On the Summer 2010

Members Get Exercise, Fresh Air and Satisfaction in Completing Trail Maintenance Project

On May 1, ten chapter members did a fine job of improving “our” Section 33 of the Long Path. Part of the section where we worked was on an easement for the Trail on land owned by Warren “Mike” Willsey who also worked with us. For those who may not know the history of the Long Path: Mike Willsey, working with Long Path North Hiking Club and New York - New Jersey Trail Conference, helped lay out the original route, persuaded land owners to sign easements to have the Trail on their property and then with members of LPNHC built the Trail from the Catskills through Thacher Park.

After wielding shovels, hoes, loppers and paint brushes, participants gathered for a wine, cheese and crackers “picnic” put together to reward them for their efforts. The refreshments were organized and provided by Paul and Diana Praus. Margie Jordan contributed a special cheese and continued a tradition by bringing (from North Carolina and no longer available here) “Scuppernong” wine made from an Appalachian Mountain grape. The picture shows those chapter members who got some good exercise “putting something back in the trails” for all hikers to enjoy. Join us on the next project.

Clark Galloway, Trails Chair.

September Highland Center Weekend

It’s time to sign up for the chapter Highland Center Weekend, September 24-26. We have 3 types of rooms reserved: private double ($264pp); 4 person bunk room ($162pp); and bunks in the Shapleigh bunk house ($126pp). Rates include dinners Friday and Saturday, breakfasts Saturday and Sunday, and taxes. Hiking options include A, B, and C level hikes. Contact Sharon Bonk for details and to make reservations. (sboqc@mindspring.com, 674-0042). Final payment is due in August 21. Please make checks payable to Sharon C. Bonk.
Annual Meeting Scheduled for November 18

Mark your calendars to hold the date for the Chapter Annual Meeting and Election. This year we will have a by-laws change on the ballot as well. We will return to the Crossgates Restaurant and Banquet House in Albany. Details about speaker and dinner reservations will be available in the next newsletter. In the meantime, should you have any questions, please contact Sharon Bonk about the meal or Wally Herrod about the program.

We Value Your Feedback

Tell us about yourself and what you like to do so that the chapter can better meet your needs. Take our online survey at: http://www.amcmohawkhudson.org/survey/survey.asp

Mohawk-Hudson Chapter Outings

**July - August - September 2010**

Reminder: The Mid-Week Hikers welcome you to join them on their Wednesday outings which are not all listed on this schedule. If you would like to join this enthusiastic group, please contact Evelyn Dufur at 518-477-7132 for details.

Hiking at a Relaxed Pace (HARP) is a group that usually hikes on Wednesdays or Thursdays. If you would like to join this group, please contact Frank or Dee Wind 518-458-1781 or we_tell@verizon.net for details.

Remember to check amcmohawkhudson.org for updates or join our Yahooo group for email updates on chapter activities.

**July**

**Wednesday- Friday, July 7-9,**

**Hiking, Paddling in Harriman State Park**

Stay overnight in rustic Camp Thendara, home of the Thendara Mountain Club. Camp Thendara is located off Seven Lakes Drive between Tiorati and Kanuauwake Circles. Hiking is available from the camp, Reeves Meadow or Silvermine trail heads. After hiking, return to the camp and use the Thendara Mountain Club's kayaks and canoes or swim in Lake Tiorati. (It is not possible to launch your own boat from the camp, and the park requires a permit to use one of their launch sites.) Overnight charge is $12/night plus the shared costs of simple, but nutritious breakfasts and dinners. Share in meal preparation and cleanup. Bring your own lunches, towel, bed linens. Leader: Sharon Bonk, sbqc@msn.com, or 917-864-7437 before Monday, July 5.

**Wednesday, July 7,**

**Ashuwillticook Rail Trail Bicycle**

This lovely rail trail along the Cheshire reservoir and the Hoosic River is a 20 mile round trip. We start at the Berkshire Mall and travel north to Adams, where we can have lunch, then return to the starting point. Bring water and snacks. Helmets are required. Leader: Gerry Weber, 758-7189 or gww@fairpoint.net.

