Winter Outing: February 26 - 28, 2027:

Save the Date. This year's Winter Outing will be at Massawepie Camp, February 26–28 in Tupper Lake. Stay tuned for more details as plans come together, this is always a highlight of the season. The planning committee is looking for additional volunteers. Please reach out if you're interested in helping. If you are interested in being part of the team to help plan the events for the weekend or to help lead an outing or activity, please contact Rich Ross at blackriveradk@gmail.com and cc Walt Nelson and Peggy Carrol at ColdRiverADKChapter@adk.org



Time to Clean, Drain, and Dry your Boat

Just a reminder, now that it's summer, to clean, drain, and dry your boat to prevent the spread of invasives.

- Clean your craft after removing it from the water (before leaving water access)
- Drain it of water (this includes motor, bilge areas, and livewells)
- Dry it before launching it in a new waterbody on your next adventure

It really is that simple. A good faith effort on your part can save an entire water body from invasion and its demise. A good faith effort goes a lot farther than no effort at all. With the fate of our gorgeous aquatic ecosystems in our hands, we urge water recreators to spread the word, it is time to Clean, Drain, and Dry!

For more information, go to: [Clean, Drain, and Dry | Adirondack Mountain Club](#)

The Benefits of Visitor Use Management

Since the creation of some of the first parks and protected areas in the United States, including the Catskill Park (1885) and the Adirondack Park (1892), land managers, scientists, outdoor enthusiasts, and others have been asking a key question: How many people can these places accommodate while protecting both ecological integrity and the visitor experience? Enter the concept of visitor use management (VUM).

Recently, Executive Director Cortney Koenig Worrall and Genesee Valley Chapter member Sarah Mastro joined *Connections with Evan Dawson* to discuss Visitor Use Management and responsible recreation alongside partners from the DEC. It was a great opportunity to share aligned perspectives from both ADK leadership and our chapters with a broad audience, and we were proud to be part of the conversation. Interested in listening? Details are below:

Episode Title: Forever Wild: How to manage record crowds in the Adirondacks

[YouTube](#)

[Apple Podcasts](#)

[Spotify](#)

[Connections Website](#)

For more information on VUM: [Benefits of Visitor Use Management | Adirondack Mountain Club](#)

Chapter News



ADK Cycle Outing



The Adirondack Mountain Club held its seventh Cycle Outing the week of June 14-19th based at the North Country Community College in Saranac Lake for the second year in a row. Many thanks to Tom Ortmeier, Greg Smith, and Julie Leonelli for organizing this year's Cycling Outing.

ADK Cycle Outing is a bicycle touring event with day trips ranging from 20 to 55 miles. Some trips focused on cycling, while others allowed time for relaxation and sightseeing. This year's cycling events featured both rail trails and road rides. These trails were designed for hybrid or gravel bikes but tested well with road bikes. Class 1 e-bikes (pedal-assist) were also allowed, but cannot ride on adjacent DEC Wild Forest trails. Three biking trips were offered most days: short, medium, and long. Some offerings were the Rail Trail east to Lake Placid, the western section from Saranac Lake to Tupper Lake, and some popular road routes that included the Ice Cream Loop, the Red Tavern Road Loop, the Franklin Falls Loop, and the Little Tupper Lake/Sabattis Bog Loop.

Many thanks again to the trip leaders: Tom Ortmeier, Greg Smith, and Julie Leonelli.



Origins of the Cold River Chapter



Reprinted from the April, 2012 CRC Currents

In 1965, brothers Elliott and Bill Verner began operating Adirondack Wilderness Camp at the north end of Long Lake. It emphasized wilderness camping, especially in the nearby Cold River country. Week-long trips into the Seward and Santanoni ranges, with bushwhacks up seldom-used ascent routes, were routine. When Elliott and Bill, along with their wives, Joan and Abbie, decided to establish a chapter of the Adirondack Mountain Club, in 1968, it seemed logical to name it for the wilderness at the camp's doorstep. Early members were counselors and staff from the camp, north-end shore owners, and a few people from town.

After the camp folded, in 1971, the chapter stayed active, largely under the leadership of Eunice and Walter Hartmann, with shore-line clean-ups, occasional hikes into the Forest Preserve, and annual picnics on Slim Point. The latter is a tradition which is enjoyed to this day.

In the late 1990s, an infusion of new members, many of them retirees living in the Long Lake and other central Adirondack towns, provided renewed energy and leadership and led to year-round activities, including winter hiking and skiing.

Philip G. Terrie, Member-At-Large

Editor's Note: If anyone has CRC history that they'd like to share, please contact Jim Waring at adkcrcnewsletter@gmail.com

Chapter News

Giving back to help maintain a lean-to and trails in the Adirondacks

Several of our Cold River Chapter members are volunteers for trail crews. I had the opportunity to learn from CRC member, Donna Merrill, some of the many trails in the Adirondacks she helps maintain, as well as a lean-to, as her way to give back and enjoy good camaraderie in the process.

