

Binghamton Outdoors!!!

Newsletter of the Binghamton Chapter
of the Adirondack Mountain Club (ADK)

Volume 8, Number 2

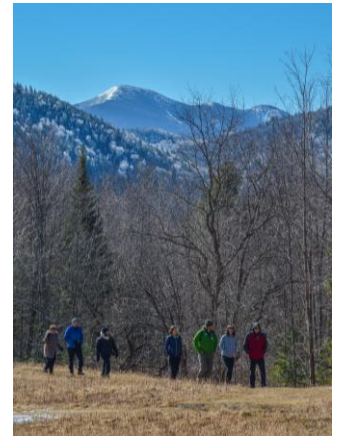
Spring 2016

A Message From Your Chapter Chair

I am often slow to adopt new technologies. It is strange now to think that one of my larger customers necessitated I get e-mail because that was the way they were going to submit all of their purchase orders. I am not on facebook and I have no intention to do so. I bought my first flip cell phone when the iphone was in the 4th or 5th generation. I do now have an iphone. Interestingly, I am on instagram. It was necessary to keep up with my nephews and nieces. As long as I was checking it out occasionally, I decided to follow ADK.

Recently I found myself in the Adirondacks with my family, and a visiting Aunt and cousin. While checking out instagram, I was pleasantly surprised to find that a free guided hike by a naturalist was available at Heaven's Hills in Lake Placid. Our guide, Tamarack Tom (yes, I should have gotten his real name) was entertaining and informative. The trails were a nice level stroll through varied terrain. My Aunt fully enjoyed the experience.

I originally joined ADK to give a couple of bucks to an organization that was supporting my playground. I found the guided hike another way that ADK gave back to me, and it is something my family will do again. And there are ways other than "Adirondac" to learn about what the club is doing. Mark Epstein



Upcoming outings and meetings! See details on pages 3 - 6

April 12th, 2016, Tuesday 7PM: Chapter meeting, Presentation on High Peaks Summit Steward Program by coordinator Julia Goren. Don't miss it! (at Chenango Town Hall)

Apr 30th, 2016, Saturday: Day hike new section of Northville Placid trail from Northville to Woods Lake

Apr 30th – May 2nd, 2016, Saturday – Monday. Backpack to Silver Lake after Northville Placid trail day hike

May 10th, 2016, Tuesday 7PM: Chapter meeting (at Chenango Town Hall)

June 4th, 2016, National Trails Day. This year's projects will be based out of Adirondak Loj in Lake Placid

June 14th, 2016, Tuesday 6PM: Chapter meeting, picnic, and paddling at Chenango Valley State Park

July 18 – 28, 2016, ADK St. Regis Paddle Outing. This very popular outing is booking up quickly....make your reservations now!

July 31st, 2016, Sunday: Ididaride Adirondack Bike Tour. Register at www.adk.org

Aug 12-13, 2016 Friday/Saturday: Peak To Brew Relay from Whiteface to Saranac Brewery. www.adk.org

May – Dec: ADK workshops and outings – see pages 5 and 6. Check www.adk.org for the latest updates!

From the Director

Four times a year I travel to Lake George and willingly sit for six hours on a folding chair in a huge log walled storage room with a cement floor. I am not alone. There are about fifty others there with me. It is a diverse group of men and women with a common dress code of jeans and hiking boots. We are members of the ADK Board. As the Director for the Binghamton Chapter I am there to represent you. I am surrounded by directors, officers, committee chairs and Staff members. All are dedicated to the mission of ADK. There are reports, motions, discussions and approvals. Time passes quicker than expected. On the ride home I ponder over what to report to the chapter. My head is full. I am amazed at what the club is accomplishing. I can't begin to describe all the things that are going on, so in short:

1. We are fiscally sound with a solid plan to procure monies and grow our investments.
2. Steps are being made to engage the younger population in order to ensure ADK's continuance.
3. Opportunities to enjoy the outdoors abound. See the online calendar at www.adk.org. Activities from all the chapters are listed.
4. Conservation and preservation activities are ongoing. A big thank you to those who responded to your representatives via email concerning a last minute state budget item. Those easy email letters do make a difference!
5. There are several opportunities to "pay forward" either with time or monetarily.