**Saturday, July 17,**

**Buck Mountain (Southern Adirondacks) C-3-B**

Please join us as we enjoy this moderately strenuous hike near Lake George. The view from the top affords a fine overlook of Lake George and the mountains to the north. We will start from the Hogtown parking area. The round trip hiking distance is 4.6 miles and the elevation gain is about 1200 feet. Co-leaders: John Tift, 439-5686, or jtf122@nycap.rr.com; Wally Herrod, 758-9463 or bwherrod@fairpoint.net.

**Saturday, July 24,**

**Crane Mountain (Adirondacks) B-3-A**

This spectacular small Adirondack peak (3250 feet) features a nearly 360-degree view (including the High Peaks) from a shoulder west of the charming pond that will mark the midpoint of the hike. On this day, we should...
get blueberries for dessert! Distance 5 to 6 miles, depending on whether we visit the summit as well as the smaller peak. Ascent to summit 1100 feet. Ascent and descent will each include about a half mile of steep climbing. Leader: Julian Hadley, 753-4898 or julianhd1@gmail.com.

**Saturday, July 24, North Lake Area (Catskills) A-2-B**
This hike has many excellent views from the top of cliff faces. These views were an inspiration for the Hudson River School painters. The total hiking distance is approximately 8 miles. The elevation rises and falls along the trail from a low point of 1900 feet by the Layman Monument to a high point of 2600 feet by the junction of the Rock Shelter Trail and the Escarpment Trail. Co-leaders: Frank and Mary-Sue Reed, 356-1036 (by Thursday, before 9 PM).

**Wednesday, July 28, Southern Albany County Preserves B-3-C**
Hike the Huyck Preserve and then perhaps one or two other wilderness areas nearby. The Huyck Preserve offers about a two hour moderately paced walk around its lake with minimal elevation gain. Following the hike, swimming and our lunches may be had at the swimming area. Hollyhock Sanctuary and Joralemon Park are the other possibilities for further exploration after lunch. For details and to register contact Co-leaders: John Tiff, 439-5686 or jttiff2@nycap.rr.com; Wally Herrod 758-9463, or bwherrod@fairpoint.net.

**Thursday, July 29, Kayak the Kinderhook Creek and Islands in the Hudson River**
Kayak the Kinderhook Creek and around the islands of the Hudson River. It will be about a 4-hour trip. Leader: Randy MacDonald, randy04415@yahoo.com or 766-7675 before 9 PM.

**Saturday, July 31, Sleeping Beauty, (Adirondacks) C-3-C**
A moderate 3.5 mile RT hike from Dacy Clearing to the summit with fantastic views. Ascent 1200 ft. Co-Leaders: Stacey Michon, 269-1858 or rgirl28@yahoo.com; Wally Herrod, 758-9463, or bwherrod@fairpoint.net.

**Saturday, July 31, Algonquin, Iroquois and Wright Peaks (Adirondacks) A-3-A**
This is one of my favorite mountains. We will be starting at the HPIC and follow the trail to Algonquin Peak. From there, we will head to Iroquois. Then, we will return to Algonquin and go to Wright Peak. The distance is 10.8 miles and the ascent is about 4000 feet. Leader: Kevin Cox, 279-4839 before 9:00 PM, or mmcloug1@nycap.rr.com.

**August**

**Sunday, August 1, Kayak Goose Pond, Lee MA**
Kayak Goose Pond near Lee, MA. Have lunch at the AMC’s Goose Pond Cabin. Leader: Randy MacDonald, randy04415@yahoo.com or 766-7675 before 9 PM.

**Wednesday, August 4, Pedal Otsego Lake, Cooperstown, NY**
Otsego Lake is a small lake located in Cooperstown, NY and is the source of the Susquehanna River. The lake was known to James Fenimore Cooper as Glimmerglass. Approximately 20 miles round-trip; we may explore more, group willing. 180 road miles RT. Leader: Phil Fountain, 371-8585 or pfounta1@nycap.rr.com.