Donna has adopted Berry Mill Trail and Pharaoh Lake Lean-to #3 in the Pharaoh Lake Wilderness Area, which she works to maintain once every spring and again in the fall. She also helps the Glens Falls- Saratoga Chapter on occasion as well. She helped Steve Mackey clear the blowdowns on the Lakeshore Trail on the Tongue Mountain Range after the 2024 tornado.



Photo Credits: Donna M



Most of Donna's trail work is as a member of the Adirondack 46ers Trail Crew which helps with several trails including a Seward Trail herd path. Recently, they worked on the Calkins Bridge Trail. As Donna expressed of their recent work, "Sometimes we work. Mostly we have fun. This weekend (June 27-28) was all about rocks. And more rocks. And oh, water too. Mostly rocks though. All sizes and shapes and weights. Full teamwork was on display. Then there were hours of no rocks but plain ol' lollygagging like siestas and campfires. The end goal is to fill these bridge cribs so that a bridge can be built come spring, 2027. We filled them a lot. And there's a lot more filling to do which will happen in August. We love volunteers. Come harvest, haul and dump rocks or clear blowdowns, dig drainages or pick up litter along the highways in Lake Placid and Keene. Check out [Adirondack 46ers – The online home of the Adirondack 46ers](#) and click on *Volunteer with Us.*"

Donna also shared that everyone is welcome to join, no experience is needed to participate, and it is not required to be a registered 46er. All tools (shovels, loppers, and saws among others) and daily direction are supplied by the Trail Masters. The trail crew is a great community of hikers who love to give back to the Adirondacks. Many thanks to Donna and the volunteer and professional trail crews for all the work they do to help maintain the trails. For more information, check out the links below:



[Trail Work | Adirondack Mountain Club](#)

[Trail Crew – Adirondack 46ers](#)

<https://youtu.be/SUu2Pcq-su4?si=r-ZBmqCa-ubNC1XS>

Many thanks Donna for sharing what you do and inviting others to give back to the Adirondack trails that we appreciate and enjoy so much.

[**Looking for Citizen Scientists to Track Wildlife in NYS**](#)

NYS DEC in conjunction with Cornell University and other wildlife advocacy groups are looking for volunteers for their participatory science project monitoring wildlife in New York State. Snapshot NY allows anyone across New York State to host a trail camera, providing critical data on wildlife population status, trends, and distribution. Snapshot's goal is to harness the power of people to improve wildlife conservation and management strategies. All you need is a trail camera (your own or borrow one) access to private lands (or permission for public lands), the ability to download the SnapShot app, and upload photos through the website:

[**Snapshot NY | Join Wildlife Monitoring Today**](#)

Many thanks to Rich Salz and Anne Bernat for providing this information.

For more information, check out this link below:

[**Resources | Join Our Wildlife Monitoring — Snapshot NY**](#)



Advocacy Action Sign-Ups



Are you not receiving ADK's Advocacy Actions or maybe opted out of ADK emails? ADK members have been inquiring about signing up for Advocacy Action emails.

To sign up for ADK emails, please do the following:

Sign into your account at <https://members.adk.org>

1. On the left-hand side of your profile, click Preferences
2. Under the Communication Preferences heading, check the box next to "Information about conservation and advocacy issues"
3. Click Save

Ticks: Some Video Tips on How to Avoid Them

Click on the link: [**How Loggers Avoid Tick Bites \(What Actually Works\)**](#)

Chapter News

[ADK Summit Stewardship Program](#)

For more than 35 years, Summit Stewards have stood on the Adirondack High Peaks, educating hikers, protecting rare alpine vegetation, conducting critical research, and inspiring a deeper connection to the natural world while inspiring future stewards. Their simple, person-to-person conversations help thousands of visitors understand that these mountaintop ecosystems are incredibly resilient and tremendously vulnerable.

The results are clear. Through education and stewardship, damaged alpine areas have recovered, and generations of hikers have become advocates for protecting these special places. Today, Summit Stewards educate approximately 30,000 hikers each season, helping ensure that New York's rare alpine habitat remains protected for future generations.

For more information on the ADK summit stewardship program, check out the link below:

[Summit Stewardship Program | Adirondack Mountain Club](#)



Buck Mountain Trailhead Stewards

Join Us! Glens Falls-Saratoga ADK volunteers steward the Buck Mt. Pilot Knob Trailhead in the summer to promote safety, resource protection, and good hiker habits and practices.

We'd love to have you join us. It's rewarding work.

