



On the Western Slope

Summer 2011

Western Slope Goes Electronic

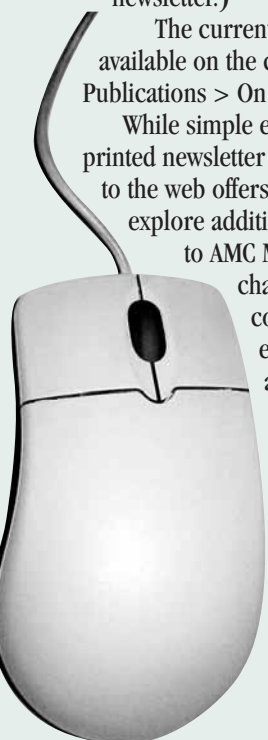
The Summer 2011 issue of *On the Western Slope* – yes, the very copy you are holding in your hands – will be the last that AMC Mohawk Hudson chapter members receive via the U.S. mail. Starting with the Fall 2011 issue, *On the Western Slope* will be available only in electronic form.

To sign up for email alerting you to the newest issue, go to the AMC Member Center at www.outdoors.org; you'll need your AMC member number located on the label of *AMC Outdoors* and on your Membership Card.

Sign-up instructions are also available on our Chapter web site, www.amcmohawkhudson.org. (Select Resources > FAQs > Website > How do I arrange for electronic delivery of chapter newsletter.)

The current *Western Slope* is also available on the chapter web site (Select Publications > On Western Slope.)

While simple economics brought this printed newsletter to an end, publishing to the web offers the opportunity to explore additional content of interest to AMC Mohawk Hudson chapter members. Please contact the newsletter editor with your ideas and suggestions.



Mohawk Hudson Chapter Summer Picnic

The Chapter has rented a covered pavilion for the whole day (8 a.m. – 9 p.m.) at the north beach area of North Lake State Campground, off Rte. 23A in Haines Falls, N.Y. Beach, changing building and bathrooms are nearby. Bring your own food, frisbees, pictures, gear to sell, and stories. We'll provide charcoal for grilling, and plan to dine around 4 p.m.

Children are welcome, as are guests and members of other AMC chapters who wish to get to know this wonderful area in the Catskills. There's plenty of hiking; we can provide maps, and arrange for a Leader to show the way to such places as Badman's Cave, Boulder Rock, Artist's Rock, Sunset Rock, Mary's Glen, and Inspiration Point.

Ask for directions at park entrance station; there is a NYS parks vehicle use fee. For more information, and to register in advance, contact Leader: Wally Herrod, 518-758-9463 or wher48@gmail.com



Trails Update: New Rail Trail

Chapter members worked with the Mohawk Hudson Land Conservancy's Friends of the Rail Trail group to clear a 1.8-mile section of an abandoned rail corridor in Delmar, N.Y.

Approved for limited, non-motorized public use, the trail is part of the Albany County Rail Trail that will eventually stretch from the Port of Albany to the Village of Voorheesville (about 9 miles); it begins at Fireman's Park near New Scotland Rd. in Slingerlands and ends at Veteran's Park on Delaware Ave. in Delmar.

A grand opening celebration for the rail trail was held on June 4, National Trails Day.

Thanks to all who helped out; our participation creates positive publicity for both our club and the Friends' efforts to secure funding to complete the rail trail.