**Saturday, August 7, Bash Bish Falls & Alander, (South Taconics) B-3-B**
The second waterfalls hike in the series will take us to the most popular and most beautiful waterfalls in the Taconics and to the top of Alander with views all around. Swimming option in crystal clear water. Leader: David Koehler 917-613-2043, or k2david121@gmail.com.

**Saturday, August 7, Kayak Lila Lake and Hike Mount Frederica (Adirondacks)**
There is a one-third mile carry, 2.5 mile kayak, a three mile hike and a one-third mile carry. Option of camping Friday and Saturday night in the Whitney Wilderness. Kayak rentals available. Leader: Randy MacDonald, randy04415@yahoo.com or 766-7675 before 9 PM.

**Wednesday, August 11, Kayaking on Mohawk River, B-3-C**
Join us for easy paddling on the Mohawk River, starting near Aqueduct Road in Niskayuna. Bring canoe or kayak, or you can rent them right there at The Boat House. Please notify Leader Nancy Crowther, 698-0531, or nancy@crowther.org with this information. That you are coming, where you are coming from, and your phone number in case of cancellation due to weather. Details. Bring lunch and water.

**Wednesday August 11 - Bike Ride Albany Corning Preserve to Watervliet**
All are welcome on this bike ride from Albany Corning Preserve to Watervliet on the bike trail. It is 9 miles. Leader: Randy MacDonald, randy04415@yahoo.com or 766-7675 before 9PM.

**Saturday, August 14, Lye Brook Falls, Manchester VT, C-3-C**
A moderately paced hike to one of the highest waterfalls in Vermont. Four miles RT, Ascent 1000 ft. Co-Leaders: Leader: Stacey Michon, 269-1858 or rgirl28@yahoo.com; Wally Herrod, 758-9463 or bwherrod@fairpoint.net.

**Wednesday, August 25, Bald Mt, Woodford, VT B-3-B**
A small mountain (2857’) just east of Bennington. 6+ mile through hike between Bennington and Woodford with 1600’ elevation gain. Leader: Sharon Bonk, sboqc@mindspring.com, or 674-0042.

**Saturday, August 28, Sugarloaf Mountain (Catskills) B-3-A**

**Saturday, August 28, Sam’s Point, Verkeerder Kill Falls, Badlands, B-3-B**
The third in the Waterfalls series will take through a loop in the preserve and a stop at this 100 foot waterfall. Starting on a former road up to the point, then a bit further and we will be in the woods on the Long Path and the dwarf pine barrens, more ➡
where we will make our way to Vendeer Kill Falls, formally known as Katy Kill Falls, which is a great place to recharge before venturing through the badlands. Estimated distance 8 miles. Leader: David Koehler 917-613-2043, or k2david121@gmail.com.

**September**

**Wednesday, September 1, Plotterkill hikes (Schenectady County) C-3-C or B-3-C**

Come on a beautiful, cool, and shady walk along a deep gorge with close views of three waterfalls, 60 feet high and 40 feet high. This is at the Plotterkill Nature Preserve on route 159 in Rotterdam. We will start with a two mile loop which takes in all the waterfalls. Those who want to go longer can do extended loops of 3 to 7 miles altogether. Co-leaders make it possible to do two different loops. Co-Leaders: Nancy and Will Crowther, at 698-0531, or nancy@crowther.org. Confirm with them that you are coming, where you are coming from, and your phone number in case of cancellation due to weather. Bring lunch and water.

**Wednesday-Monday, September 1-6, White Mountains Presidential Range AA-3-A**

Please join us on a 3-day hike across the Presidential Range staying at the Madison Springs, Lake of the Clouds and Mizpah Springs huts. On September 1, we will meet at Pinkham Notch. On September 2, we will take an AMC shuttle bus to Valley Way AT trailhead and conclude on September 5 at the Highland Center after climbing Mt. Madison, Mt. Adams, Mt. Jefferson, Mt. Washington, Mt. Monroe, Mt. Eisenhower, Mt. Pierce and Mt. Jackson.

Contact L Kevin Cox at 279-4839 (before 9 PM) or mmcloug1@nycap.rr.com. Registration deadline is August 1.

