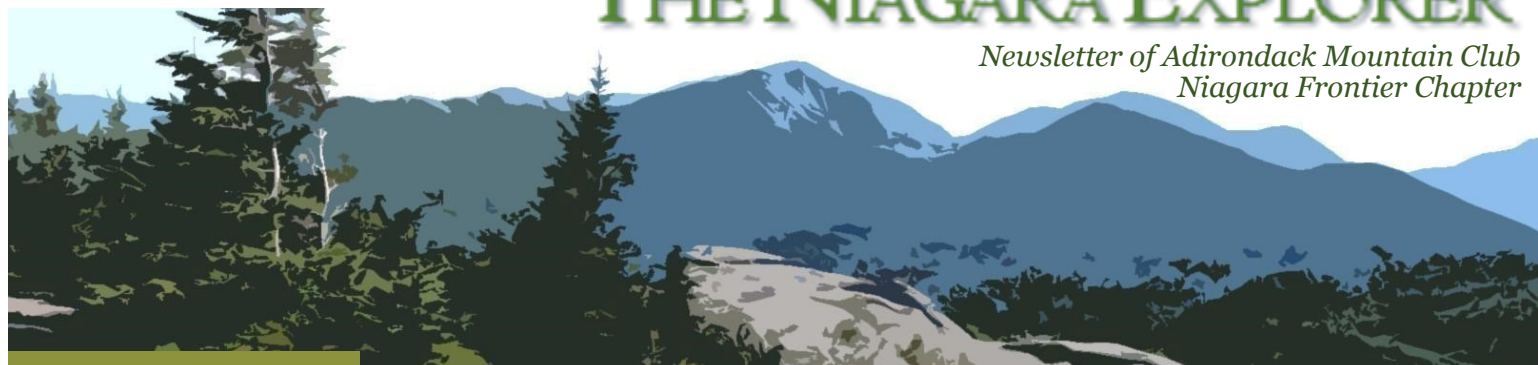




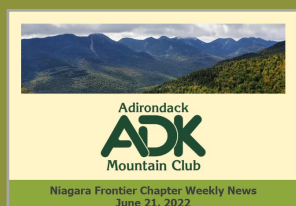
Explore. Educate. Protect.

THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter



Keep up to date by
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emails:



Join the 'ADK-Niagara
Frontier Chapter'
Facebook group:



July 2022

Cascade Welcome Center is now open!

The Adirondack Mountain Club's Cascade Welcome Center is now open to the public. Visitors are encouraged to stop by for information about trail conditions, trip planning, local events, and more. The Center is also providing free public restrooms and basic outdoor gear essentials, such as headlamps, maps, and bear canisters.

Located along Route 73 between Lake Placid and Keene, Cascade Welcome Center is based out of a familiar site: the former owners, the Jubin family, ran the property as Cascade Ski Center for 40 years. ADK final-

ized the purchase of the property and business this spring. In addition to maintaining winter ski and snowshoeing operations, ADK is working to expand Cascade Welcome Center's offerings to eventually include outdoor skills workshops, youth programs, community events, and more. Specifics about services will be shared once ADK finalizes a business plan for the Center.

Cascade Welcome Center is open Thursdays through Mondays, 8am to 4pm, throughout the summer. For current information about the property, visit ADK.org

or call 518-837-5047.



We need your ADK adventure stories!

ADK Voices is a new project aimed at capturing brief oral histories from ADK chapter members about their experiences with the Adirondack Mountain Club. We're looking for stories about ADK history, events, chapter projects, ADK staff/volunteers, outings, nature, and conservation. ADK-NFC is one of four ADK chapters currently working to collect stories in preparation for the launch of the ADK Voices website in August 2022. The Keene Valley Public Library's story project, My Adirondack Story, is similar to what the finished ADK Voices is expected to look

like. Click on the link here to explore more: [Adirondack Community](https://www.adirondackcommunity.org/)

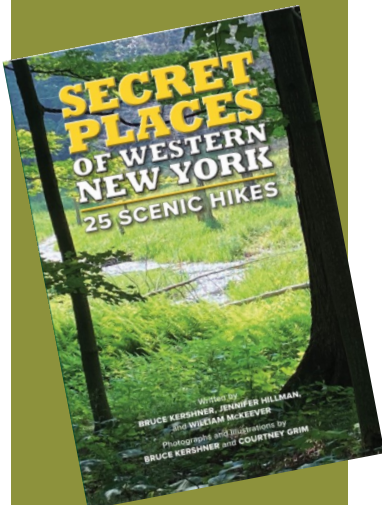
Interested in sharing your stories? Contact Christina Cerruti at adkvoices1@gmail.com for more information!