Feel free to contact me with comments, questions or concerns, Donna Coon

ADK Mission Statement

The Adirondack Mountain Club is dedicated to the conservation, preservation, and responsible recreational use of the New York State Forest Preserve and other parks, wild lands and waters vital to our members and chapters.

Chapter Opportunities

The following Chapter positions need you! Please consider volunteering for:

Program committee

Conservation committee

Hospitality committee

If you are interested in one of these positions or if you have questions, please contact:

Donna Coon, Nominating Committee, coledonnarn@yahoo.com

Suggestions and Ideas

Do you have suggestions or ideas about what you want from your ADK chapter? If so please share your suggestions and ideas with one of the officers. Feel free to call, email, or stop by a meeting!

ADK Books, Maps, and Gear

Did you know...when you shop the Adirondack Mountain Club's catalog, profits from your purchases support our three-fold mission of conservation, education, and recreation! ADK members receive a **20% discount** on ADK publications and a **10% discount** on ADK logo wear and gear. Browse your ADK Online Store at: www.adk.org

Spring / Summer 2016 Meetings Schedule

Please mark your calendar for these upcoming Chapter meetings. Meetings are the 2nd Tuesday of the month at 7 PM in the Chenango Town Hall Community Room unless otherwise indicated.

Chenango Town Hall Community Room
1529 State Route 12
Binghamton, NY 13901-5504

April 12th, 2016, Tuesday 7PM: Chapter meeting. Presentation on High Peaks Summit Steward Program by coordinator Julia Goren. Don't miss it...see details below! (at Chenango Town Hall)

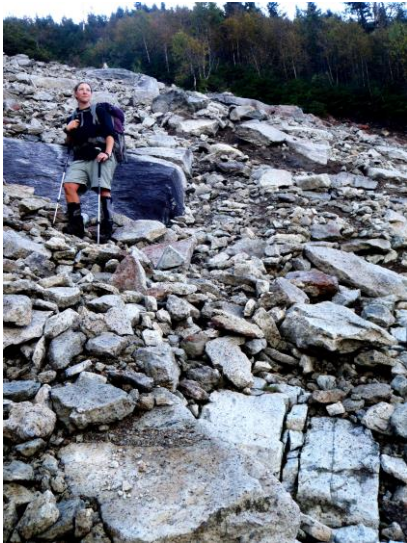
May 10th, 2016, Tuesday 7PM: Chapter meeting (at Chenango Town Hall)

June 14th, 2016, Tuesday 6PM: Chapter meeting, picnic, and paddling at Chenango Valley State Park

July and August – NO MEETINGS. Enjoy your summer outdoors!

Presentation on High Peaks Summit Steward Program - By coordinator Julia Goren

Summit stewards protect New York's alpine ecosystem through education, trail work, and research. These fragile plant communities are found only on the highest mountains of the state. The High Peaks Summit Steward Program is a partnership of ADK, the Adirondack Chapter of the Nature Conservancy (TNC), and the New York State Department of Environmental Conservation (DEC).



Summit stewards educate hikers to enlist their help in protecting alpine species from trampling. They hike to the summits of the tallest mountains every day and speak with every visitor about protecting alpine plants from human trampling by staying on the solid rocks. They are on Mt. Marcy and Algonquin Peak seven days a week from the beginning of June through Labor Day.

Summit Stewards also do trail work to protect alpine plants. They build scree walls and cairns to guide hikers and define the trail, and they pack areas with rock to prevent soil erosion.