**Saturday, September 5, Windham High Peak (Catkills) B-3-B**

Seven miles, ascent 1,800’, elevation 3,524’, but moderate paced trail hike. Rain (or threat of) cancels. Leader: Ken Hubert, hikeleader3500@yahoo.com, or 718-463-5675 after 3pm or 518-827-7327, Friday and Saturday.

**Saturday, September 11, Blue Mountain (Central Adirondacks) B-2-B**

The summit has great views of Blue Mountain Lake and the surrounding mountains. The round trip distance to the summit from the parking area is 4 miles. The ascent is 1,550 feet with a summit elevation of 3,759 feet. The hike in good weather takes approximately 3 hours plus additional time for lunch at the summit.

Co-leaders: Frank and Mary-Sue Reed, 356-1036 (by Thursday, before 9 PM).

**Wednesday, September 15, Alander Mt. (South Taconics) B-3-B**

This is an ever-popular hike to a bare summit with expansive views. There is an interesting cabin just off of the top. Not too long, not too hard. Bugs will be gone. We ascend from the Mt. Washington State Forest Headquarters. Six miles, 700 ft. ascent. Leader: Wally Herrod, 758-9463 or bwherrod@fairpoint.net.

**Saturday, September 18, Awosting and Rainbow Falls, Minnewaska Park B-3-B**

The fourth in the Waterfalls series will have us going to Awosting Falls, a 60 ft plunge into a broad pool and, part of a 8 mi loop will bring us on two carriageaways, a section of the Long Path and the Mossy Glen Trail which runs by the Dallas Pool. Leader: David Koehler 917-613-2043, or k2david121@gmail.com.

**Saturday, September 19, Monument Mountain, Berkshires, C-3-C**

We’ll do a 3 mile loop over this mountain with waterfalls, scenic views, and interesting rock formations. Ascent 800 ft. Co-Leaders: Stacey Michon, 269-1858, or rgirl28@yahoo.com; Wally Herrod, 758-9463, or bwherrod@fairpoint.net.

**Sunday, September 19, Cycle Wallkill Valley and D&H Canal Rail Trails**

42 miles round trip, helmet required. The Wallkill Valley Rail Trail goes from New Paltz to Rosendale. A short (2.5 mile) road ride will bring us to the D & H Canal Rail Trail which ends at Kingston. Trails are hard packed gravel good for both hybrids and mountain bikes.

Rain (or threat of) cancels. Leader: Ken Hubert, amc.leader@yahoo.com or 718-463-5675 (after 3pm) or 518-827-7327 weekends.

**Wednesday, September 22, The Dome, VT/MA border, B-3-B**

A small mountain (2748’) just north of Williamstown. 6 miles, 1700’ elevation gain. Leader: Sharon Bonk, sboqc@mindspring.com or 674-0042.

**Friday, September 24-Sunday, September 26, AMC Highland Center Weekend, White Mts**

See information in article. Make your reservations now. Final payment due August 21.

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**Hike Ratings**

<table>
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<th>Distance</th>
<th>AA = +15 miles</th>
<th>A = 9 to 13 miles</th>
<th>B = 5 to 8 miles</th>
<th>C = under 5 miles</th>
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<td>Leader’s Pace</td>
<td>1 = very fast pace, 2.5 mph or faster</td>
<td>2 = fast pace, 2 to 2.5 mph</td>
<td>3 = moderate pace, 1.5 to 2 mph</td>
<td>Terrain</td>
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<tr>
<td>A = very strenuous</td>
<td>B = strenuous</td>
<td>C = average</td>
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**AMC Fall Gathering**

October 15-17

Hold the date. The Worcester Chapter is hosting the Fall Gathering at Prindle Pond Conference Center Hilltop in Charlton, Massachusetts. Details are available at amcfallgathering.com.
New Members
February-April 2010