For more information – Scan here:



--- Or ---

Email: trails@adk-gfs.org

Chapter News

Take the 2026 Adirondack Forest Preserve Hiker Survey

Protect the Adirondacks is collaborating with the SUNY Research Foundation to gather information about the Adirondack Forest Preserve by asking hikers to take 15 minutes to complete an online survey. The survey launched in May and will be available through Columbus Day Weekend in October.

There are more than 2,000 miles of hiking trails throughout the Adirondack Forest Preserve and there is little information about the experiences of hikers on the Forest Preserve and their thoughts about trail conditions and overall Forest Preserve Management. It is designed to gather information about who is using the Adirondack Forest Preserve in 2026, their expectations, their purpose of their hike, their goals, how they prepared for their hike, their hiking, travel and parking experience, and their thoughts about the trail and parking conditions, as well as the overall management of the Adirondack Forest Preserve. Considering the debate around best practices for Visitor Use Management, this survey may provide information to better inform those involved in making those decisions.

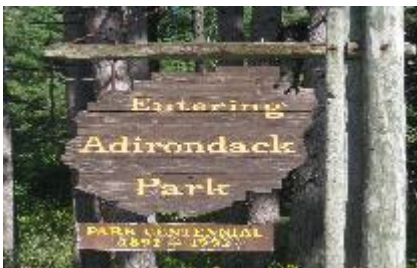
The online survey can be accessed at: www.surveymonkey.com/r/D6QS36F. No personal or identifiable information will be shared and your identity will remain anonymous in published results. All respondents must be 18 years old or older. The results of this survey will be used to help improve the hiking experiences for the public in the Forest Preserve in the Adirondack Park.

The New York Forest Preserve was established in 1885 and was made “forever wild” under the New York State constitution by voters in 1894. The Forest Preserve is one of the oldest public land systems in the U.S. Today, the Forest Preserve includes over 3 million acres, with over 2.7 million acres in the Adirondack Park and over 288,000 acres in the Catskill Park, protecting natural and scenic resources. This is a great opportunity for people to share their thoughts about the Adirondack Forest Preserve, public lands owned by the People of the State of New York.

You can access the short survey at the following link below:

www.surveymonkey.com/r/D6QS36F

Many thanks to Peggy Carrol for sharing this information



Where in the World?

Cotswold Way Walk by Lynn Butterworth

After completing a couple of other multi-day hikes, we were interested in going to England to walk the Cotswolds Way. A few couples from the Cold River Chapter had walked the CW, and they gave positive reviews, so we went with high expectations of a pleasant walk through the English countryside. Our expectations did not disappoint. It helped that we were lucky enough to have zero rain during our entire trip—kind of unheard of considering we walked for eight days.



Where in the World?



The official trail is 102 miles and goes from Chipping Campden to Bath. Most people walk from north to south, which offers a slightly gentler start to the walk, and then you end the journey in Bath, an historic city that is a designated UNESCO World Heritage Site.



The walk took us through forestland, animal pastures, golf courses, and quaint towns and past Iron Age relics and ancient castles and fortresses. The trail was a mix of gravel, pavement, and dirt paths, generally very easy walking compared to the kind of terrain we are used to hiking in the Adirondacks. Average daily elevation was 1500 feet; one day was 2500 feet. We hired a company that pre-booked our accommodations and transported our luggage, daily, from inn to inn. So we only needed to carry a day pack, and we knew what hotel we were headed to each day.

Where in the World?

For the most part, the trail was well marked with acorns and arrows used for the signage. The entire trail was also available on AllTrails, so any time we were questioning the route, we had gps access at our fingertips.



Where in the World?

One downside was that the trail is not at all direct; it takes a circuitous route. There were a few days that we knew we had just walked an hour loop to return not far from where we had started. This was mostly due to the English public access laws which permit the public to walk on private land. The worst of this occurred on the last day walking into Bath. We arrived into the city at one location, but the trail took us around the town and up a ridiculously steep hill in order to enter the city from a particular location.



Even with all of the extra, unnecessary miles, the scenery was gorgeous—idyllic views of pastureland and wisteria-covered, ancient buildings. It was April, so there were many flowering trees, vines, and flowers in bloom, including large swaths of forest covered with purple bluebells and white-flowered, wild garlic.



Where in the World?

Because it was the start of walking season, we encountered very few people walking, and the small towns were not yet overrun with tourists. We thought it was the perfect time and way to visit the Cotswolds.



For more information on the Cotswold Way, check out some of the links below:

[Cotswold Way - National Trails](#)

[Walking the Cotswold Way: An In-Depth Guide](#)

Thank you Lynn for sharing your Cotswold Way experience. If you have an adventure to share, submissions are being accepted at adkcrcnewsletter@gmail.com



Coming in the October issue of the Cold River Currents, Kate McCormick traces the Lewis and Clark expedition through Missouri.