Coming this fall:

Wilderness first aid training with Russ Crispell and Earth Spirit! (Chapter will provide financial assistance)



Rick Steinberg named Conservationist of the Year

Rick Steinberg received the Conservationist of the Year award at our annual chapter picnic on June 12th. Rick has been a member of the Sierra Club Niagara Group for 14 years. He has worked extensively with the Buffalo Public Schools to implement solar arrays on the rooftops of 19 schools, and to convert school buses to electric power. He has also worked with the NFTA to promote and obtain funding for electric buses.

Please click [here](#) to read Rick's comments upon accepting the award.



Programming: From the Co-Chairs

We want to thank chapter members for enthusiastically voting us to a two-year term as co-chairs of the Programs Committee. As volunteers for the Education Committee and unofficial co-chairs for Programs this past year, we have enjoyed the process of seeking out and securing interesting topics these past months.

Please contact us with your suggestions of topics of interest or programming ideas you want to see at future monthly meetings.

Many thanks to the following members of the picnic committee who made our June 12, 2022, picnic so memorable:

Larry Moses for leading his hearty paced, 4.5 miles hike, his research of the local music scene and picnic set up help.

Tom Giambrone for contacting and scheduling Buffalo's popular musical duo, Gino McManus and Frank Grizanti whose performance was a special treat.

Alan Baczkiewicz for his birding expertise, Mike Radomski with his tree identification information and leaders Doug

and Lynn Kenney for educating a large group on their annual nature walk that included a fun rain soak!

Jennifer Hillman and Bill McKeever for their meaningful discussion of their relationship with Bruce Kershner and his family, and the making of their book, Secret Places of Western New York: 25 Scenic Hikes.

Special hats off to Carol and David Schuster for food planning and purchasing, room set up, clean up, and grilling. Dependable David and Janet Kowalski who again helped with grilling and food preparation. And finally, thanks to all the members who came and brought foods, smiles, and fellowship.

And as a reminder, our September 13, 2022, meeting will be our annual members slide show and ice cream social. Please take pictures of your summer activities to share with members! Picture submission details to pictures organizer, Doug Gaffney, to follow in the August newsletter. Check weekly newsletters and our growing Facebook page for outings. Have a great summer!

Susan Kolasz
Pamela Sander

The Chapter Picnic was a huge success!

Check out some photos:

Music from Gino McManus and
Frank Grizanti



Nature Hike



Hike with Larry Moses



Photos by Pam Sander & Sue Kolasz

Chapter Picnic photos (continued)



Message from the Chair

The 2021-2022 ADK-NFC year returned to mostly normal. We were able to meet in person and enjoyed some amazing education sessions and programs setup by Pam and Sue. We even were able to have snacks at some of our meetings. The highlight of the year is always the picnic and this year did not disappoint. We had an incredible turnout with many people taking part in the pre-hikes and dinner celebration at Sprague Brook Park.

It felt almost back to normal at the picnic. Thank you to Carol and Dave Schuster for all of their hard work planning our meal, setting up, cooking, and cleaning up. I would also like to thank Janet and Dave Kowalski for joining the Schuster's on the grill. Everything was amazing. And thank you Larry, Lynn, and Doug for leading the hikes.

I would like to congratulate and thank Pam Sander and Sue Kolasz for accepting the position as co-chairs of Programs. I know they have some great sessions lined up for 2022-2023 club meetings. I would also like to congratulate Lynn Rehfeld-Kenny, our new Conservation Chair. I know Lynn will take the reins from Bob and lead the club in meaningful conservation efforts in

WNY. I would also like to thank Bob Van Hise for his service as the Conservation Chair.

The summer is starting off busy with outings and we hope to keep everyone engaged in hiking, paddling, and cycling activities. Please join one of the many outings that are planned and those that will pop up over the summer. If you can, we always need more trip leaders for the various activities.

I am looking forward to September when we will meet again as a group. Happy Summer!