Luis D. Acosta . . . . . . . . . . . . . . . . . . . . . . . . . . Ballston Lake
Shaun Amos . . . . . . . . . . . . . . . . . . . . . . . . . . Ghent
Eva Barham . . . . . . . . . . . . . . . . . . . . . . . . . Kinderhook
Barry Beley . . . . . . . . . . . . . . . . . . . . . . . . . Austerlitz
Harriet Bougan . . . . . . . . . . . . . . . . . . . . . . . Albany
Mr. Boucher/Ms. Simot . . . . . . . . . . . . . . . . . . . Rensselaer
Bob D. Braswell . . . . . . . . . . . . . . . . . . . . . . Queensbury
Michael Brudzinski . . . . . . . . . . . . . . . . . . . . Troy
Joseph Bunk . . . . . . . . . . . . . . . . . . . . . . . . Saratoga Springs
Thomas Chesnutt . . . . . . . . . . . . . . . . . . . . Sand Lake
Cherie Clapper . . . . . . . . . . . . . . . . . . . . . . . West Fulton
Christopher Coe/Code . . . . . . Schoharie
Patricia Evans . . . . . . . . . . . . . . . . . . . . . . . . Lake George
Paul Gavrito . . . . . . . . . . . . . . . . . . . . . . . . New Lebanon
Mr./Ms. Gregory . . . . . . . . . . . . . . . . . . . . Capek
Mr./ Mrs. Gromley . . . . . . . . . . . . . . . . . . . Lake George
Mr./ Ms. Graefe . . . . . . . . . . . . . . . . . . . . . . Crayville
Sharon Hametz . . . . . . . . . . . . . . . . . . . . . . Chatham
Mr./ Mrs. Graefe . . . . . . . . . . . . . . . . . . . . . Craryville
Mr./ Mrs. Gromley . . . . . . . . . . . . . . . . . . . Lake George
Mr./Ms. Gregory . . . . . . . . . . . . . . . . . . . . . . Copake
Paul Gavrity . . . . . . . . . . . . . . . . . . . . . . . . New Lebanon
Patricia Evans . . . . . . . . . . . . . . . . . . . . . . . Lake George
Joseph Bunk . . . . . . . . . . . . . . . . . . . . . . . . Saratoga Springs
Michael Brudzinski . . . . . . . . . . . . . . . . . . . Troy
Bobby Braswell . . . . . . . . . . . . . . . . . . . . . . . Queensbury
Mr. Boucher/Ms. Simot . . . . . . . . . . . . . . . . . . Rensselaer
Jacqueline Okosky . . . . . . . . . . . . . . . . Saratoga Springs
Phyllis Manziano . . . . . . . . . . . . . . . . . . . . . . Clifton Park
Marsha Kimmer . . . . . . . . . . . . . . . . . . . . . . . Niskayuna
Fred Kingston . . . . . . . . . . . . . . . . . . . . . . . . Castleton
Philomena W. Kong . . . . . . . . . . . . . . . . . . . Galderland
Jorgen Kruger . . . . . . . . . . . . . . . . . . . . . . . North Creek
Ron Larsen . . . . . . . . . . . . . . . . . . . . . . . . Schenectady
Ms. Larson/Mr. Jacketta . . . . . . . . . . . Cohoes
James Lefko . . . . . . . . . . . . . . . . . . . . . . . . Ballston Lake
Jim Macklin . . . . . . . . . . . . . . . . . . . . . . . . Voorheesville
Phyllis Manziato . . . . . . . . . . . . . . . . . . . Clifton Park
John McGloin . . . . . . . . . . . . . . . . . . . . . . . Palatine Bridge
Eileen McGuire . . . . . . . . . . . . . . . . . . . . . Esperance
Twod Monahan . . . . . . . . . . . . . . . . . . . . . . Hudson Falls
Frances T. Connor . . . . . . . . . . . . . . . . . . . . Altamont
Maryanna O’Donnell . . . . . . . . . . . . . . . . Saratoga Springs
Jacqueline Okosky . . . . . . . . . . . . . . . . . . Saratoga Springs
Carole Oren . . . . . . . . . . . . . . . . . . . . . . . . East Greenbush
Ms. Oxenberg/ Mr. Schrimer . . . . Germauntown
Bettina Petti-Wetzel . . . . . . . . . . . . . . . . . Schenectady
Frank Pollay . . . . . . . . . . . . . . . . . . . . . . . . Watervliet
Sandra Ray . . . . . . . . . . . . . . . . . . . . . . . . . Albany
Mr. Schnieder/Ms. Carlson . . . Saratoga Springs
Frances Schwartz . . . . . . . . . . . . . . . . . . . . Albany
Molly Schwartz . . . . . . . . . . . . . . . . . . . . Clifton Park
Ron Shaffer . . . . . . . . . . . . . . . . . . . . . . . . Hudson Falls
Laurence Stoman . . . . . . . . . . . . . . . . . . . . Schenectady
Allen B. Stefane . . . . . . . . . . . . . . . . . . . Clifton Park
Pamela Stiansen . . . . . . . . . . . . . . . . . . . . Saratoga Springs
Katherine Storms . . . . . . . . . . . . . . . . . . . . Albany
Kaiya Tamlyn . . . . . . . . . . . . . . . . . . . . . . Silver Bay
Anna Trees . . . . . . . . . . . . . . . . . . . . . . . . Albany
Connie Trish . . . . . . . . . . . . . . . . . . . . . . Hadley
Mr./Mrs. Tyson . . . . . . . . . . . . . . . . . . . . . . Maiden Bridge
Richard W. Umholtz . . . . . . . . . . . . . . . . Westerlo
Richard Vehlow . . . . . . . . . . . . . . . . . . . . . . Troy
Robert A. Veino . . . . . . . . . . . . . . . . . . . . Schenectady
Paul Wallace . . . . . . . . . . . . . . . . . . . . . . Hoosick Falls
Darlene A. Ward . . . . . . . . . . . . . . . . . . Delmar
Thomas A. Welsh . . . . . . . . . . . . . . . . . . . Delmar
Jonah Wolff . . . . . . . . . . . . . . . . . . . . . . . . . . . Albany
Christine Young . . . . . . . . . . . . . . . . . . . . Sand Lake