Outings Reports

April 2: Microspike, Old Farm Road /East Branch of the Sacandaga and Elizabeth Point, North River
Leader: Shannon Andersen



Elizabeth Point overlooking 13th Lake Photo Credit: Shannon A

The whole week called for rain. Shannon watched the weather and decided the outing was a GO! She brought nine of us on an adventure down Old Farm Clearing to the Botheration trail which brought us to the East Branch of the Sacandaga River. The river was ripping from all of the rain. Then we backtracked to Old Farm Clearing where we made our way to Elizabeth Point with a stunning view of 13th Lake.

We had lunch at the picnic table and made our way back to our cars. Then the rain began. What timing! ~ Gail Gabriels

April 9: Grizzle Ocean Loop Trail, Pharoah Lake Wilderness
Leader: Peggy Carrol

Twelve of us met to hike Grizzle Ocean Pond on a typical spring day, chilly by the pond, and on again and off again outer layers as the sun warmed us as we walked. Thankfully Peggy and Meredith had done a pre-hike to keep us on the not-so-well marked trail as we meandered through beautiful forests, caught regular glimpses of other ponds along the way, and crossed bridges above flowing waters. Several hikers had done research given the unusual name and Tracey even followed up with more detailed information after the hike, while others shared their pictures. Good conversation and a lot of storytelling as we completed the 5 or so mile hike. ~ Kathy Herold



CRC members regaling Tom Grizzle's Ocean. Photo Credit: Peggy C

Outings Reports

April 16: Meade and Beckman Mountains, Chestertown Leader: Tracey Donaldson

This was a nice morning hike that all 9 of us enjoyed. This 2 for 1 hike is only 1.9 miles round trip . You do have a steady climb to start but then you are rewarded with 4 different viewpoints. the Gore Mountain area, then Moxham, then Loon Lake, and lastly Schroom Lake. There was plenty of time to enjoy our CRC friends and the views. Spring weather just enhanced our experience!
~ Marti Townley



The view from one of the Chester Challenge hikes Photo Credit: Tracey D

April 23: Paddle 4th Lake, Inlet Leader: Walt Nelson

1st paddle
Unfortunately, no eagle
Brisk wind, surfing back
~ Walt Nelson



4th Lake Photo Credit: Donna M

April 23: Hike to 5th Peak from Deer Leap Leader: Marti Townley



Tongue Mtn Trailhead Photo Credit: Marti T

On 4/23 Marti led a group of 8 hikers from the north end of the Tongue Mtn Range on Lake George at Deer Leap heading south to the 5th Peak Lean-to where we lunched and enjoyed the lovely views of the Lake George islands. After a long break, we hiked west downhill to Clay Meadows where we had spotted cars. The hike was 8.4 miles in length with 1,657 ft of ascent. The day's weather was perfect for this long hike. Thank you Marti for a beautiful day in the woods! ~ Anne Bernat

Outings Reports

April 29: Shelving Rock Mountain Hike, Lake George Wild Forest, Fort Ann, NY

Leaders: Anne and Jim Waring



The hike to Shelving Rock Mountain in the Lake George Wild Forest was moved up a day to avoid the predicted rain. As a result, our group of 11 hikers was able to enjoy a beautiful spring outing with sunshine and mild temperatures. Along the way to the summit, we walked the switchbacks of an old carriage road which was a remnant of the George Knapp estate from the early 1900's. Some in the group were able to locate some spring ephemerals such as Trillium and Virginia Saxifrage just starting to bloom. At the top we found our way to an overlook that provided an expansive view of Lake George and some of the islands below us. We enjoyed the beautiful views and each other's company before returning to the trailhead. ~ Anne Waring



Photos by Jim W

May 7: Inman Pond Trail Hike, Lake George Wild Forest Leader: Peggy Carrol

Our group of 12 CRC members, led by Peggy, had a beautiful spring day to explore the area leading to Inman Pond, located on the east side of the Lake George Wild Forest. The sun was shining brightly, and the air was cool and comfortable as we started the trail through the serene woods toward the pond. Along the way, we took our time to stop and admire a red eft and some beautiful spring ephemerals. We were fortunate to come across some painted trillium, bellwort, yellow violets, and hobblebush among others. After a few creek crossings and some minor elevation gain, we were rewarded by stunning views of Inman Pond from an open overlook. After a lunch break we headed back to locate the spur trail on the opposite side of the pond where we were greeted by a common water snake sunning itself along the trail. After admiring its beauty, we continued on to the end of the trail where we were able to get a great view of the overlook where we had stopped earlier for a break. It was a perfect day for exploring the woods, pond and springtime flowers with fantastic company! ~ Anne Waring



Enjoying the sunshine at the Inman Pond overlook Photo Credit: Peggy C

Outings Reports

May 7: Paddle Schroon River Leader: Tracey Donaldson



Paddling the Schroon River to Schroon Lake Photo Credit: Donna M

We had 4 boats launch on a cool morning just below the falls on the Schroon River. The river meanders back and forth through a mixture of woods and private sandy beaches of camps often flooded out with heavy rain and spring snowmelt. We followed 3 mergansers down the river, chasing them farther along as we progressed. Nearing the lake the wind picked up, and there were small whitecaps as we made our way with effort, hugging shore back to the town beach. It was a nice morning and we paddled 9.4 miles without incident, enjoying the sunshine and company of friends.

