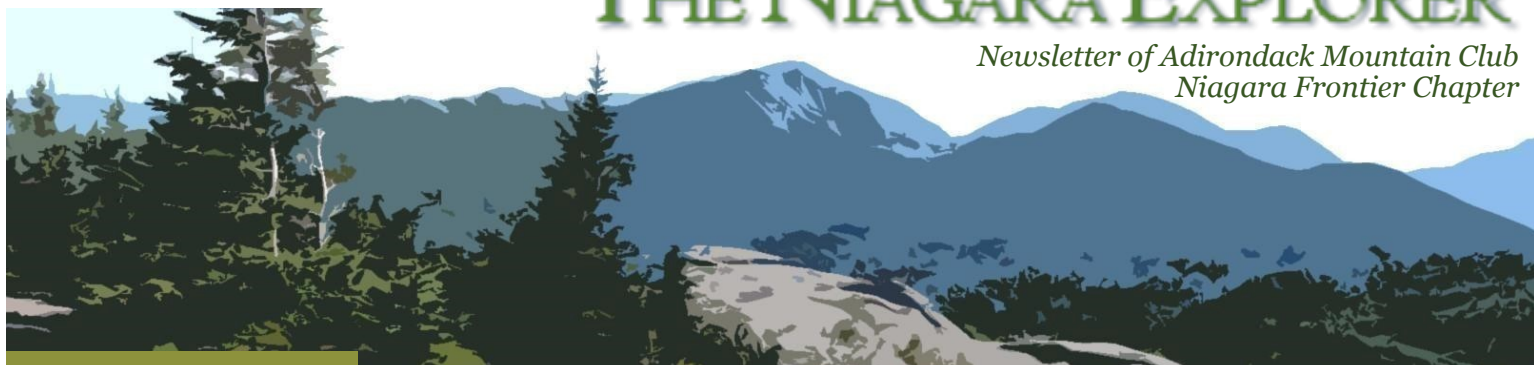


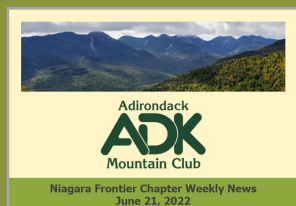


# THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club  
Niagara Frontier Chapter



Keep up to date by  
checking your weekly  
emails:



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



August 2022

**Save the Date: Wednesday, August 17th**

## **Community Night at 42 North Brewing benefiting ADK Niagara Frontier Chapter**



Please join us  
Wednesday  
evening (time is  
TBD, check your  
weekly emails for  
an update)  
August 17th  
for Communi-  
ty Night at 42  
North Brewing

benefitting the ADK Niagara Frontier Chap-  
ter. \$1 from every pint sold will benefit our  
chapter. 42 North Brewing is located at 25  
Pine St., in the village of East Aurora. In addi-

tion to their taproom they have an out-  
door beer garden and food available from  
Fat Bob's Smokehouse.



Stepoutbuffalo.com

## **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](#)

Interested in sharing your stories? Contact Christina Cerruti at [adkvoices1@gmail.com](mailto:adkvoices1@gmail.com) for more information!



### *Message from the Chair*

The summer is too short to be taken up with my words. Keep getting outside and keep posting your adventures to Facebook or sending them to Frank and Nicole to be put in the newsletters. We love seeing smiling faces in the outdoors.

I hope everyone can join us for a beer at 42 North Brewery in East Aurora on Aug 17. \$1 from every pint sold will go to our chapter. It will be a great time to share some stories in their Biergarten.

Finally I look forward to seeing everyone in September for our first chapter meeting.

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](mailto:edendds@gmail.com)

*Leave the  
road, take the  
trails.*

*- Pythagoras*

### ***Coming this fall:***

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

## Welcome New Members!

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



**Bill Aumgst**

**Bliss Lillis**

**Heather Schneider**

**Michael Sataneck**

**Shannon Herr**

**Timothy Hoffman**

**Richmond Hubbard**

**Jennifer Hillman and Bill  
McKeever**

**Nancy Williams**

*The world  
reveals itself  
to those who  
travel on foot.  
- Werner  
Herzog*

## Current and Aspiring 46ers



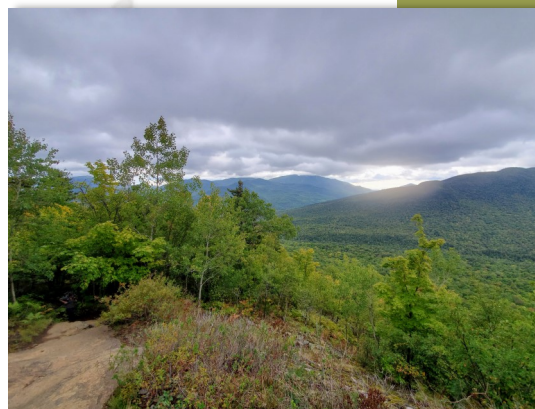
Have you recently completed your Adirondack 46ers? Be sure to let us know so that we can recognize you in the newsletter

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](mailto: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 newsletter to show off your accomplishment. Contact Lynn Rehfeld-Kenney to pick up the flag.