Dunbar Brook Trail, Berkshires; May

New Members

Christina Altieri	Carol Kennedy
Fred Anders	Sandra Knab
Jennifer Anderson	Karla Lehtonen
Sandy Andersen	Chris Leonard
Nancy Ashley	Nanette Leonard
Mark Bagdon	Karen Lipson
Onathan Blank	Mary MacDonald
Linda Brazell	Marie Markowitz
Richard Buck	Mary McManus
Mr. & Mrs. Carroll	Lynn McNulty
Lisa Cheney	Michael McShea
Richard Cuozzo	Christina McMillan
Dawn & Richard Dana	Nigel Mears
Robert Davis	John Mizerak
Paul Dean	Keith Murray
William Downs	Sukumar Nagamani
Louise Finlayson	Jesse Pavlick
Edward Flynn	Nancy Pine
Robert Foster	Kathleen Preston
Erica Givens	John Robertson
Jonathan Glasgow	Marie Rosenblatt
Alan Goldberg	Fred Schmeler
William Gregory	Edward Schneier
Marcia Hanson	Richard Sise
Clif Harriman	Mark Small
Walter Havighurst	Isaac Small
Edward Holcomb	Suzanne Sullivan
Dan Jablonski	Michael Wallender
Michael Jarus	William Werte
Sue Jordan	Theodore Yankovich

Mohawk Hudson Chapter Executive Committee 2011

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Christine Simson, Newsletter Editor
518-322-0296, e-mail: csimson@hotmail.com

**Sandy Andersen, Communications &
Publicity Chair**
518-281-9355, e-mail: sandersen63@gmail.com

www.amcmohawkhudson.org
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Mohawk Hudson Chapter Outings

July | August | September 2011

All activities require advance registration: Please contact the Leader for information about hike difficulty, meeting time and place, carpooling, and bike updates due to weather or trail conditions.

Consult the chapter web site, www.amcmohawkhudson.org, for detailed descriptions and updates of outings. Join our Yahoo group for email updates on outings; and join us on Facebook.com.

The chapter offers mid week outings that generally do not appear in the schedule below.

- The Midweek Hikers invite you to hike with them on Wednesdays. For more information about this group and/or to join our email list, contact Gerry Weber: 518-758-7189 or gww@fairpoint.net
- The Hiking at a Relaxed Pace (HARP) group bikes on Thursdays or Fridays. For more information and/or to join our email list, contact Frank or Dee Wind, 518-458-1781, or we_tell@verizon.net

July

Saturday, July 2 — Monument Mountain, Great Barrington, Berkshires (C-3-B)

In return for some moderately strenuous hiking over a relatively short distance, the hiker is rewarded with a picturesque summit overlooking the southern Berkshires. We may even be lucky enough to spy pink mountain laurel blossoms at the top! Meet 9:30 a.m. at the I-90 Exit 11E – Schodack Park and Ride. Leader John Tiff, 518-439-5686 or jtiff2@nycap.rr.com

Friday-Sunday, July 8-10 — Flat Water Kayak Weekend in West Brookfield, MA

Join the Mohawk Hudson Chapter for a weekend of flat water paddling: Friday afternoon on Lake Wickaboag; Saturday 8.5 miles on the Quaboag River; and Sunday 7 miles on the Swift River. We will be staying on the river at the Copper Lantern Motor Lodge and dining at Salem Cross Inn on Saturday night. Leader: Randy MacDonald, randy04415@yahoo.com or 518-766-7675 before 9 p.m.

Saturday, July 9 — Mt. Greylock from Mt. Williams, Berkshires (B-3-B)

We'll drive up the newly-refurbished Mt. Greylock Road from the north to the 2250 ft. level; hike up the 2950-ft. Mt. Williams; and then along the ridge to the scenic summit of Mt. Greylock at 3491 ft. Round trip distance is about 6 miles. A hike up Mt. Greylock is not to be forgotten, and this is the easiest way to do it. Refreshments available at the summit's Bascom Lodge. Leader: Wally Herrod, wher48@gmail.com or 518-758-9463.

Wednesday, July 13 — Bike Six Lakes of Rensselaer County, NY

Tour around Snyders Lake, Crystal Lake, Glass Lake, Crooked Lake, Burden Lake and Nassau Lake. There are a few moderate hills and occasionally a short,

steep one, but nothing discouraging. Round-trip biking distance is 34 miles. Meet at the Park and Ride off Rtes. 4 and 43 in Defreestville. Contact Leader for meeting time: Phil Fountain, pfounta1@nycap.rr.com or 518-371-8585.