See you outside,
Mike



Kids on the Trail

Our chapter is seeking a "Families Chair." We're hoping to have a young, and perhaps not so young, group of ADK Niagara Frontier Chapter kids and their parents joining other ADK families out there on our local trails. The Families Chair would plan and organize outings at a time and place at their convenience. You could post it in the monthly or weekly newsletter, or perhaps even a last minute pop up family



friendly hike on our Facebook page. It's a beautiful time to get our young children out there in nature. We all share the love of the outdoors, and this would be a perfect opportunity to meet other ADK families who share the same interests.

If you are interested in this volunteer opportunity, please contact Frank Meyer at

edendds@gmail.com

Welcome New Members!

Please join us in welcoming the following new members to our chapter:



Morgan Cicero

Nick Hazel

Keith Fessel & Katherine Kantz

Alan Baczkiwicz

Christopher Heinrich

Dustin Morgan

Julie Bastedo

Mary Martin

Congratulations New 46er!

Congratulations go out to our chapter's newest Adirondack 46er, Adam M. Gannon. Adam completed the 46 high peaks on September 8th, 2021 on Whiteface Mountain.

*Current and Aspiring 46ers*

Have you recently completed your Adirondack 46ers? Be sure to let us know so that we can recognize you in the newsletter and add your name to the chapter [46er list](#) on our website. If you don't have a Registered 46er Number, because you didn't register or didn't receive your Number yet, we can still add you to the list. Please contact Nicole Pane (nicole9165@hotmail.com) to be added.

Aspiring 46ers, are you completing the

46 High Peaks this summer?

Continue the Niagara Frontier tradition of proudly displaying our chapter's ADK 46-R Flag on the 46th summit

when completing the 46 High Peaks in the Adirondack Mountains. Take your picture with the flag and submit it to the news-



letter

to show off your accomplishment. Contact Lynn Rehfeld-Kenney to pick up the flag.

New Hiking Challenges

Finger Lakes Hiking Challenge:

This challenge was created to get people out on the many beautiful and unique trails throughout the Finger Lakes region. Our goal is to encourage people to get outside, embrace the outdoors, and reap the many benefits of spending time in nature.

The Finger Lakes Hiking Challenge is designed to give people an opportunity to visit new local parks and explore new trails. Along with hiking the trails, the challenge material will educate participants on parks' history and local flora and fauna to spot while on the trail.

This year's Challenge features 30 trails plus 2 bonus trails. You need to complete 20 trails to earn a finisher number, patch, sticker, and bragging rights.



WNY Urban Treks Challenge:

The 1st Annual Western New York Urban Treks Challenge is brought to you by Outside Chronicles and the Black Rock Riverside Alliance (BRRAlliance). This challenge was created to get people out on our urban trails during our beautiful Buffalo summers.



The Western New York Urban Treks Challenge is designed to give people an opportunity to visit some of well-known and little-known urban parks. Along with hiking the trails, the trail material will educate participants on parks history and local flora and fauna to spot along the trail.

The WNY Urban Treks Challenge includes 12 treks, each with a unique landmark. The landmarks include; monuments, bridges, and trees. Each park has a highlighted 'Suggested Trail' that takes you

FLT60:

The Finger Lakes Trail Conference's annual challenge is back – with a twist! In celebration of the FLTC's 60th Anniversary Year, they're upping the ante and challenging you to complete SIXTY miles on the Finger Lakes Trail this year for the FLT60!

The challenge is FREE! All miles completed in calendar year 2022 will count – this includes branch trails, miles from your favorite hikes that you do over and over again, and all miles for out-and-backs.

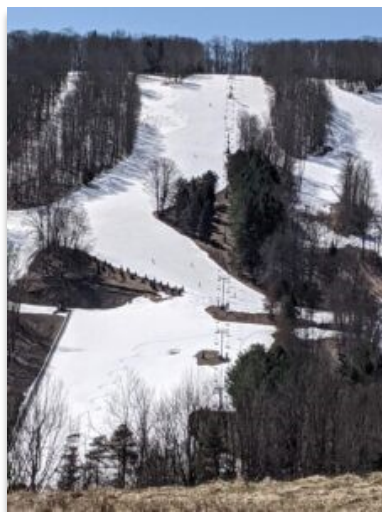
Register online using this [link](#), track and log your miles throughout the year and when you hit 60 miles you'll receive a sticker, a patch, and a certificate for your accomplishment.



Trip Reports

Finger Lakes Trail Holimont to Poverty Rd.

