



Explore. Educate. Protect.

THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter

Our next General Meeting

**Tuesday,
February 08, 2022
7:00pm**

Details to be determined during
Executive Committee Meeting

Please keep up to date by checking your weekly emails and/or the ADK-NFC Facebook page.

ADK Centennial Guidebook: Peaks and Ponds, coming soon!

ADK is thrilled to announce the upcoming publication of Peaks and Ponds, Adirondack Day Hikes, due out early spring!

This brand-new collection of 37 classic and lesser-known day hikes honors ADK's 100-year anniversary. It will take you to beautiful remote spots throughout the park — places such as Moss Lake, Catamount Mountain, Tirrell Pond, and Kipp Mountain. Many of the hikes might even become your new favorites! It's a collaborative work by two of ADK's own staffers, who are seasoned outdoor

adventurers: **Bobby Clark**, manager of our High Peaks Information Center and **Cat Hadlow**, who works the Adirondack Loj Front Desk.



The book also features snippets of ADK history. Learn about topics such as how ADK builds trails to curtail erosion, and how we helped fight the building of

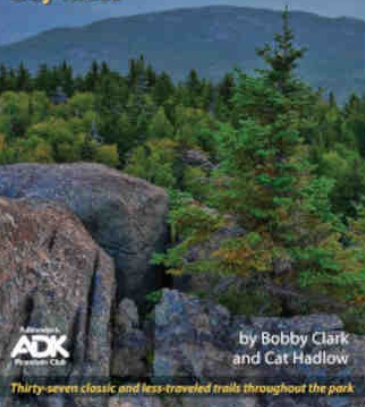
dams along the Hudson River. Sections about wilderness safety and ethics will help you have a safe, low-impact outing.

Also new for ADK, this 160-page, full-color volume includes GPS coordinates and QR codes for trailheads and parking areas. Page map sketches by illustrator Terry Brosseau; scores of beautiful photographs; round-trip distances; and difficulty ratings included.

Available for just \$18.95 at ADK.org and local retailers!

Peaks and Ponds

Adirondack
Day Hikes



Special Opportunity: Cross Country Ski & Snowshoe

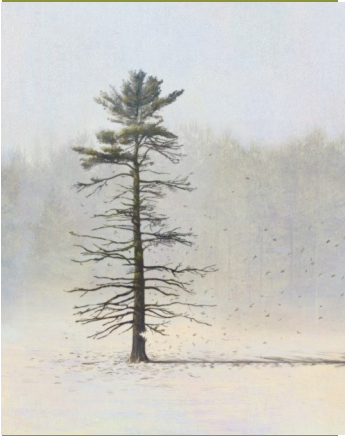
Byrncliff Resort in Varysburg NY has offered a \$3 discount on their trail passes for ADK-NFC members! Just present your membership card at the ticket counter for your discount.

Byrncliff, voted the best cross country ski area in Western New York by a leading publication, is just

a 35 minute drive from Buffalo. They offer 12 miles of groomed tracks for both novice and advanced skiers. Their trails are also lit on Thursday, Friday and Saturday evenings for night skiing. Rental equipment and lessons are available. Snowshoes can also be rented for use on the wooded or open trails.



Mary Noack



*"Tree 103 was
scarred and
scabby; it
creaked in the
wind; it
sagged in the
rain ..."*

- Susan Orlean



Special Opportunity: Trailhead Steward this Summer!

The ADK Trailhead Stewardship Program @ Heart Lake is one of ADK's most successful high-profile programs. Perhaps you have met one of our Trailhead Stewards at the High Peaks Information Center (HPIC). We greet hikers, answer questions and help folks make good decisions for a safe and enjoyable outing. Thorough training in Leave No Trace principles, Authority of the Resource Technique of hiker interaction, NYSDEC Central High Peaks regulations, and your hiking experi-

ence and knowledge of the trails that start at Heart Lake will give you the confidence to help us achieve program goals.



Weekend and holiday shifts are available. July and August shifts are weeklong, but there is the possibility of "split shifts" and substitute shifts. Gen-

erous volunteer benefits are included.

Applications for the 2022 season are now open. Please contact Bobby Clark, HPIC manager bclark@adk.org, or myself, metadajim@gmail.com, if you have any questions or would like more information.