Thursday, July 14 — Thacher State Park's Indian Ladder Trail, Helderbergs (C-3-C)

Simultaneously catch a panoramic view of the Hudson and Mohawk Valleys, and marvel at the limestone cliff landscape of the trail itself. This is a good opportunity for beginners and families to take a leisurely hike and, if they wish, enjoy lunch afterward. Meet 9:30 a.m. at the Elm Ave/ Rte. 32 Park and Ride in Delmar, or 10:00 a.m. at the Indian Ladder parking lot. There is a park vehicle entrance fee. Leader: John Tiff, 518-439-5686 or jtiff2@nycap.rr.com

Saturday, July 16 — Little Rock Pond and Green Mountain, VT (B-3-B)

We'll hike this 6.5 mile loop in a counterclockwise direction, heading north on the Long Trail to Little Rock Pond. We'll stop for a snack and chat with the resident caretaker and, if we're lucky, maybe some thru hikers. Swimming is also an option here on a hot day. Then we'll climb Green Mountain for views of the Little Black Brook Valley through which we came. Optional stop for ice cream near Manchester afterward. Ascent: 1070 ft. Leader: Stacey Michon, 518-269-1858 or smichon125@gmail.com

Saturday, July 23 — Hadley Mountain, So. Adirondacks (C-3-B)

This is a fun, family hike, and the views from the trail will inspire many first timers to keep on hiking. We'll meet 9 a.m. at the I-87 Exit 9 – Clifton Park area Park and Ride. Leader: John Tiff, 518-439-5686 or jtiff2@nycap.rr.com



Wednesday, July 27 — Tawasentha Park, Guilderland, NY (C-3-C)

Join us on 3 to 4 miles of hiking trails in lovely Tawasentha Park, a Guilderland Town Park. Easy walking with gentle rolling hills. Some trails go along the Normanskill or tributary streams; there are some great views of the Helderberg Escarpment, and one of the 1777 Battle of Normanskill site. Bring water and lunch; there are plenty of picnic tables. Contact co-Leaders to register: Will and Nancy Crowther, 518-698-0531, or 518-864-5258 or nancy@crowther.org

Saturday, July 30 — Flat Water Kayak, West Branch of Sacandaga River, NY

Nine miles. We will spot cars. For more information, contact Leader: Randy MacDonald, randy04415@yahoo.com or 518-766-7675 before 9 p.m.

Sunday, July 31 — Kayak at Goose Pond near Lee, MA

Lunch at AMC's Goose Pond cabin. For more information, contact Leader: Randy MacDonald, randy04415@yahoo.com or 518-766-7675 before 9 p.m.

August

Wednesday, August 3 — Sage's Ravine & Bear Mtn. near Salisbury, CT Berkshires (B-3-B)

This is a beautiful area at any time of the year. Sage's Ravine is REALLY COOL! Bear Mtn. is the highest mountain in CT, at 2316 ft. Distance is about 5 miles with one attention-getting steep ascent to a summit with great views. We start our hike near the CT Chapter's Northeast Camp. Leader: Wally Herrod, 518-758-9463 or wher48@gmail.com

Saturday, August 6 — Mts. Everett, Race, & Sage's Ravine, MA (B-3-A)

This will be a long day; starting at Guilder Pond, and hiking south on the AT over Mts. Everett and Race, and finally through Sage's Ravine. There are excellent views from both mountains, but Mt. Race is the showstopper with a half mile of open ridgeline. We will lunch here, with a great view to the east. Continuing through Sage's Ravine, and down a side trail to our spotted car(s), if there's time, we can check out AMC's Northwest Cabin nearby. Distance is 7-8 miles; ascent is 1100 ft. Leader: Stacey Michon, 518-269-1858 or smichon125@gmail.com