Our northbound 5-mile hike on the Finger Lakes Trail (FLT) from Ellicottville to Poverty Hill Rd was full of unexpected delights! Minutes after we began our steep climb from the trail-head on NY 242, we turned around and witnessed downhill skiers enjoying snow-covered hills in April! The spectacular panorama of HoliMont Ski Club was impressive from our high perch. We were following FLT markers on private land, surrounded by numerous other trails with fun names like Huckleberry Lane, Bridal Path, and Not Good. We encountered named landmarks called Emerald Pond and Field of



Dreams. After descending to Maples-Ellicottville Rd and crossing robust Elk Creek we were standing among stately Spruce trees, growing in straight rows planted plantation-style. While climbing Poverty Hill we encountered an enchanting man-made shelter and a sturdy bench with the heartwarming inscription: "Rest – Remember the Good Days". And so we did! As we descended to our endpoint we identified a few distinctive Scotch Pines with their characteristic 2-tone orange/grey-brown bark and often curvy trunks. You never know what fun surprises you'll find on the trails!

– David and Janet Kowalski

Chestnut Ridge Big Loop Trail

We hiked a big loop trail in Chestnut Ridge Park on May 17th. Three named and well-marked trails comprise the 6-mile loop: Orienteering (blue), Ward-Hill (yellow) and Boy Scout (orange). We accessed the trail from the Newton Rd parking lot.

From the start of the hike, we took our time to enjoy the beautiful forests, spring wildflowers, waterfalls, and streams. Shale Creek was crossable, permitting access to the rest of the big loop. The soothing sound of Shale Creek Falls could be heard from a distance. Once there, the rushing water flowing over layer upon layer of thin shale rock is a sight to behold.

Some of the wildflowers we saw included Jack-in-the Pulpit, Big-leaved White Violets, May Apple, Partridgeberry and Solomon's Seal. But the most

spectacular sightings were Pink Lady's Slipper Orchids and Giant White Trilliums. What a treat!



We highly recommend hiking this big loop trail based on its natural beauty and trail quality. Also, it's a fun way to clear your mind and get some exercise!

– Janet and David Kowalski

Franklin Gulf

Our cheerful group of 13 ADK-NFC hikers savored a warm Spring day in delightful Franklin Gulf County Park, one of WNY's hiking gems. Formerly Larkin Woods, this undeveloped park is known for its quiet solitude, scenic ravines, and numerous waterfalls and creeks. We hiked about 4 miles on six different trails in a loop to provide an overview of the natural features and beauty of the park. We were treated to some lovely wildflowers, including Pink Lady's Slipper Orchid, Painted Trillium, Canada Mayflower, Partridgeberry, and False Solomon's Seal. Our group included two



individuals who had never hiked in this special park before. We also had some keen naturalists who feasted on the spring wildflowers and other natural wonders in the area. An enlarged parking area, an updated map, and new trail markers are welcome recent upgrades to this unique destination.



– Janet and David Kowalski

Finger Lakes Trail Dalton to Rattlesnake Hill

We continued our exploration of the wonderful Finger Lakes Trail, which extends across NY state from Allegany State Park to the Catskill Mountains. We spotted cars and began our 10-mile trek near the friendly hamlet of Dalton, located south of Letchworth State Park. We hiked in the lush woods

and along country roads of Livingston County, enjoying pastoral scenery and



hillside views. The DEC-managed Rattlesnake Hill area is a jewel, with helpful switchback trails and a sublime high-elevation pond. The isolated pond was covered with unique water plants, and fantastic wild iris blossoms decorated the pond border. It's fun to discover new places in our amazing state!

Rattlesnake Hill is a Wildlife Management Area (WMA) that provides an informative model for forest management. By the late 1800s, these forests were logged or cleared for agriculture. Since the 1930s New York reforested the area, which provided an abundance of young forest habitat for wildlife. Today these forests have matured and the DEC uses timber harvests to establish a new generation of oaks and other trees for the future. Ideally, a healthy forest contains many species of trees of all ages and, along with grasslands and wetlands, the area can support all wildlife.



– David and Janet Kowalski

Hunters Creek Conservation Trail



Following a hot spell, cool temps provided ideal conditions for a delightful hike in the lush green forests. We met at the Northern parking lot of Hunters Creek County Park and hiked out and back on the Conservation Trail. Near the beginning of the climb we took the switchback spur trail instead of the straight uphill main trail, which we used later for our downhill return.