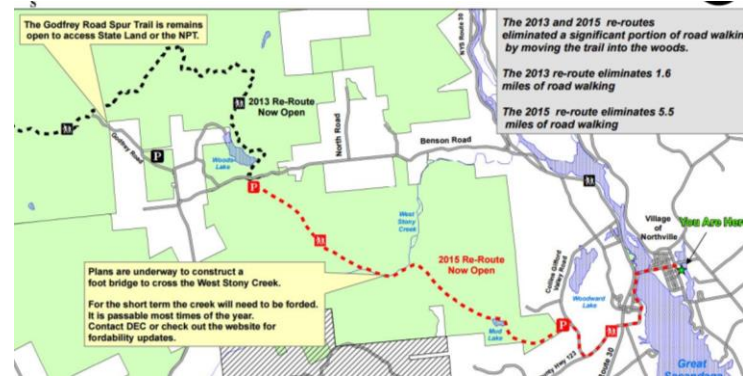
ADK's Education Director and long time Summit Steward Coordinator Julia Goren will join us Tuesday April 12 at 7pm at Chenango Town Hall to regale us with the program and her experiences. Julia will be joined by Catherine Forbes, the ADK Development Director.



Spring / Summer 2016 Outings Schedule

Northville Placid Trail (NPT) – New Southern trail re-route section day hike/optional backpack

April 30th day hike. We will leave Binghamton Saturday morning. Once we arrive in Northville we'll stop at the NPT Southern terminus visitor's area, then shuttle cars to the Benson Rd parking area. We will begin our hike at the Collins Gifford Valley Rd parking area. We will hike the 2015 reroute and a small section of the 2013 reroute to Woods Lake. Day hikers will hike back to the Benson Rd parking area and return to Binghamton.



Optional backpack: For those on the backpack, we will stay overnight at Woods Lake (primitive camp, no lean to or privy) on April 30th then hike to Silver Lake on Sunday May 1st. We will spend Sunday night at Silver Lake lean to then hike out and return to Binghamton on Monday May 2nd. RSVP to kenjny@stny.rr.com, or 607-341-1584.

ADK Master Calendar ****NEW****

ADK has created an online master calendar that consolidates in one place all the outings and activities planned by ADK and ADK Chapters. The calendar is packed with many great activities and shows activities for the next six months. One can browse by day or week or month, search on keywords, and request email and text updates. Check it out at <http://www.trumba.com/calendar/adirondackmountainclub>

Chapter Equipment for Rent

The Chapter has 4 pairs of Crampons and 2 pairs of Microspikes available for rent at a rate of \$5 per week. Crampons are necessary equipment for winter hikes in the Catskills and Adirondacks to traverse ice that is frequently found on trails. Microspikes are increasingly viewed as necessary equipment for late fall/early winter and early spring when snow or ice conditions make snowshoes and crampons poor tools of travel, yet bare booting becomes precarious. The Chapter Equipment / Rental policy is available on the Yahoo Group listserv and the web site. Contact Outings Chair Pat Connors at pat_connors_ny@yahoo.com to rent items or for more information.

From The Communications and Membership Chair

FYI...Our Chapter now has 196 members! Thank you for your support of ADK! Welcome to new and rejoined chapter members and affiliates: Colleen Kane, Steven Welter, Alex Racketta, Amie and Matthew Ross, Milton and Tracy Young, Walter Clark, Joe Higgins, William Knight, Daniel Perry, Joseph Latus.

Are you receiving 'ADK Today' via email, and chapter messages from our BinghamtonADK Listserv? If not we need an updated email address from you! Please send your current email address to kenjny@stny.rr.com. Here are the ways you can find out the latest activities and happenings with your Binghamton ADK Chapter:

WWW.BINGHAMTONADK.ORG Check out our chapter web site for the latest information and pictures! This is the place to find the latest Chapter activities. Would you like to post a picture or article on our chapter website? If so please send to rf8q46er@echoes.net

BINGHAMTONADK Yahoo group listserv: <http://groups.yahoo.com/group/BinghamtonADK/>

CHAPTER NEWSLETTER. We hope you find it informative. Send suggestions to kenjny@stny.rr.com

ADK education programs / activities. Register at www.adk.org

Skills Workshops (all dates are 2016)

Adirondack Landscape Photography Workshops - July 3, August 13, October 8

Join landscape photographer Brendan Wiltse to improve your photography skills. Brendan will teach you the basics of exposure and composition, along with numerous tips and tricks. The program is geared towards beginner and novice photographers. Location: Heart Lake Program Center (Lake Placid), Cost: \$75 (10% members discount)

Adirondack Pack Baskets - July 31 & December 11 (Lake Placid), December 4 (Lake George)

Create your own traditional Adirondack Pack Basket with the owners of Clear Creek Weavers, Bud Ziolkowski and Sandy Muller. During this full-day course, skilled craftsmen will take you through the step-by-step instruction to weave your own pack basket from start to "skids". Cost: \$75 small. \$85 large (Members receive 10% discount); includes instruction and materials.