Saturday, August 13 — Tanglewood & John Drummond Kennedy Park, Berkshires (C-3-B)

Take in a Saturday morning rehearsal of the Boston Symphony Orchestra at Tanglewood (near Lenox, MA), featuring music of Prokofiev, Brahms, and Schumann. Ticket information at: www.bso.org. After lunch on the grounds,

we'll proceed to a nearby park for a three to four hour hike with good views and historical points of interest. Meet 9 a.m. at the I-90 Exit 11E — Schodack Park and Ride. Leader: John Tiff, 518-439-5686 or jtiff2@nycap.rr.com

Wednesday, August 17 — Hadley Mt., So. Adirondacks (C-3-B)

Get to the top of a real Adirondack mountain without the long drive. Beautiful views of the Sacandaga Lake area. Moderately steep, with an ascent of 1600 ft.; fire tower on top. On a clear day, see the Adirondack High Peaks. New hikers in good physical condition are encouraged to come along. Leader: Wally Herrod, 518-758-9463 or wher48@gmail.com

Wednesday, August 17 — Bike Saratoga, NY

Bike from Round Lake to Saratoga's Oklahoma Track to catch some thoroughbred horses during their early morning workout. We'll ride for a few miles on Route 9, but then mostly on back roads. Meet 6:00 a.m. at the Round Lake Bike Trail parking lot. Round trip distance on bike is about 30 miles. Contact Leader: Phil Fountain, pfounta1@nycap.rr.com or 518-371-8585.

Saturday, August 20 — Chapter Picnic & Hiking, Catskills

Come on out for the Mohawk Hudson Chapter's Summer Picnic! Please see same-named article in this newsletter for all information. Leader: Wally Herrod, 518-758-9463 or wher48@gmail.com

Wednesday, August 24 — Berry Pond, Lake George, Southern Adirondacks (B-3-B)

This is a new property of the Lake George Land Conservancy. We begin at the Lake George Village Recreation Center and climb 800 ft. (some steep sections) to Berry Pond. Approximately 5 miles, following blue and orange trail loops. Leader: Sharon Bonk, sboqc@mindspring.com or 518-674-0042.

September

Saturday, September 3 — Mt. Monroe & Mt. Washington, White Mountains, NH (A-3-A)

Distance is about 10.2 miles and the ascent is about 4200 ft. We will be climbing the Ammonoosuc Ravine and returning via the Gulfside-Jewett trail. Leader: Kevin Cox, mmcloug1@nycap.rr.com or 518-279-4839.

Saturday, September 3 — Southwest Hunter & Hunter Mtns., Catskills (A-3-C)

Distance: 9 miles. Ascent: 2225 ft. Elevation: 3740 ft. & 4040 ft., respectively. Rain (or threat of) cancels this moderately paced bushwhack and trail hike. For time and meeting place, contact Leader: Ken Hubert, hikeleader3500@yahoo.com or 518-827-7327.

Sunday, September 4 — Mt. Isolation, White Mountains, NH (AA-3-A)

We will start from Pinkham Notch Visitor Center via the Boott Spur Trail and Davis Trail and return the same way. Distance is 13.4 miles and ascent is 4500 ft. Leader: Kevin Cox, mmcloug1@nycap.rr.com or 518-279-4839.

Saturday, September 10 — Algonquin Peak, Adirondacks (A-3-A)

Climb the "most enticing of all the Adirondack High Peaks" (Barbara McMartin), with spectacular views of Colden, Marcy and the northern and western Adirondacks. We will take the most direct trail, 8.5 miles round trip with an ascent of 2940 ft. Leader: Julian Hadley, 518-753-4898 or julianhdl1@gmail.com

Saturday, September 17 — Hoosac Range/Spruce Hill, North Adams, MA, Berkshires (B-3-B)

This new trail on Berkshire Natural Resources Council property takes us to Spruce Hill (2566 ft.) in Savoy State Forest. Round trip 6 miles with 360 degree views from the top and a chance of viewing migrating hawks. 700 ft. elevation gain. Leader: Sharon Bonk, sboqc@mindspring.com or 518-674-0042.