~ Tracey Donaldson

May 7: Blue Mountain hike, Indian Lake Leader: Matt Schwab



The view of Blue Mtn Lake Photo Credit: Matt S

This hike, initially scheduled for Wakely Mountain, was changed to Blue Mountain due to a springtime road closure due to mud season. Thursday started out chilly but sunny, which meant no black flies. We had a great climb up the steady incline to the summit. On the way down we moved carefully, since a few patches of ice remained on the smooth rock.

Along the way we noted various spring flowers making their appearance. A beautiful hike with great company!
~ Matt Schwab



CRC atop Blue Mountain Photo Credit: Matt S

Outings Reports

May 11: Big Moose Lake paddle, Eagle Bay
Leader: Walt Nelson



Big Moose Lake Paddle. Photo Credit: Walt N

Serene Big Moose Lake
East Bay friendly camp caretaker
Calm water delusion
~ Walt Nelson

May 15: Bird Banding and History Tour at the Crown Point State Historic Site
Leader: Peggy Carrol

After a cancelation because of wet, cold, raw weather which threatened the birds with hypothermia, three CRC members caught the last day of bird-banding along with comfortable, radiant weather. Hidden beyond the ruins of Crown Point, twenty bird-catching nets were strung through the woods. For 51 consecutive years, volunteers have been banding birds and recording data for two weeks in this important migratory path. First, we observed birds being released from the nets and bagged in white cloth bags. Then each bird was individually identified and banded, as specific data was recorded. When each bird was processed, a bystander was invited to "release" it. We were taught how to hold the bird and then carefully opened our hand as it freely flew away. What a thrill it was to feel the wild bird vibrating in our fingers for a few seconds! Plan on participating in this unique experience next year! ~ Linda Hales



Bird Banding at Crown Point Photo Credit: Linda Hales and Peggy Carrol

Outings Reports

May 18: St. Regis Chain Lakes Paddle, Paul Smiths Leader: Tom Meyering

On May 18th, four members of the Cold River Chapter explored a “Playground of the Rich and Famous”. The day was calm and clear as we started from the canoe launch at Paul Smith’s College, paddling through Lower St. Regis Lake, into Spitfire Lake, and into Upper St. Regis Lake to a large bay at the northern end which is dominated by the great camp Top Ridge, that was once owned by Margaret Merriwether Post.

The three lakes are studded with several dozen “great camps”. Most of these were small villages with a “big house”, a dozen or so cabins, a rec hall and the requisite boathouse. These boathouses weren’t your run-of-the-mill boathouse. Most had bays for 6 or more boats! This raises the question, “How many boats does a Great Camp really need?”



Photo Credit: Tom Meyering

We were glad that we made this trip before the summer season started. All we had to avoid were boats taking workmen going back and forth and a barge carrying a dump truck.

While we had lunch on a point across from Top Ridge, a cold front passed through, clouding the skies and producing a windy afternoon. We ended the trip fighting that wind. It followed the old canoers maxim that somehow “you always end up paddling into the wind.”

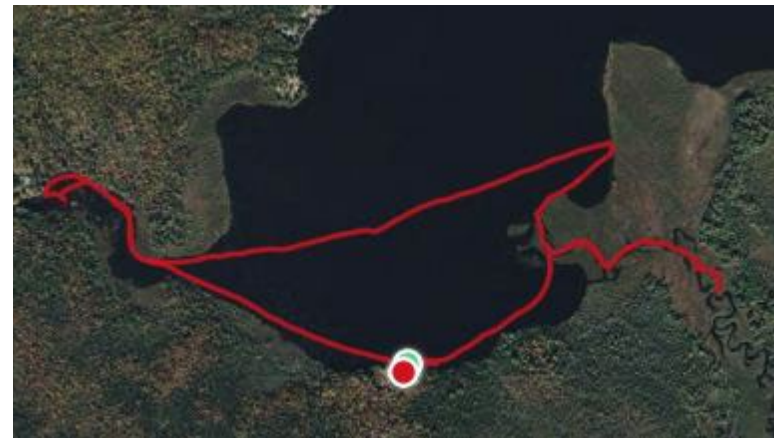
Thank you, Ger, Alex, and Walt for being great canoe partners on this spring adventure. ~ Tom Meyering

May 21: Joe Indian Pond Paddle, Colton Leader: Walt Nelson



Great septet paddle
Very peaceful Joe Indian
Root beer beach lounging
~ Walt Nelson