Sincerely, Jim Schneider | ADK Glens Falls-Saratoga Chapter

If interested you will find links to the application, info letter, and program manual with specifics on the [ADK-NFC website](#).

[Click here](#) to read the full Tree 103 Obit by Susan Orlean

Our General Meeting Agenda

Education Workshop: Friends of Allegany State Park | 6:30p

A discussion with Paul Crawford (President, Co-Founder, and Lifetime Member) Many of us have heard of the Friends of Allegany State Park, but most of us probably don't really know who they are and what they do. ADK-NFC is

pleased to welcome Mr. Paul Crawford, who will present some background information about the Friends of Allegany State Park, discuss his organization's current and future projects, and explain how you can get involved. Time permitting, he will also

discuss the importance of using social media to grow your organization and the value of developing partnerships with other like-minded organizations.

Program: *The Habitat Project* | 7:30p

How the City of Buffalo became certified as a National Wildlife Community Wildlife Habitat and how we can all get involved!

Our February program will feature Anne McCooey, executive director of the Black Rock-Riverside Alliance Organization, whose mission is to improve the quality of life in the Black Rock, Riverside, Grant, Amherst and West Hertel communities of Buffalo. Anne has spent multiple decades working in the non-for-profit sector, with local, regional, national and international organizations. Through her tireless, dedicated, and enthusiastic efforts obtaining grants, raising funds, and recruiting volunteers, Anne has

been successful in obtaining a certification for the City of Buffalo as a National Wildlife Federation Community Wildlife Habitat. She is currently working on certifying Erie and Niagara counties, with the personal goal of eventually having every county in WNY become a certified National Wildlife Federation community.

What exactly is the Habitat Project? Look closely as you travel through the City of Buffalo, and you'll likely find "nature friendly" habitats everywhere, creating an environment that not only preserves our natural resources, but also encourages pollinators and wildlife to reside and remain in our communities.

How was Anne and

the BRRAlliance, able to enlist schools, businesses, local garden clubs, and members of the community to join in these efforts? Anne's presentation will talk about the program, its certification, and how individuals and communities can participate in the Habitat Project, what was involved in the certification, and how easy and impactful even small changes in how green spaces are maintained can be for the wildlife and the people in the community. We hope to see you all there!



In-Person TBD & Cancellation Policy

There has yet to be a decision made regarding the continuation of in-person general meetings for the month of February. The Executive Committee has been monitoring conditions in the WNY area and has been deciding on a month-to-month basis. For the February general meeting, the decision will be made by February 1st.

Please keep an eye out for emails or our Facebook page for updates.

If in-person meetings continue, the Executive Committee approved policy to coordinate the decision to cancel the Monthly General Meetings with the Amherst Central School Closings. Since the Amherst Community Church property abuts Amherst High School, the winter

weather conditions that warrant school closings will also dictate our General Meetings. When Amherst Schools or After School Activities are cancelled on the day of our ADK meeting on the 2nd Tuesday of the month, then our monthly general meeting will be cancelled. Cancellation news will be reinforced with emails and Facebook.

*Come into the
mountains, dear
friend
Leave society and
take no one with you
But your true self
Get close to nature
Your everyday
games will be
insignificant
Notice the clouds
spontaneously
forming patterns
And try to do that
with your life*

- Susan Polis Schultz

Message from the Chair

Winter is upon us. I hope everyone is enjoying the snow and cold temps. The conditions have been great for snowshoeing and skiing.

I have personally enjoyed a few winter High Peaks as I work toward my Winter 46er. As of writing this piece, I have just one more winter summit, Gothics. I will be climbing it with my friend Tom as we both become Winter 46ers together. He introduced me

to the High Peaks with my first 46er Phelps back in 2014. I never imagined being a 46er, let alone one climb away from being a Winter 46er. We hope to finish mid-February, fingers crossed!

The Adirondack Mountain Club is celebrating its centennial this year. You will see campaigns for membership, updated logos, and an emphasis on the history of ADK. I recently prepared a High Peaks Workshop and included some history of the Adirondack Park, the 46ers, and the High Peaks. Although not ADK history specific, I

want to share with you a very interesting article called Rise of the Adirondack High Peaks: The Story of the Inception of the Adirondack Forty-Six by Robert Marshall, George Marshall, and Russell M.L. Carson by John Sasso ([Click Here](#)). The author attempts to explain how the list of ADK46 came to be. If you enjoy the history of the Adirondacks, it is worth a read.