Friday-Sunday, September 23-25 — Chapter Weekend, Cardigan Lodge, Southern White Mountains, NH

AMC's Cardigan Lodge has all levels of hiking trails right out the front door! We've reserved three 5-person bunkrooms with shared bath, and one 2-person private bunk with shared bath. Price includes 2 breakfasts, 2 dinners, and 2 trail lunches and taxes. Cost is \$133 per person for the whole weekend. (If we meet AMC's discount level, everyone will get a few dollars back.) Make checks payable to Leader: Stacey Michon, and forward to her by July 25th. smichon125@gmail.com or 518-269-1858.

Hike Ratings

Distance

- AA = +13 miles
- A = 9 to 13 miles
- B = 5 to 8 miles
- C = under 5 miles

Leader's Pace

- 1 = very fast pace, 2.5 mph or faster
- 2 = fast pace, 2 to 2.5 mph
- 3 = moderate pace, 1.5 to 2 mph

Terrain

- A = very strenuous
- B = strenuous
- C = average





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 Mohawk Hudson Chapter
 1303 Huntington Court
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CHAPTER & CLUB EVENTS & MEETINGS

July 11 ExecCom/EGTL, 6:45 PM
 Aug 20..... Chapter Picnic (see Pg 1)
 Sept 12 ExecCom/EGTL, 6:45 PM
 Sept 23-25..... Cardigan Weekend, N.H.

SAVE THE DATES!

Aug 26..... AMC Nominations Due
 Oct 14-16 AMC Fall Gathering
 Nov 17..... Chapter Annual Meeting



Barberville Falls, Poestenkill, N.Y.; April

A Word From our **Chapter Chair**



Summer is here and it's time to get out and enjoy the nice weather. We are fortunate to live in an area that offers a multitude of outdoor activities from which to choose. We have great local preserves with hikes for everyone to enjoy. Within a few hours, we can be in the Adirondacks, Catskills, Berkshires, Taconics, or Green Mountains, just to name a few. We also have excellent waters for paddling, and

many scenic bike paths. Our hike leaders do a wonderful job of taking advantage of everything our area has to offer, so I encourage you to come out and join us.

Sign up for electronic delivery of the chapter newsletter to make sure that you don't miss future issues. We're excited about moving to an all-electronic format, and anticipate new opportunities to bring interesting content to our readers.

Please note that our annual chapter meeting and elections will be held on November 17th. Send nominations by August 26th to Wally Herrod, wher48@gmail.com or 518-758-9463.

We have a new publicity chair! Thank you, Sandy Andersen, for volunteering your PR expertise to get the word out about our club and activities to the local media. Sandy's experience will be a valuable asset to our chapter.

See you out on the trails!

Stacey Michon

Leave No Trace

At the quarterly meeting in April, Ted Beblowski, New York State representative of the national Leave No Trace organization, introduced the basic principles of the Leave No Trace concept:

- Plan ahead and prepare** – Learn area rules; plan for hazards and emergencies; pack food to minimize waste.
- Travel / camp on durable surfaces** – Stay on existing trails, even if muddy.
- Dispose of waste properly** – Carry-in / carry-out. Dispose of waste only in designated containers.
- Leave what you find** – Leave rocks, plants and flowers in their native areas. Don't introduce or transport non-native species.
- Minimize campfire impacts** – Keep fires small; use fire rings or containers.
- Respect wildlife** – Observe only from a distance, and do not feed. Control pets or leave them at home.
- Be considerate** – Yield to others on the trail; keep voices to a low volume.



Bartholomew's Cobble, Sheffield, MA



Huyck Preserve, Rensselaerville, N.Y.