During our 6-mile trek we were treated to mixed woods with a lovely variety of trees, numerous brook

crossings, scenic ravine views, and wildflowers including the iconic Jack-in-the-Pulpit and Dwarf Cinquefoils. We took the green spur trail to the banks of Hunters Creek and enjoyed a prolonged waterside snack break, greeting other hikers and bikers who were also enjoying this wonderful day.

We returned to the main trail and continued hiking in the heavenly hemlock forest. All along the hike, it was a pleasure to share nature and stories with fellow ADK members, who are always a fountain of interesting conversations to add to the enjoyable hiking experience.

– Janet and David Kowalski

Holland Ravines Conservation Trail

Five hardy hikers enjoyed an 8 mile hike at Holland Ravine's on June 11. Along the way we discussed the Conservation trail and Foothills hiking clubs' part in maintaining the various segments of this trail. Holland Ravines and many other parts of the Conservation trail are located on private lands. Hunting season closures and the wishes of landowners must be respected if these trails are to remain open for all to enjoy.

- Leslie Salathe



Have a trip report you'd like to submit for publication in a future newsletter? Please email it to Nicole Pane at nicole9165@hotmail.com. These can be reports of club trips or personal trips, based in the Adirondacks or not. We want to hear your stories!

Hikes & Outings Calendar

July 2: Paddle on Cassadaga Lakes

Cassadaga Middle Lake Boat Launch Glasgow Rd. (Rt. 48), Cassadaga, NY 14718
(Follow the signs on Rt. 60 for Lily Dale).

We'll be on the water at 10 AM for a flat water cruise around the three different Cassadaga Lakes - probably a 2 to 3 hour paddle. The launch is between two of the lakes and has a porta-potty.

Must wear PFD.

Contact Frank Meyer at edendds@gmail.com for more info.

July 6: Bike Ride at the Clarence Bike Path

LUNCH TIME CLARENCE BIKE PATH RIDE
(20 miles) WEDNESDAY, JULY 6, 2022

MEET: The Rock Kitchen and Bar parking lot, 6261 Transit Rd., E Amherst 14031 at 11 am, we will pedal off promptly at 11:15 am. Meet trip leaders Pam Sander and Sue Kolasz for an easy to moderate, flat ride 10 miles to Bistro 93 restaurant in Akron. Approximately 55 minutes out and back for a total of 2 hours ride time or 20 miles. Bistro 93 has outdoor and indoor seating, homemade delicious daily specials and PIES! Plan on a leisure lunch for additional time. We should return at 2:45-3:30 pm.

HELMETS, WATER, AND SPARE TIRE TUBES A MUST!

Aside from road crossings, this trail is a beautiful flat trail that passes gorgeous, landscaped back yards, farmland (complete with authentic cow smells), wildflowers, occasional deer, and a cool, shady wooded section. Pre-registration is required. Please RSVP to Pam sanderpamel88@gmail.com or Sue at sue728115@yahoo.com.

****(NOTE: Nonmembers can ride one bike outing per season) ****

July 12-15: Kinzua Reservoir Kayak, Hike, Camp Morrison Campground

Put in at Elijah Run Boat Launch

<https://www.fs.usda.gov/recarea/alleggheny/recarea/?recid=6089>.

and paddle across to Morrison Campgrounds
<https://www.fs.usda.gov/recarea/alleggheny/recarea/?recid=6120>.



This is a 1 mile paddle to a primitive campground with a fire pit and picnic table at each camp site. We will paddle in on Tuesday, make base camp for three nights, forage for firewood, paddle around the area, hike, cook over an open fire, campfire at night, sleep in tents and paddle out on Friday morning. You will need a kayak, tent, sleeping bag and associated gear for this amazing camping experience in Allegheny National Forest complete with a night paddle, coyotes, bears in beautiful surroundings. Parking is \$5 per night and the campsite is \$12 per night, max 3 tents per site. For more details and to register marionhanover@gmail.com.

July 14: Bike Ride along the Outer Harbor

Time: Please arrive at 6:00 p.m. We'd like to leave at 6:15 p.m.

Meeting Place: Charlie's Boat Yard, 1111 Fuhrmann Blvd., Buffalo, NY

We'll be meeting at the far side of Charlie's lot, close to Fuhrmann Boulevard and the bike path.
Park either in the lot or along the street right nearby.