See you outside,

Mike Radomski |

Chapter Chair



ADK-NFC Winter Outing — TRIP FULL

Held at the historic **Adirondack Loj** in Lake Placid, NY, **first week of March, 2022**

Contact Kate Hacker to be placed on the waitlist!

hackerks@gmail.com or 716 491-7046 (cell)

Trip Reports

01/22—Snowshoe-Beaver Meadow

A foot of pretty white snow and peeking sunshine made for a delightful snowshoe. Ten of us navigated a 3-mile loop hike on well-marked trails, which included picturesque bridge crossings and a pleasing variety of terrains. We started with a trek across Deer Meadow and the Jenny Glen

Boardwalk. Our group warmed up right away after the steep climb on the Hawk Ridge Trail, and were treated to scenic vistas of surrounding winter landscapes. We admired a variety of evergreens, and were delighted to witness so many animal tracks in the fresh snow. Our group unburied the Rusty Stove on its namesake trail, turned onto the charming Old Bones trail, and made

our way to the attractive Arboretum for a quick break. We visited the Kettle Pond on our way back to the trailhead. Fresh air, invigorating exercise and friendly companions made this outing a perfect way to spend a chilly winter morning.

Submitted by: David and Janet Kowalski



Trip Report Cont'd

HIKE—01/15-01/17—Street & Nye, Catamount, & Allen

Epic MLK Weekend in the Adirondacks with Eric Stevenson and Jessica Delo-Novelli

Due to the impending snowstorm we looked at multiple options and decided to hike Street & Nye upon arrival making it a Full Moon summit.

Street & Nye's trail was in great condition. We made great time to the summits and returned back to the car, although late (midnight), we beat the storm by a few hours.

We slept in and woke to somewhat heavy and blowing snow. About 6-8in would fall in total, nothing like Buffalo! We had breakfast and decided on Catamount, one of the Lake Placid 9ers (LP9ers). Eric heard there is a cool chimney to climb. It was a much harder 3.6 miles than we expected with the snowstorm, but this was an amazing mountain. It featured everything you would want in an ADK mountain; exposed slabs, steep bouldering, a false summit with great views of the summit (ala Haystack or Colden), and a

chimney. I felt more comfortable with an ice axe in my hand to give you a perspective on the climb.

We got lucky on Tuesday and followed the plow to the Upper Works trailhead. To our dismay, the trail was not broken and had a fresh 8in. of snow. We geared up for a long day, 18 miles round trip and some serious climbing once we hit Allen. We enjoyed the suspension bridge over the Hudson River, very Indiana Jones like. We made great time (over 2mph) to the base of the mountain despite having break trail and navigate the trailless portion. Then the fun began. Eric took the lead until we hit the slide. He broke trail in 2ft+ up Allen Brook, navigating by feel for the previously established trail. If you were off by a little bit, it meant falling into thigh deep snow.

When we go to higher elevations, the snow was waist deep in some sections. Needless to say, our pace was glacier at best. We had to kick our boots in several times to gain purchase. And I forgot to mention it was 10 degrees at the trailhead and would drop to -2

XC SKI—01/04—Fish Pond Truck Trail

My longest xc-ski to date, with a side trip to Grass Pond, rounded out at about 11mi rt.

The first couple of miles were relatively flat, couple of ups and downs, plenty of room to work on your stride! After one very large downed tree came the true climb to high of land, some 200ft

above the starting elevation. Bobby noted it would be a fun ride coming back down, but Cat pointed out "Yeah, until you hit that tree at the bottom!" At this point I was worried I wasn't going to make it all the way back. I was dog tired.

From there it was a series of descents to Fish Pond, we clicked out of our skis to check out the lean-to and some snacks. The temperatures had plum-



Mike Radomski

over the course of the day. The mountain was cold. But we persevered and made the summit. Looking at our data it took us 3.5 hours to climb 2000' in 1.3 miles, the last 500' took about an hour. Because of the cold and our slow pace, we took a few pictures, refueled and boogied down the mountain. We kept a good pace back to the trailhead now that the trail was broken. And believe it or not, our fastest mile was our last.