Map & Compass Bushwhack - October 1-2

This is a great refresher course or a good place to learn the basics of map and compass skills. The first day will be an introduction to the fundamentals of map reading, compass use, triangulation, and identification of terrain features. On day two, participants will put their new found skills to the test with a guided bushwhack in the Heart Lake area. Cost: \$110 (Members receive 10% discount); includes instruction and use of materials

Map & Compass Fundamentals - May 28, July 9

This is a great refresher course or a good place to learn the basics of map and compass skills. This course offers an introduction to the fundamentals of map reading, identification of terrain features, compass use, and triangulation. Location: Heart Lake Program Center (Lake Placid), Cost: \$75 (Members receive 10% discount)

Wilderness First Aid - December 3-4

This in-depth course with Wilderness Medical Associates teaches students how to deal with medical emergencies when they are miles from help. The classes offer hands-on scenarios and lecture structure, through which students will learn to assess patients and become certified in wilderness first aid, CPR, and anaphylaxis training. Location: Heart Lake Program Center (Lake Placid). Cost: \$250, includes instruction and materials, Package: \$350, includes instruction, materials, meals, and lodging for 2 nights.

paddling Workshops and Outings (all dates are 2016)

American Canoe Association Flatwater Canoe/Kayak Safety & Rescue - August 20

The Flatwater Canoe / Kayak Safety and Rescue workshop introduces essential flatwater safety practices and rescue techniques for canoes and kayaks that can be performed with minimum equipment in the first few minutes of an emergency. The focus of this course will be on learning and practicing safety and rescue techniques extensively. Cost: \$40 (Members receive 10% discount); includes instruction and use of equipment.

American Canoe Association Combined Canoe and Kayak Instructor Certification Workshop - June 20-24

This unique program is designed to provide competent paddlers the opportunity to earn multiple certifications - Level 2 Essentials of Flat water Canoe (solo, tandem) and Flat water Kayak. There's plenty of on-water practice and dry-land training on safety techniques, stroke and maneuver refinement, and development of teaching skills. This workshop is led by ACA certified Instructor Trainers and is ideal for those in the paddlesport industry, trip leaders and other canoe or kayak enthusiasts. Cost: \$499 non-members (Members receive 10% discount); ACA membership (\$40/year) and affiliation with the ACA Safety Education Instruction Council (\$25/year) required.

Conservation Paddling Outings

Join our Advocacy and Education staff for a FREE paddling outing. Along the way staff will discuss current issues threatening the Adirondack Park. Those issues include the threat from invasive species and the ongoing land purchase and classification process. Participants must bring their own boat.

Upper Hudson River - May 14

Essex Chain Lakes - June 25

St. Regis Canoe Area - July 31

Guided Hikes and Backpacking Trips (all dates are 2016)

High Peaks Day Hikes

Whether you are working on your 46, uncomfortable approaching the High Peaks on your own, or just looking for a great hike in the mountains, these one-day guided trips are for you. We'll discuss safe low-impact travel, route selection, off trail navigation, and the rich natural history of the Adirondacks. All hikes are strenuous and will require a full day of hiking. Cost: \$75 (Members receive 10% discount), includes guide and instruction.