The Brothers Trail on the way to Big Slide Mountain



## Trip Reports

### Cassadaga Lakes Paddle

July 2, 2022

The weather could not have been better for an outing! Eleven paddlers gathered at the DEC boat



launch in Cassadaga Lakes. First, we were introduced to Andrew, a water steward from the Chautau-

qua Lake Association. He looked at our boats and stressed the importance of preventing the hitchhiking of aquatic invasive species from one waterway to another. At around 10AM we started a leisurely circuit of the three lakes which took approximately 2-1/2 hours to complete.



The lakes are spring fed, although there are both an outflow at the south end and an inflow at the north-east end, both of which were explored. We were stopped at the north by an old beaver dam. Our boats consisted of canoes, kayaks, and even a two-piece sit upon craft (easily fitting in the back of a car!).

Each of the lakes is different. The Middle Lake is narrow, with lots of vegetation on both sides. The South Lake has many cottages, and some motor boats later in the day, as well as an undeveloped section to the NE. Going back north through the Middle Lake and under the bridge next to the launch site, one is met with another larger lake with much less development than the South Lake. The Lily Dale Assembly of Spiritualists is on the right.



After the paddle, most of us gathered at the Stockton Hotel for well deserved food and refreshments. For many this was the first paddle of the year – way too late. Thanks to all who came out, and to my wife Linda for sweep duty. Our only setback was the lake swallowing an unfortunate paddler's set of car keys – made a little better with AAA Premium.

- Frank Meyer (first time as an outing leader)



## Clarence Bike Path to Bistro 93 Lunchtime Bike Outing

July 6, 2022 (20-mile total)

What a delightful peddle on the Clarence bike path from Transit Road next to The Rock Restaurant to Bistro 93 in Akron on Wednesday, July 6th. A

very flat and smooth ride that passes pretty, manicured

backyards, farmland, and shaded woodlands was enjoyed by eleven, happy and hungry ADKers and soon-to-be members. We passed a couple of healthy and posing deer, pretty wildflowers, a friendly assortment of people and other cyclists while chatting amongst ourselves. Thanks to Tom Giambrone for leading and securing safe road crossings – this route does include, at times, heavier traffic. Lunch at Bistro 93 is inexpensive, the menu is impressive, food delicious and the



atmosphere charming. Owner and expert pie maker Jennifer can rattle off a long list of pie options and is happy to engage in fun conversation (ask her how she came to purchase the bar/restaurant).

Our group enthusiastically agreed another bike n' meal outing would be fun and plan

on posting a similar bike outing to Bistro 93 in the August newsletter. Please, don't forget to read your newsletters to know about the fun outings planned for the summer.

- Pam Sander and Sue Kolasz



## Outer Harbor Bike Ride

On July 14, our group of 13 ADK bikers met at Charlie's Boatyard for a leisurely ride along the Outer Harbor. We left Charlie's around 6:15, and rode the bike path down to the Union Ship Canal Commons, where we stopped and gathered up for a group photo. We then headed back to the Small Boat Harbor and rode around Buffalo Harbor State Park, where the trail runs along the harbor across from Charlie's. We continued on to Lakeside Bike Park. The bike park offers 3 mountain bike tracks for riders of all skill levels. Even if you don't take advantage of the bike tracks, you can ride or walk

along the trails and enjoy the beautiful nature habitat with abundant native plants in bloom.

The Greenway Nature Trail was our next stop, offering us an opportunity to visit Flatman (and of course, he always finds a way to make it into the picture.) We were entertained by many groundhogs along the way and saw a couple of deer along the path. Hammocks are set up along the Nature Trail for those who'd like to stop and rest a while or just chill and take in the scenery. I think a couple of people were actually napping

when we passed by!





We continued on the trail to Wilkison Pointe where we stopped briefly to visit the restrooms and refill our water bottles. The beer garden at Wilkison Pointe was hopping, and volleyball games were in full swing. It was wonderful seeing so many people enjoying this picturesque spot. Wilkison Pointe offers longboards, kayak, SUP, and bike rentals



throughout the season. Check them out online before you go for their hours of operation. The beer garden and food truck are open Tuesday through Sunday until dusk. It's a great place to sit and watch the sunset over Lake Erie!

Our last stop was

the Lighthouse, and then back to the Greenway Nature Trail for a final ride along the shoreline. After locking our bikes, we headed over to Charlie's Restaurant. We snagged a great table outside on the

deck and enjoyed a beautiful sunset, along with delicious ice cream and food, and of course, lively conversation!