Thanks to Jess being our support at the trailhead. It was great to come back to a warm car and pizza.

Allen is a dog. It is a long hike to get to and a formidable mountain to climb. I have done it

twice, once in the fall and now in the winter. This is Winter 46er #45 for me. One more to go, Gothics.

*Submitted by
Mike Radomski*



meted and all our heat evaporated quickly. I was ready to get skiing and warm up again.

The climbing back up was really hard for me, but I knew once we'd get to that last big hill it'd be easier. Getting down that hill though, was rough, I 'snow-plowed' so much my knees were ready to collapse! Coming around the last bend, prepping for the

downed tree, I suddenly saw Cat and Bobby splayed over the tree as if they had ran right into it. I was doubled over in laughter as they were rehashing their devious plot as they waited for me to descend. The rest of the ski was incredible, as they say, laughter is the best medicine.

*Submitted by
Mary Noack*



Centennial Calendar

NEW GUIDEBOOK: PEAKS AND PONDS

New ADK publication, to be published in the early 2022, features thirty-seven classic and less-traveled day hikes throughout the Adirondack Park that can be enjoyed year 'round.

Written by ADK staff members Bobby Clark and Cat Hadlow, the book includes historic information about ADK's role in conservation, trail building and maintenance, land easements, and more, telling the story of ADK's 100 years of "Educating, Exploring, and Protecting" the park's wild lands and waters.

100 MILE CHALLENGE (MAY 29 – SEP 5)

Walk, run, hike, paddle, or pedal—or any combination of any human-propelled activity—100 miles in 100 days, raise \$100 or more in sponsorships, and receive a *100 Mile Challenge* patch. Additional prizes available. Visit the [ADK Centennial webpage](#) for more info!

CENTENNIAL CELEBRATION & FALL OUTING (SEP 23 – 25)

The Cold River Chapter will be hosting at the Silver Bay

YMCA Conference & Family Retreat Center in Silver Bay, New York.. Join us for all three days or come just for the Centennial Celebration on Saturday. Many outings are planned including musical entertainment on Friday night by Dan Berggren and Jamcrackers and noted environmentalist Bill McKibben.

Information and updates about all events, including some that are still being planned, will be listed on ADK.org/centennial-celebration

Looking for Winter Adventure?

Presented by Outside Chronicles, The *Western New York Winter Hiking Challenge* is back!! Designed to give everyone an opportunity to get outside, visit local parks, and explore unique new trails. Along with hiking the trails, the challenge includes education materials on parks' history, and local flora and fauna to spot while on the trail.

While there are 16 hikes plus bonus hikes - each with a unique landmark - hikers need to complete 8 hikes for the challenge from now until March 20, 2022. Complete Challenge information can be found on their website, outsidechronicles.com.

Proceeds for Winter 2022 to support [Buffalo Audubon Society](#) for Beaver Meadow Audubon

Center and pet registrations will be donated to [Sadie's Safe Harbor Canine Center](#).

The 2021 Challenge was an incredible success, Outside Chronicles raised over \$80,000 for The Western New York Land Conservancy and The Finger Lakes Trail Conference!! Great job Western New Yorkers and Outside Chronicles!

A Quick Farewell ...

It wasn't until 2016 that I learned that there was a local ADK chapter! I was volunteering for Reinstein Woods, doing research on their beaver population when a xc-skier passed by and mentioned I would really enjoy the ADK-Niagara Frontier!

Since then I've truly enjoyed being part of the

ADK-NFC Executive Committee and working with everyone.

Now that I've moved to Saranac Lake and am working for the Adirondack Loj it only seems fair to pass the torch and let someone new try their hand at Electronic Communication Chair and Newsletter Editor. My sincerest regards to all of

NFC, thank you for all that you've taught me and all the amazing outings!

If you're ever in the North Country be sure to stop by the Loj and say 'Hi'!

Until then, happy trails!

Gratefully,
Mary Kathryn Noack



Adirondack
Mountain Club
Niagara Frontier Chapter



ON THE WEB:

adk.org

adk-nfc.org

facebook.com/ADK-NiagaraFrontier

Mary Noack



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