Photo Credit: Vinnie Rinella



Outings Reports

May 21: Hurricane Mountain Hike, Keene Leaders: Lynn Butterworth and John Rendinaro



View atop Hurricane Mtn Photo Credit: Lynn B

A group of 7 met at the 9N trailhead for Hurricane Mountain, elevation 3,678. I have climbed this mountain several times, but never from the trailhead off of 9N. The sign says 3.6 miles up, but the trail has been modified, and our out and back was a total of 6.1 miles. The elevation gain was 2,000 feet with spectacular views from the top, and some nice vistas and rock ledges along the way. There

were some level sections of hiking through the woods, along waterfalls, beaver dams, and planks through the wet areas. Most of this trail was a gradual climb, then a bit of a scramble towards the end. Some of us commented that it was the first time we have been on Hurricane Mountain without a fierce wind, and we all wondered how it got its name. History says that Algonquins named the mountain No-do-ne-yo, which translates to "hill of the wind." It is usually pretty windy on the bare summit with 360 degree views of the NY mountains, Champlain Valley and the Green Mountains in VT. Some interesting history: In 1873, Verplanck Colvin selected this mountain as a station to establish a primary triangle to map the region's topography. The fire tower at the summit was constructed in 1919 as part of the NY state fire protection network. On our hike today, the fire tower was wide open with minimal safety screening or fencing along the climb. Yikes! Great day, great hike, no bugs. Thank you, Lynn and John, for leading the way. ~ Tracey Donaldson

May 21: Spring Bird Walk at Amy's Park, North Bolton Leader: Miok Salz, Licensed N.Y. State Guide



CRC at Amy's Park Photo Credit: Rich Salz

Every spring, bird migration season in the Adirondacks seems to coincide with black fly season, and this year was no exception, despite the low 50's temperature. Armed with head nets and a Deet

undercoating, nine birders set out on the trail looking for the latest migrants. As usual, we heard many more birds than we could see. We heard the flute-like song of the hermit thrush, the ascending call of the oven bird, and the non-stop singing of the red-eyed vireo.

We saw a flying great blue heron, tree swallows patrolling the pond for insects, red-winged blackbirds declaring their territory, swamp sparrows, and a red-eyed vireo. We will have the pleasure of enjoying these species until they depart in the late summer for their southern wintering grounds.

~ Miok Salz



Blue Heron in Flight Photo Credit: Rich Salz

Outings Reports

May 22: Fishing Jabe Pond (postponed from April 30) Leader: Jeffrey Schanzer

Jabe Pond Road finally opened and Jeff led 3 of us in for a gorgeous morning of paddling and fishing on Jabe Pond. It was a perfect day to be on this local water. The seven Loons calling back and forth and Bald Eagle overhead outnumbered the people. Jeff caught one healthy Brookie while Gary and I were content to enjoy the beautiful morning. It was a wonderful way to start the summer. ~ Paul Foley



Gary and Paul getting ready to fish on Jabe Pond Photo Credit: Jeff S



Jeff with the brook trout he caught while fishing on Jabe Pond.

Photo Credit: Paul Foley

May 28: Paddle Amy's Park Pond, North Bolton Leader: Meredith Todd



Photo Credits: Peggy Carrol

Nine on Amy's Pond
Nuphar lily pad flowers
Noisy red wing BBs
~ Walt Nelson

Nine paddlers followed Leader Meredith Todd 420 feet down the trail to the boat launch and the ponds that showed much evidence of beaver activity, at least 2 beaver dams and any number of lodges. Experiencing Amy's Park from the water is a very different experience from that of the hiking trails. The granite shoreline covered with yellow, green and black lichen and mosses gave way to the ponds with recently emerged yellow water lilies and bog grasses that did not quite interfere with paddling, just in time to avoid denser vegetation. Great blue herons, red-winged blackbirds and birdsong were around, as were pitcher plants and sundew. We clambered back and forth over the short portage caused by a beaver dam thanks to direction and help by our leader and crew. The weather played with us, starting sunny, then cloudy, then spotty rain toward the final leg of the adventure. Although a bit damp at the end, we all were gratified to have experienced our very first paddle on these beautiful ponds. ~ Peggy Carrol

Outings Reports

June 4: Paddle Crane Pond, Pharaoh Lake Wilderness

Leader: Alex Paul



On a beautiful June blue sky day, three of us set out to enjoy the quiet beauty of Pharaoh Wilderness while paddling on Alder and Crane Ponds. Wheels made the carry from the Crane Pond parking lot into a nice hike with our Hornbecks. Our first paddle was across

shallow Alder Pond. A short carry took us to Crane Pond, where we saw two loons, two ducks, and four Canada geese. We explored Crane's perimeter and noted the abundant vacant campsites. After lunching at a campsite, we returned via the same route, appreciating the breeze which kept the insects at bay. It was an enjoyable pond-hop, with good company and weather. ~ Janice Reissig