Street & Nye (elev. 4,166' & 3,895'), 9 Miles - July 10, September 19, October 10

Table Top (elev. 4,427'), 10 miles, July 4, August 22, September 2

Esther(4240 ft),6.6 miles - June 27, July 25, September 4

Mt. Marshall (elev. 4,360'), 17 Miles - August 5, September 12, October 9

Macomb, South Dix & Grace (elev. 4,405'; 4,060' & 4,012'), 12.3 Miles - July 9, August 29

Dix & Hough (elev. 4,857' & 4,400'), 13.7 Miles - August 7, August 15

Seward (elev. 4,361'), 14 Miles - July 18, September 3

Donaldson & Emmons (elev. 4,140' & 4,040') 14.6 Miles - July 8, August 6, September 26

Seymour (elev. 4,120') 14.4 Miles - August 1, October 8

Women's Day Hikes

MacIntyre Range (elev. up to 5,114') 10.8 Miles - July 23

Gothics (elev.4,736') 13.6 Miles - August 15

Backpacking Trips

Beginner Backpacking - June 17-19

Enjoy learning the tips and tricks of backpacking and low-impact camping with a NYS Licensed Guide. Three days and two nights will be spent in the High Peaks Wilderness covering topics such as proper gear, food planning and preparation, safety considerations, map reading, camp set-up, low-impact techniques, water treatment, waste management and stove use Location: Heart Lake Program Center/Field

Cost: \$199 (Members receive 10% discount); includes instruction, meals, and use of group gear.

Trailless Peak Backpacking

These trips are designed for those who have experience hiking and backpacking and who are looking for guided backcountry experience in pursuit of climbing the summits of the High Peaks. The group will hike into a base camp from which they'll be guided up the "trailless" peaks. These courses will be a cooperative group camping experience led by a NYS licensed guide with the shared responsibility of camp chores, cooking, and decision-making. Cost: \$199 (Members receive 10% discount); includes instruction, meals, and use of group gear.

Dix Range - June 24-26, July 29-31, September 9-11

Seward Range - July 1-3, August 12-14, September 16-18

Santanonis - July 22-24, August 19-21, September 23-25

Cliff & Redfield - September 30-October 2

Allen Mt. - July 15-17, August 26-28

Meeting and Outing Reports

Winter Grace Camp Outing – by Pat Connors

This winter's Binghamton ADK chapter trip to Grace Camp consisted of myself, my daughter Colleen and chapter member Bob. We drove up on Sunday, arriving at the Garden about 3:00PM. There was very little snow but due to the recent melt the parking area was virtually a large skating rink. Our microspikes crunched loudly as we hiked along. The weather was overcast and the temperature was comfortable in the 20's. The three mile hike back into Grace Camp was uneventful and we arrived by 5:00 PM or so. We unpacked and settled into the cabin. The plan was to wake up early and hike up the Orebed trail and then over Gothics to Armstrong and to Upper Wolfjaw and then back down the Wolfjaw trail to Grace Camp.



We were on the trail by about 8:00. Since there was no snow we left the snowshoes behind. We started out in microspikes and had our crampons in our packs. We made good time and soon arrived at the Orebed lean to. By this time there was a covering of about 2-3 inches of snow. We hit the slide which, of course, was a solid river of ice. We considered changing into crampons but the microspikes seemed adequate as long as we were careful. We made it to the Gothics/Saddleback col and started up the Range Trail toward the cables. When we hit the bottom of the cables we changed to our crampons and started up the steep, exposed, but exhilarating, route. The cables were intermittently buried in ice and snow and frequently ice encrusted themselves. We ascended steadily and carefully with me anxiously watching Colleen (and Bob too I guess!) as they negotiated the ice and exposed areas. Luckily the weather was good...cloudy but little wind with good views. At the top of the cables we stopped and caught our breath and enjoyed the view back toward Saddleback. We pressed on and soon were at the Gothics summit. We stopped for lunch and enjoyed the views which were magnificent.



We pressed on but the trail was not always obvious and we lost the track. I wandered around looking for it and fell into a couple of spruce traps up to my waist...Plenty of snow up on the summit! We found the trail and on we went. The hike to Armstrong was easy. We stopped at the summit and enjoyed the glorious view. The view back to Gothics was awesome. We pressed on to Upper Wolf Jaw. Everything was ice at this point with many large ice flows engulfing the trail. The going was very slow as we picked our way carefully up and down the ice flows using trees and tree branches for any kind of support and help. We hit the summit rock on UWJ and stopped for a minute but I was anxious to get down over the last bump and down into the Wolfjaw col. I knew the trail down was steep and worried

