



# Footprints

Newsletter of the Adirondack Mountain Club

## Foothills Chapter

Volume 1, Issue 6

June 2011

### *Sounds from the Chair.....by Jody Rothmeyer*

In order to bring our members more options on hiking destinations, I have decided to write about my hikes on the trails that I either haven't been on before or that I haven't visited in a while. Most of you that know me, know how much I can talk about the Murphy Lake Trail. Well, that is not the one that I will be talking about (at least not in this article).

The hike that I took on the 9<sup>th</sup> of May was taken at the spur of the moment, as like most of my hikes. The day started with a few clouds in the sky and a little cool. That was good because it kept the black flies at bay. When I arrived at the trail head, there were no other vehicles to be seen. I was alone with my dog, Beethoven (my St. Bernard mix), as we started out not knowing what to expect.

The beginning of the trail was a big mud puddle that you had to maneuver around but not impassable. The trail was fairly easy and the going was constant but leisurely. I was enjoying the quiet of the trail, as I always do, while Beethoven was just enjoying being outdoors and able to run. At one point in the trail, it makes a turn to the left where it is obvious that there was an old trail to the right. I investigated what looked like some kind of barrier, and upon closer inspection, I found that there was a fence made of chicken wire, which I think is part of the Beagle Club that you pass on the way in. I continued on toward the lake, coming across a few blow downs and muddy places but not bad for a spring trail. At one point though, I did spend some time to take out a tangle of blow down trees that had fallen on others to make this section impassable. It didn't take long and I was on my way again. As I scurried down a small hill, I got the first glimpses of the lake. That is where I took the first of my pictures. A little further on, I came upon the new lean-to that was just put there within the last year. I have seen many lean-tos, but this one must be the Presidential Lean-to of all lean-tos. Not only does it sit about 3 feet above the ground, it has the usual shelves with a hatchet, binoculars, matches and lighter, sleeping mat rolled up and placed under the lean-to, and other things that would help the overnight camper be more comfortable. The best thing though is the view from the front of the lean-to. The lake is beautiful. As you walk the 50 feet or so towards the lake, it opens up in front of you as you take it all in. The walk is on a rock face that gradually leads to the water's edge. As I stood there (and while Beethoven explored our new surroundings), I was greeted by 2 loons that were swimming across the lake towards me, that was until they saw Beethoven, which then they dove under water. Beethoven and I start a small hike around the left side of the lake to see what we could see and that is when we found the outhouse about 20 yards away....well within walking distance at night but still far enough away to not smell anything.

We decide to turn back around about a quarter of the way around the lake and by the time we reach the lean-to again, we had visitors with their own dog. As I said hi to the two gentlemen, Beethoven made his greetings to their dog, a female. As we talked about everything, the dogs played around the lean-to while getting to know each other. After about half an hour, I decided to head back home. On the way out, we met a couple that was walking in for the day. We said our "hi" s, Beethoven too, and continued to the car. By the time we got back to the vehicle, it was about 6 hours later and the sun had come out with blue skies.

What a beautiful day it turned out to be. I bet that you all thought that I forgot to tell you what lake I went to! The lake was Chase Lake and if you haven't been there before, I highly recommend it. Don't forget to bring your camera though because you will want to take some pictures once you get there.

Chase Lake: 2.5 miles. Location: Take 112 (Benson Bleeker Rd) to Pinnacle Rd. Pinnacle Rd. to the end (trail head). Or you can take rte 309 (Bleeker Ave.) to Lily Lake Rd to Pinnacle Rd.



## .....Tracking the Foothillers.....



### Hike to Holmes Lake, Little Holmes Lake and beyond...

Monday May 2, 2011

Attending were the leader, Kathy Miles and 15 hale and hearty hikers:

Kathy Scholtzhauer, Ginny McCarthy, Jack McCarthy, Trisa Bills, Jan McLaughlin, Rose Schmidt, Nancy Buckley, Dianne Kierpiec, Dave Nilsen, Thora Blackwood, Jim Petrell, Rafael Polo, Gail Gaskin, Nate Mack, Al Strobel

If you didn't come out for this hike, here's what you missed:

*Passing through the ruins and old pilings of a former mill and housing area..*

*A visit to a rather new lean-to complete with thunder box facilities..*

*Yummy chocolates filled with roasted hazel nuts..*

*A visit to a lake with three Merganser ducks in residence..*

*A series of four terraced beaver dams..*

*A smaller lake with a swampy shoreline and a large boulder on shore for climbing..*