CRC paddling on Alder and Crane Ponds Photo Credits: Alex Paul



June 4: Hike Poke-O-Moonshine Observer's Path

Leader: Lynn Butterworth



CRC at the Poke-O-Moonshine summit

Poke-O-Moonshine means broken smooth. This refers to the smooth, broken granite cliffs. Lynn led seven of us up to the summit where we were able to peer down at the smooth cliffs. A warm day, but thankfully a nice breeze where we were able to have our lunch while enjoying views of Lake Champlain, Vermont and a few High Peaks. ~ Gail Gabriels



Gail Helfer's Dad in 1961 at Poke-O-Moonshine.



Gail Helfer at Poke-O-Moonshine in 2026.

June 8: Paddle Follensby Clear, Pollywog, Little Pollywog, and Horseshoe Ponds

Leader: Walt Nelson



Follensby Clear Pond

4 ponds 4 carries
Very calm St Regis water
With helpful quartet

~ Walt Nelson

Outings Reports

June 11: Hike Palmer Pond, Chestertown **Leader: Ger Cox**



CRC at Palmer Pond Photo Credit: Tracey Donaldson

Hot and humid describes our adventure into Palmer Pond. The wetlands at the start weren't too bad to get through, and we were glad to be in the woods out of the heat of the day. The trail up to the mountain isn't well marked, and the yellow blazes on the trees are fading, so there was a bit of guesswork as we headed off the beaten path to climb up for views. Due to the heat and our depleting energy, we opted instead to view the pond and head back to our cars instead of venturing all the way around. We watched a loon for a while, heard a huge tree crash somewhere in the woods nearby, then returned to the start. Thanks to Ger Cox for leading the way.
~ Tracey Donaldson

June 11: CRC Potluck and Meeting at Loon Lake **Hosts: Marti Townley & Ken Shea**



CRC Potluck and meeting at Loon Lake hosted by Marti and Ken Photo Credit: Marti T

The Potluck on Loon Lake was another success! Our Lake Association has this lovely picnic area on the lake that we enjoy sharing. We had 48 members, good weather and yummy food! We had a loon to greet us and then a hairy woodpecker, along with a few bugs. Thanks to my brother and sister-in-law, John Rendinaro and Lynn Butterworth, and Anne Bernat for making the set up and clean up so easy. Also, a big thanks to our one chair leader, Bob Singley, for keeping our chapter organized and informed.
~ Marti Townley

Outings Reports

June 16: Paddle Nicks Lake, Old Forge Leader: Jocelen Pearson



Six paddlers enjoyed beautiful Nick's Lake in Old Forge on a day which exceeded expectations. The weather was perfect with blue skies, puffy white clouds, and a slight breeze to help keep the bugs away. Wildlife was plentiful with loons, mallard ducklings, turtles, and deer making an appearance. The campsites at the state campground were mostly empty so we had the

lake to ourselves. Several friends reconnected after not seeing each other over the winter and new friendships formed with others who only just met. A perfect day! ~ Jocelen Pearson



Nick's Lake in Old Forge Photo Credits: Jocelen Pearson

June 23: Bike Trip to Great Camp Santanoni, Newcomb Leader: Rich Salz



CRC bike ride to Santanoni Photo Credit: Rich Salz

was perfect! Thanks Rich for a great day in the woods! ~ Anne Bernat

On Wednesday June 24th, Rich led a small group of us on a 10-mile bike ride on the road leading into Camp Santanoni. This is a lovely ride through the woods with 500+ feet of elevation on the way in and 300+ feet elevation on the way out. So the ride out was a dream with hardly any peddling at all! all!

The road was in great condition and the weather

June 24: Paddle Indian Carry to Bartlett Carry, Upper Saranac Lake Leader: Walt Nelson



Paddlin' to chapel
Upper Saranac quintet
Launch return breezy
~ Walt Nelson

Outings Reports

June 25: Hike Sleeping Beauty Mtn/Bumps Pond loop, Fort Ann
Leader: Meredith Todd



On Thursday, June 25th, Meredith led a 5.4 mile hike with 1,000 feet of elevation change up to Bump Pond and then up to the peak of Sleeping Beauty on the eastern side of Lake George. There were 11 hikers who enjoyed the great views from the top of Sleeping Beauty looking west toward Lake George and then up to western and northern peaks. We could see Crane Mt, Gore Mt and the northern range. We did get some easterly views toward VT to see the Saddles and eastern VT mountains. Another spectacular day in the mountains! Thank you Meredith! ~ Anne Bernat