Trails Work with Moreau State Park and RLT

On May 6, six members of the chapter spent the day using bows, clippers, loppers, rakes and hoes to open up a new trail in the Park’s northwest section, on a ridge overlooking the Hudson River. We worked alongside about 25 members of the lower Hudson Valley unit of the Student Conservation Association. Altogether, we completed about two miles of a new trail. The supervisor of the three day project, Ben Snyder, was most grateful for our help and pleased by the amount of work done in one day. Members who helped were Wally Herrod, David Newell, Kathleen Helfrich, Sharon Bonk, John Tifft, and Mary Folsom.

On April 24, six chapter members, Jeff Carden, Gerry Weber, Myra Fedyniak, Kathleen Helfrich, Sharon Bonk, and Anneliese Lawson, participated in the Rensselaer Land Trust’s Tomhannock Reservoir Clean Up Day. Executive Director Christine Young, thanking us, reported that over 50 people turned out and cleared a total of 17 miles of shoreline, removing 100 bags of garbage. The Tomhannock provides 70% of Rensselaer County’s drinking water.
Greetings to everyone. I am thrilled with the number and variety of trips and activities that our chapter has offered during the period April-June, 2010. Just in On the Western Slope itself, there were 38 participation opportunities, and this doesn’t even count the weekly mid-week and HARP offerings. I and the rest of the Executive Committee have been able to meet many new faces, and we have been making efforts to put forth to those who have joined us the notion that if they like what they are getting out of the chapter, might they consider stepping forward and helping with chapter leadership.

Jeff Carden, our webmaster, has been terrific, as has been the support given to me by our other officers. Also, we have a number of new trip leaders, instead of just the few who have been leading trips for many years. This issue includes 33 outings lead by 15 people. This bodes well for the future. Please visit our website often, as things do change, and put activities that interest you on your calendars as you become aware of them, rather than have AMC “out of sight, out of mind.”

Hope to see you soon!

Wally Herrod

Environmental Sensitivity

In our sensitivity to the environment, On the Western Slope is now printed on recycled paper with vegetable oil-based inks.