*The site of an old logging operation with a standing fire place and a huge old steam engine..*

*A glass of adult beverage used to toast the Navy Seals and their success with Bin Laden..*

*Tasty home-made chocolate chip cookies..*

*No rain showers that were promised..*

*Ideal hiking temperatures..*

*No biting bugs..*

*Trilliums and yellow violets in bloom..*

*Delightful conversation and laughter..*

*A home stretch that was all down hill..*

*Eight miles that passed like four..*

*Here's what **we** missed on the hike:*

**You.**





## Kane Mt.

Date: Wednesday, June 1, 2011

Leader: Jody Rothmeyer

Rating: C

Length Miles (round trip)/Time: 1.4/ 3 hr (time is approximate)

Kane Mt. is approximately 1.4 mi round trip with an elevation of 312 ft. At the top, one will find a fire tower and the observer's cabin. The fire tower, restored in 1995, is no longer in use, but is in excellent repair and can be climbed. On a good day, one can see south as far as the Catskills and north to the High Peaks, while in the near distance Pine Lake (NW) and West Canada Lake (S) are a delight to the eye.

Contact leader for more info: 518-224-1576

Email: [rojo12547@yahoo.com](mailto:rojo12547@yahoo.com)



## Monthly Monday Meander- to waterfall on Indian Lake outlet in the Shaker Mountain Wild Forest

Date: Monday June 13, 2011

Leader: Kathy Miles

Rating: B- (about half of the trip is bushwhack over rough terrain)

*Notice: This hike is open to the first three friendly trail dogs whose humans contact me to sign them up. I have had requests to bring dogs so we'll see how this goes.*

We start this hike with a walk along Otter Lake on a path to the inlet end. From there it is a bushwhack along the inlet stream which is actually the outlet stream of Stewart Lake. We continue our bushwhack and pick up the outlet stream of Indian Lake and follow it to lovely tiered waterfall. We will return to the start by bushwhacking to the Stewart-Indian trail perhaps climbing over the Camel Humps or passing between them. We should have a good chance to see some Lady Slippers and other wild flowers along the route. About 5 miles round trip.

We will meet at the Caroga Lake Post Office. Contact leader for meeting time and to sign-up.

Kathy Miles: [kdmiles@frontier.com](mailto:kdmiles@frontier.com)

518.568.5372

*Reminder—Monday Monthly Meander will be on hiatus in July and August and return September 12<sup>th</sup>.*



## Vroman's Nose

Date: Wednesday, June 15, 2011

Leader: Jody Rothmeyer

Rating: C

Length Miles(round trip) 1.5/ Time: 3 hr(time is approximate)

Vrooman's Nose is a short, steep climb (gain of about 700 ft.) to a fresh perspective. Perched six hundred feet above the rich farmland of Schoharie Creek Valley, the cliff tops of the Nose are the place to go when you want to get away from it all. Linger with the soaring turkey vultures, camp, picnic, or just relax above the peaceful valley before descending through pine forest, ending on a grassy slope above the parking lot.

Contact leader for more info.: 518-224-1576

Email: [rojo12547@yahoo.com](mailto:rojo12547@yahoo.com)



## Fall Stream Paddle Trip

Date: Saturday, June 18, 2011

Leader: Adam Sullivan

Rating: B

This is a flat water paddle down Fall Stream, which feeds Piseco Lake, to Fall and Vly Lakes. On the trip out to the two lakes we will be paddling against a light current. Once we reach Vly Lake we will stop for lunch. After lunch if the water level allows, we will paddle one mile round trip west to Mud Lake.

Expect some beaver dams and fallen trees as some issues we may have, so make sure you have some footwear you can get wet! This will be an 11 mile day round trip if we hit Mud Lake. Kayaks and canoes are welcome. Contact leader for more details at 518.848.1249 or

[longhairedcountryboy52@yahoo.com](mailto:longhairedcountryboy52@yahoo.com)



## CAT & THOMAS MTS.

Date: Saturday, June 25, 2011

Leader: Sharon Getman

Rating: C+

This is a hike on Lake George Land Conservancy property. It is a loop trip of about 7 miles just outside Bolton Landing. This trek will reward hikers with outstanding views of Lake George's south and central basins and Southern Adirondacks. We will follow a logging road to Thomas Mt. We will then use a more rugged trail through woods across the ridgeline from the summit of Thomas to the summit of Cat. After Cat, we will use another logging road past wetlands and beaver ponds back to the beginning. This will be a full day at a slow to moderate pace. Contact Sharon at [getman@frontiernet.net](mailto:getman@frontiernet.net)



## Bennett Lake

Date: Sunday, June 26, 2011

Leader: Jody Rothmeyer

Rating: C

The trail to Bennett Lake is part of the Murphy Lake Trail system. Bennett Lake is the first lake in a chain of 3 ending with Murphy Lake with Middle Lake in between the two.