about the ice. The trip down became a slow, careful crawl as we encountered ice flow after ice flow. A couple of times we used ropes strung around trees to lower ourselves. I really started to worry about the big rock face where the ladders were. Soon we were at the ladders and it looked as bad as I had feared...solid ice totally encased the top 3 or 4 rungs and just getting to the ladder looked extremely treacherous but below those rungs there was good footing. I got my ice ax out and crept backwards cautiously toward the ladder using my front points and ice ax. I got to the ladder and dug the ax in hard and used it to anchor myself as I lowered myself past the ice encased rungs. At this point I was committed as I swung out and down and my feet found the exposed rungs. After securing my footing on the rungs. I used my ice ax to chomp steps for the others and chopped out the iced up rungs. Bob and Colleen carefully



climbed down and soon we were at the bottom of the ladder and pretty glad to be past it. We continued on battling the ice flows at every turn. At last we hit the col and the hiking got easier. We trudged down and were back at the cabin by about 5:00PM.



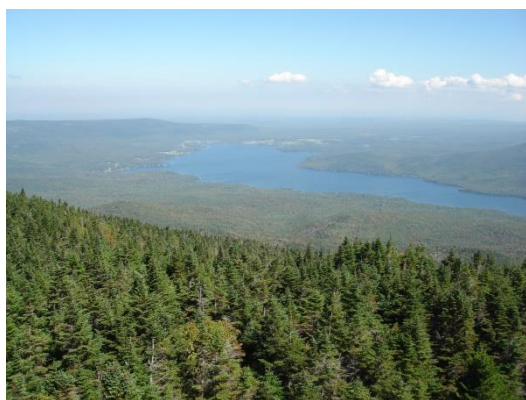
At the cabin we wearily took off our gear and Bob cooked up a hearty dinner of sheppard's pie. It started to snow lightly and the temperature dropped. After we ate we spread our gear out to dry and were asleep by 9:00. It started to lightly snow during the evening and the temperature dropped. The next morning we packed up and started out in cold, crisp air and about 2-3 inches of new snow. The snow made the woods a wonderland but made the trail treacherous, hiding the solid ice under a covering of powder. Two times I slipped and wiped out as my foot slipped on the glare ice...but after the day before it was merely an amusing annoyance. Soon we were at the Garden where we packed up the car and started the long trip home. It had been a rugged and enjoyable hike and a great ice filled adventure that we would not soon forget.

The Fire Tower Challenge - by Erik Gregory

I've been bitten by the "Fire Tower Challenge" gauntlet put down by the Glens Falls – Saratoga Chapter of ADK. I wrote about Pillsbury Mountain in a 2014 newsletter, and mentioned that I had also done Bald Mountain in the Adirondacks, and Hunter Mountain on one of our Winter Chapter hikes. Since then I've also hiked Hurricane Mountain, which had some great views, particularly since I did it in November 2014 and there was already snow on the ground.

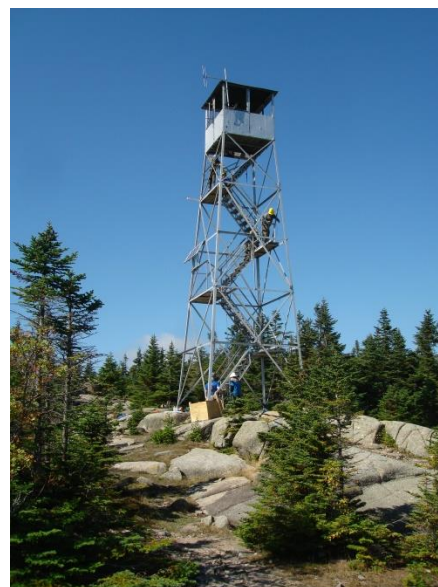
LYON MOUNTAIN FIRE TOWER

Mid-September 2015 we took a vacation to Chazy Lake, and the Lyon Mountain trailhead was only 2 miles from where we were staying – the perfect opportunity to hike another Fire Tower peak. The place where we were staying had a golf cart for our use, so I took the golf cart to the trailhead on September 17th – definitely a first.