Pace: Leisurely ride, all on paths



Distance: Approximately 12 miles
Required gear: HELMET and a spare tube. I suggest you bring a water bottle too.

Ride Description:

Join your fellow ADK members for an evening ride along our beautiful Outer Harbor.

We will begin our ride at Charlie's Boat Yard, ride down to the big bucket at the ship canal, back along the water to Wilkison Point, and then back to Charlie's for ice cream or food and drink.

You may bring a friend; however, non-ADK members are only allowed to participate in one ADK sponsored bike ride per year, per our insurance policy.

Pre-registration is required. Please contact either Sue Kolasz (sue728115@yahoo.com) or Pam Sander (sanderpamela88@gmail.com) if you plan to attend.

The ride will be canceled if it rains.

July 28-31: Summer Outing, John's Brook Lodge - ONLY 1 SPOT LEFT!

A chapter outing is planned for July 28th through the 31st at John's Brook Lodge, which is an ADK owned back country lodge in the high peaks. I reserved 10 bunks in one of the two 10 person bunk rooms, and our chapter will pay for one night of the three night stay for members only. If you are not familiar with JBL you can see the details here: <https://adk.org/locations/>

This location is a prime location for

climbing a large number of the high peaks, but also is a great place to just stay and enjoy the woods. All meals are provided and you get a bunk with a mattress and a blanket. While there are no showers there is a lovely stream to swim in. You will need to backpack in 3.5 miles on an easy trail.. The drive is about 6-7 hours. I can help with suggestions on what to pack and how to get there.

We are hoping to have people who have never been to JBL before along with people working on their 46 peaks who want to make it easier to get to some of the more distant peaks. JBL is usually full every weekend in the summer so we were fortunate to get spaces. You will need to make a deposit of \$99 which is half of the cost of two nights. Send your deposit to Doug Gaffney at 830 George Urban Blvd., Cheektowaga, NY 14225. Make your check out to ADK – Niagara Frontier Chapter. Please email me if you are sending in a deposit.

If you have any questions please email Kate Hacker at hackerks@gmail.com.

August 2, 9, 16, & 23 (Tuesdays): Weekly Paddle, Erie Canal

Meet at 5:30 for 6pm put-in at the Service Dr. Boat Launch, Sweeney St., North Tonawanda

Flat water paddle on the historic Erie Canal (some slow power boat traffic) 2+ hours.

Wearing of a proper-fitting Personal Flotation Device (PFD) is required.

Contact Bob Van Hise adkpad-dles.bvh@gmail.com

August 13: Paddle, Motor Island (Pirate's Island) Niagara River

Meet at 9am at the East River Marsh

put-in (Google calls it the "Beaver Island Kayak Launch") near the east end of Ferry Rd., Grand Island

Paddle through the marsh and around Motor Island, and possibly upstream through the archipelago.

Current, possible wind. Little or no other boat traffic. Approx. 3 hours.

Wearing of a proper-fitting Personal Flotation Device (PFD) is required.

Contact Bob Van Hise adkpad-dles.bvh@gmail.com

September 5, Labor Day (Monday): Paddle, Lower Niagara River, Lewiston to Youngstown

Meet at 9am at the Lewiston boat ramps (probable fee of \$4? per boat)

Drop off boats, then all drivers will shuttle to Youngstown.

Launch at 10am. Paddle 5+ miles downstream. Approx 2 hours on the water - possible wind, wakes.

Wearing of a proper-fitting Personal Flotation Device (PFD) is required.

OPTIONAL lunch and/or ice cream at The Silo afterward.

Contact Bob Van Hise adkpad-dles.bvh@gmail.com

Oct 23rd – Oct 29th: Paddling the Florida Panhandle

\$1,650 Per Person Double Occupancy

The Blackwater River State Forest is located in the Florida Panhandle northeast of Pensacola. Many beautiful streams flow through the forest. Each day our guides will cook breakfast. We will then paddle a creek or river section, enjoy a

riverside picnic lunch, then return to our private lodge for some late afternoon socializing, an amazing dinner, prepared by our guides, and free time in the evening. Contact David Pisaneschi, dapadk@gmail.com for information and to sign ups. Trip cost includes: Kayaks or canoes, lodging, meals, guides, airport and ground transportation.



Adirondack
Mountain Club
Niagara Frontier Chapter



ON THE WEB:

adk.org

adk-nfc.org

facebook.com/ADK-NiagaraFrontier



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