This trail starts off fairly smooth through a thick forest of mixed evergreens and hardwoods. At 0.1 mi., you cross a wood plank bridge and then the trail begins to climb a ridge-moderately, for the most part, with a few steeper sections, using the old washed-out roadbed. At 1.0 mi, the trail passes over an area of dark red soil. There is also a depression on the left. This is all that remains of a settlement and ferric oxide mine which produced pigments used to make paint at the turn of the century. The trail continues a moderate uphill until, at 1.3 mi., a fork, marked by a large stone cairn, goes right. This unmarked path leads 0.4 mi. down the ridge to the shore of Bennett Lake. There are two or three camping areas where we will eat our snack/lunch.

If everyone is having a good time, it will be discussed at that point to possibly go on to Middle Lake (1.7 mi further) and Murphy Lake Lean-to (0.8mi further from Middle Lake).

This will be approximately 2.6 mi round trip to Bennett (6.0 mi round to Middle lake; 7.6 mi round to Murphy Lake) with a 233 ft of ascent (604 ft for both Middle and Murphy); 4-8 hrs.

Contact leader for more info: 518-224-1576 /email: [rojo12547@yahoo.com](mailto:rojo12547@yahoo.com)

## Calendar of Events

### Monthly Meetings

**Gloversville Senior Citizen Center**  
**53 Church St.**

**Gloversville, NY**

**7pm**

**2<sup>nd</sup> Wednesday of each month**

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**"What's in My Summer Day Pack?"**

**Presentation by**

**Paul Kalac**

**June 8, 2011**

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**"Search and Rescue"**

**Presentation by**

**Stan Banovic**

**July 13, 2011**

# Conservation Corner

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## **“Emeral Ash Borer: “The Deadly Invader”**

**Tuesday, May 24<sup>th</sup> 7pm**  
**Northville Public Library**  
**341 South 3<sup>rd</sup> Street, Northville**  
**Presentation sponsored by SVAN**

Sacandaga Valley Arts Network (SVAN) will sponsor a presentation about the Emeral Ash Borer. Water conservation district educator, Caitlin Stewart will present, “Emeral Ash Borer: The Deadly Invader.” The program will include a video and discussion. Informational brochures will be available. There is no cost for this presentation. For more information contact Hamilton County Soil and Water or see website at [www.hamiltoncountyswcd.com](http://www.hamiltoncountyswcd.com).



## **Trail Work Hike:** **Foothills section of the NPT**

Date: June 10-12, 2011  
Leader: Shawn Neese

Plan to hike in early evening on Friday from Pillsbury Lake parking area to set up camp at first lean-to approx 4 miles. Saturday we will continue hiking and doing trail work, taking pictures, making notes, side cutting, and clearing small blowdown. Total hike may be maximum 20 mile loop trip. This is a two night camping / work trip. Contact leader for details: Shawn Neese 332-6674



## **Trail Work Report:**

### **Conservation Trail Work Hike:**

#### **NPT from Benson trailhead to Rock Lake**

Sunday, May 1, 2011

Attendees: Kevin Cotter ,Jackie Cotter, Cheryl Hanes, Sue Hendler , Shawn Neese ,Justin Thalheimer, Ivy Pierce, Zachary Walsh and Jody Rothmeyer

The trail work hike on NPT from Benson trailhead to Rock Lake was approximately 9.5 miles round trip. Kevin Cotter, who has

adopted and maintained this section of the NPT for years, invited members of the Foothills-ADK to help with spring trail work. We met at the trailhead at 8am and it was a crisp sunny

day. We welcomed the sun after having weeks of rain this spring. We quickly got to work with so many helping hands, cutting blowdown and clearing leaves. One area of blowdown required some teamwork with a capital "T".

We had lunch at Rock Lake which is a worthy destination and you should allow yourselves some time to explore. The lake is beautiful and we were lucky enough to see some early spring flowers. We made quick time on the way out but stopped to play near the water and soak up some sun at the crossing of the North Branch of the West Stoney Creek. A fun day by all.