The new Lyon Mountain trail was completed in 2008 by ADK's Professional Trail Crew, and they did a great job! The new trail replaces the old 2.5 mile trail that went straight up the mountain with a 3.4 mile trail incorporating 2 bridges and 11 switchbacks. You can still hike the old trail if you want, but the new trail is great to hike and easy on the legs. At my pace there was a stream about every 30 minutes. (OK, the middle stream was more like a trickle, but you could get water from it if you needed

water.) The grade made it easy to maintain pace, and the warming temperatures (the day would top out at 80 degrees) made it a comfortable hike. The new trail finally crosses the old trail high up the mountain, switchbacks a couple more times, then joins the old trail for the final short distance to the top. The views on top are great, particularly to the East from a rocky ledge. (My first photo is from the top of the tower.) A Student Conservation Association group was finishing their work on tower refurbishment the day I was up there (Photo #2), but I was able to go up the tower and get the complete view from the cab while they were on their lunch break. There was a little bit of haze in the distance, but I could still see Lake Champlain (about 25 miles away) and the Green Mountains in Vermont.



BLACK MOUNTAIN FIRE TOWER



September 27th, 2015, was a beautiful day for a hike in the Lake George Region – another opportunity to hike a fire tower peak. It's about an hour from Lake George village to the trailhead, driving via Whitehall. The trail is a well-maintained 2.8 mile trail that takes you to the top without much difficulty. I was surprised at how few trees had turned color – there were a lot more trees turning color in Binghamton. There's no water on this route, so you need to plan on taking everything that you're going to need.



I knew in advance that this was not a fire tower that you could climb – the site has been taken over as a communications

facility. As you approach the top the first thing you see is the windmill that's been put in place to provide power to the facility (Photo #1). There's fencing around the tower base now, and also solar panels inside the fence to help with power (Photo #2).



Since there's no way to climb higher, the views are restricted to those that can be seen from the rock outcroppings on the North side of the peak. The view up the North arm of Lake George is spectacular (Photo #3). You can hike this peak using a loop trail, so I decided to complete the loop and leave the top heading South. This trail is steeper, and drops quickly, but it's not uncomfortable to descend. On the way down there's a rock outcropping that affords a good view of the Lake George narrows and the area around Bolton Landing and Green Island (Photo #4). In a mile the trail drops to the level of the Black Mountain Pond area. There's a fork to the West that descends further to Black Mountain Point on Lake George. The other fork returns to the trailhead passing in the vicinity of several ponds, most of which are at least 50% filled in with vegetation. This return trail is another 3.2 miles from the junction, making the total return on this route 4.2 miles. For the first couple of miles there's also quite a bit of up and down to the trail. All in all a good hike on a nice fall day.

Address Label

Subscription to this newsletter is included in membership in the Binghamton Chapter of the Adirondack Mountain Club. It is available to the public and to non-chapter members for \$5 per year. Contact Ken Jackson at (607)341-1584 for more information.

Binghamton Chapter Officers and Committee Chairs

Chair: : Mark Epstein
798-9115 mepstein@stny.rr.com

Director, ADK: Donna Coon
445-4003 coledonnarn@yahoo.com

Outings chair: Pat Connors
625-4078 pat_connors_ny@yahoo.com

Vice-Chair: Brooks Getty
757-9427 brooksgetty@gmail.com

Program Chair: Open
(your name could be here!)

Communications/Membership chair:
Ken Jackson
341-1584 kenjny@stny.rr.com

Secretary: Lindsey Leiser
723-2357 adk46@stny.rr.com

Conservation chair: Open
(your name could be here!)

Hospitality: Open
(your name could be here!)

Treasurer: Elaine Gregory
775-0952 cricket46@echoes.net

Webmaster: Erik Gregory
rf8g46er@echoes.net

Adirondack Mountain Club annual membership dues are \$50 for individuals and \$60 for families (other membership levels are available, including seniors and students). Benefits of membership include:

- discounts on ADK workshops and programs
- invitations to member only outings and extended trips
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- Adirondac Magazine six times a year
- discounts on ADK merchandise
- reduced rates at ADK facilities: lodges, leantos, cabins, and campgrounds
- membership in one of ADK's 27 chapters throughout the Northeast

For more information go to www.adk.org or call 800-395-8080