Photo Credits: Jim Waring

June 30: Paddle Lens Lake, Stony Creek
Leaders: Anne and Jim Waring



A group of 9 CRC members met at Lens Lake in Stony Creek to explore the beauty of the area. It was the first time paddling the lake for many of the members. We were fortunate to escape the high temperatures of the week by paddling under overcast skies with a few light showers which kept us cool and comfortable. Along the way, we explored the shoreline of the lake and some of the narrow channels that led to some marshy areas filled with flowering plants such as sheep laurel, pitcher plants, and orchids. In the distance, we were able to watch a family of loons, including 2 juveniles. We enjoyed the serenity of the quiet lake while spending some time with our CRC friends. ~ Anne Waring



Rose Pogonia by Walt, Pitcher Plant and Swamp Candles by Peggy and Sundews

Outings Reports

[CRC launches its own adkcrc.org Website](#)

Check out our chapter's website for upcoming outings at:

[Upcoming Outings](#)

Check out Matt Dunn's paddling videos at:

[Adirondack CRC](#) and click on the Media menu.

Many thanks to Matt for building and maintaining our adkcrc.org website for everything about ADK Cold River Chapter.

Thank You Gail Gabriels

The Outings Committee salutes Gail Gabriels for her many years of participation on the Chapter's Outings Committee and thank her for her leadership on the Chapter's more challenging outings; summer, fall, winter and spring. Gail has stepped off the Committee but will continue her participation in and leadership on outings. Gail is an accomplished hiker and cross country skier and we can count on her calm and patient manner whenever a fellow adventurer is in need of support or an encouraging word. When you see Gail on the trail, tell her thanks for stepping up and helping the Cold River Chapter to thrive.



A special thanks to those who led each of the 27 activities this past quarter, as well as Peggy Carrol, Walt Nelson, 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**

CRC Membership and Connections



ADK Cold River Chapter Annual Picnic

Chicken BBQ with sides,
Catered by Kelly's Good Eats

When: Saturday, August 15, 2026

Where: Large Pavilion at Donnelly Beach
Minerva Lake Beach Road
Olmstedville, NY

Cost: Members \$5.00, Guests \$15.00 (due at picnic)

11:00-12:00 Sign in-appetizers/social hour

12:00-12:20 Meeting

12:20-1:30 Lunch

1:30-2:00 Guest Speakers

Please provide your own beverage and place setting

Optional: You may provide Appetizers or Desserts to share.

RSVP: rtsing46@gmail.com



CRC Membership and Connections



And Mark Your Calendars!!

Sept 17th: A potluck hosted by Sharon Kendall at her Lake George home.
Where: 1725 Pilot Knob Road, Kattiskill Bay (Fort Ann).

When: 9 am -12 pm: Enjoy Lake George on the Kendall property

12 – 1 pm: Social Hour

1-1:30 pm: CRC Meeting

1:30 – 3 pm: Lunch

Please bring an appetizer, main dish, side dish or dessert to share, along with your plates, eating utensils and beverage.

RSVP: Text Sharon (518-858-6125) to let her know what you will bring.

There are plenty of outlets for dishes that need warming. While Sharon has a good supply of seating available, you may also bring a chair if you want to get a close-up view of the Lake. More details will be forthcoming in the September outings listing and on our chapter's website at: [Upcoming Outings](#) or contact Sharon at sharonambit20@gmail.com

Oct 15th – Minder Lodge or The Station at the Ski Bowl hosted by Judy and Steve Thomson, and Laurie and Greg Clark. More details will be in the October CRC newsletter and on our CRC website: [Upcoming Outings](#)

Nov 19th – The McCrums and Slivas will be co-hosting a potluck dinner in Noelle's home on Clarkson Road, Chestertown. More details will be in the October CRC newsletter and in the November Outings Listings and on our chapter's CRC website: [Upcoming Outings](#)

Dec 12th – Annual Meeting/Holiday Party at Garnet Hill Lodge from 11am – 2 pm. More details will be in the October CRC newsletter and on our CRC website: [Upcoming Outings](#)

If anyone is interested in hosting our wildly popular potlucks, please contact Rose Cooper rosecooper2@gmail.com or Maria Rinella Rinellium126@gmail.com

Membership News

Membership Chair, Susan Schuler
CRCADKmembership@gmail.com

As of June, 2026:

Total Cold River Chapter Members: 392

252 family members, 66 adults, 66 senior members,
6 family lifetime members and 2 individual lifetime members.

WELCOME NEW MEMBERS!
WE LOOK FORWARD TO SEEING YOU ON FUTURE OUTINGS.



Welcome New CRC Members:

Ken Clark from Schroon Lake, NY

Mira Kyzyk from Chestertown, NY

Robin Jo Dutcher from Queensbury, NY

Karen Finkbeiner from Saratoga Springs, NY

Suzanne Greismer from Arlington, VA

Terri Peasley from Lake Pleasant, NY