## Chapter Footnotes

### **Fund Raising Event:**

The Foothills Chapter is sponsoring a Chicken BBQ Dinner on Friday, July 22 from 4-7pm at Whitey's Deli and Beverage on North Perry Street in Johnstown. Tickets are \$8.

Members were given tickets at the May monthly meeting to sell. All proceeds from this event will help support future events and new opportunities for Foothills Chapter members.

We are a growing chapter with a limited fund balance. Please help by purchasing a ticket for a delicious BBQ chicken dinner. Members, please return sales money to Adam Sullivan. Additional tickets will be available at the June monthly meeting.

Four volunteers are needed to help at the BBQ. Please contact Adam Sullivan at [longhairedcountryboy52@yahoo.com](mailto:longhairedcountryboy52@yahoo.com) if you are able to help out.

### **Winter Chapter Outing:**

Shawn Neese and Justin Thalheimer are organizing a chapter winter outing at Wiezel Trails Cabin at the Adirondack Loj for a weekend in January (date will be finalized shortly). The Wiezel Trails cabin sleeps 16 and has a living room and kitchen. Trails for all skill levels are nearby. The town of Lake Placid is just 8 miles away. This is a great opportunity to enjoy the outdoors. Please contact Shawn or Justin for more information at [sneese1@roadrunner.com](mailto:sneese1@roadrunner.com) or [chessman100@hotmail.com](mailto:chessman100@hotmail.com)

### **Weekend Chapter meeting discussed:**

At the May monthly meeting, members discussed the possibility of holding a weekend meeting during the summer in the Caroga area. Ideas included scheduling a variety of day trips led by our outing leaders and then meeting later for a cookout/meeting. More ideas will be discussed at the June meeting.

### **50-50 Raffle:**

We will be having a 50-50 raffle at our monthly meetings to support meeting refreshments.

### **Fund Raising Committee:**

Volunteers are still needed to help with planning fund raising activities for the chapter. If interested, please contact Adam Sullivan at [longhairedcountryboy52@yahoo.com](mailto:longhairedcountryboy52@yahoo.com). This is an

### **Foothills-ADK Chapter Adirondack Club Executive Committee:**

**Chairperson:** Jody Rothmeyer

[rojo12547@yahoo.com](mailto:rojo12547@yahoo.com)

**Vice-Chairperson:** Adam Sullivan

[longhairedcountryboy52@yahoo.com](mailto:longhairedcountryboy52@yahoo.com)

**Board Director:** Justin Thalheimer

[chessman100@hotmail.com](mailto:chessman100@hotmail.com)

**Membership Co-Chairs:**

Barbette Rothmeyer [barbettef@yahoo.com](mailto:barbettef@yahoo.com)

Kelly Farnan [kcfarnan@gmail.com](mailto:kcfarnan@gmail.com)

**Treasurer:** Jean Griffin 835-4022

**Secretary:** Ginny McCarthy

[vimccy@frontiernet.net](mailto:vimccy@frontiernet.net)

**Outings Chair:** Adam Sullivan

[longhairedcountryboy52@yahoo.com](mailto:longhairedcountryboy52@yahoo.com)

**Education Chair:** Michael Divak

[divakvax@hotmail.com](mailto:divakvax@hotmail.com)

**Conservation Co-Chairs:**

Shawn Neese [sneese1@roadrunner.com](mailto:sneese1@roadrunner.com)

Susan Hendler [sueandpups@gmail.com](mailto:sueandpups@gmail.com)

**Newsletter:** KathleenDeGiulio [mdegiu8520@aol.com](mailto:mdegiu8520@aol.com)

## Trip Ratings

HIKERS RATING	EFFORT LEVEL	ELEVATION GAIN (FEET)	MILES	TIME (HOURS)
A+	VERY STRENUOUS	4,000+	10+	10+
A	STRENUOUS	3,000+	5-10	8-10
B+	MODERATELY STRENUOUS	2,000+	5-10	6-8
B	MODERATE	1,000+	8-10	5-7
C+	FAIRLY EASY	1,000+	5-8	4-6
C	EASY	UNDER 1,000	UNDER 5	UNDER 5

These are general guidelines. Not all trips will fit exactly into one of these categories. Address questions to outing leader.

opportunity for more members to become involved at the grass roots level of our newly formed chapter.

New members are encouraged to join any of the chapter committees. Contact the Chairperson on the executive committee if interested. We need volunteers to keep our chapter thriving!