For those who've never been to the Outer

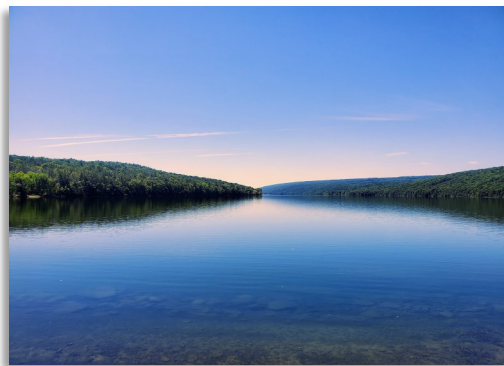


Harbor, try to make it out there at least once this summer. It's such a peaceful area with so much to do, and a perfect spot to watch the sun setting over the water. It could easily become your favorite summertime spot! Be forewarned though, access to this lovely area is almost non-existent when concerts are on the schedule (unfortunately), so check before you go.

- Sue Kolasz & Pam Sander

## Rob's Trail

On June 25th I headed out to Hemlock, NY to hike Rob's trail, which is also one of the hikes on the Finger Lakes Hiking Challenge. This is a hike that I knew about and wanted to check out for a while, but the challenge gave me a reason to finally make the drive out. Rob's trail is a preserve owned by the Nature Conservancy and runs between Hemlock and Canadice Lakes, connecting them. Interestingly, these lakes are used to obtain much of Rochester's drinking water, as a result they are clean



and undeveloped. I hiked the trail from the parking lot on Rt 15a to Hemlock lake.

As soon as you pull in the lot you can't help but notice the view looking down across the lake from the top of the hill that you are located on. The trail starts out and immediately descends towards the lake close to 800ft in a little over a mile. It starts off as some gravel trail out in the direct sun, but very quickly transitions into forest canopy. The trail is very well maintained, and easy from a technical stand-

point. There was a sign pointing to a waterfall overlook, which was dried up, but I imagine would have been very pretty when the falls were running. There were also what appeared to be several small stream crossings, unfortunately



also dry on my visit. A few very nice bridges on the trail would make these crossings easy.

The lakefront at the bottom is beautiful and pristine. The trail runs along the lake for about an additional three miles once you reach the bottom. There were quite a few bugs about on the water section during my visit, but no people. Very little elevation along the lake, but it was

pleasant no less. The trail is an out and back, so now one needs to climb back up the hill to get back to the parking. Although this climb is challenging, it never really gets too



steep and I wished the trail was closer to me as this would be a great place to practice for the high peaks. Coming back to the parking lot and crossing the road (and passing the cows) the trail continues east to Canadice Lake. I plan to return at some point to complete that section. I also stopped for lunch at Hemlock Town Park, at the north end of the lake, which has beautiful lake views and a dam in addition to typical park amenities.

- Nicole Pane

## Letchworth State Park Finger Lakes Trail

On a sweltering day in mid-July, I headed out to Mount Morris to hike a section of the Letchworth Branch of the Finger Lakes trail (FLT). The Letchworth branch trail runs 26 miles one way on the east side of the Genesee river. It's one of six branch trails connected to the main Finger lakes Trail. In all, the Finger Lakes Trail offers almost 1,000 miles of hiking through New York State. On this day, I hiked from the William Hoyt Visitor Center parking 5 miles south and then back for 10 miles total.

Located on the east side of the Genesee River,

the FLT offers relative solitude compared to the busy west side of the park. It was also a



good choice for a hot day, since this section is almost completely in the shade. The parking lot has an overlook of the Letchworth dam and views of the gorge,

similar to those visible on the other side of



the river. There are also bathrooms, picnic tables and a playground here. Heading out on the trail, the first mile or so is basically flat with numerous points to look out along the gorge. While you won't see any waterfalls here, you really get a sense of how expansive this area is. The

trail then begins to roll a little bit and passes through some small ravines. It is very well maintained and also a great place to snowshoe in the winter. At about four and a half miles, you'll come to one of the nicest view points of the river on the trail. I saw quite a few hawks and buzzards here flying very close to the edge of the gorge, right in front of me. After that the trail has a nice ridge walk, at which point I turned around to head back. I've hiked this trail numerous times before as well as some other sections of it. There are numerous access points along River Road (viewable on the interactive maps on the [FLT website](#)) so you can break this

hike up into manageable sections. On this trip I was fortunate to see an owl fly up out of a bog where it is was getting a drink and into a nearby tree. I also spotted a raccoon in the brush which, upon seeing me, ran partway up a tree and proceeded to spy on me from behind it. Letchworth really has so much to offer and is relatively close to western New York. It's definitely worth checking out some of the less traveled trails there if you haven't been.

- Nicole Pane



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***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](mailto: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

### August 2, 9, 16, & 23 (Tuesdays): Weekly Paddle, Erie Canal - NOTE NEW PUT-IN LOCATION

Meet at 5:30 for 6pm put-in at the North Tonawanda Botanical Gardens, 1825 Sweeney St., North Tonawanda .

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

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

Contact Bob Van Hise [adkpad-dles.bvh@gmail.com](mailto: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 Flo-tation Device (PFD) is required.

Contact Bob Van Hise [adkpad-dles.bvh@gmail.com](mailto:adkpad-dles.bvh@gmail.com)

### August 20: Hike at 18 Mile Creek Park

Directions - Take Rt.62/75 south out of Hamburg. Take a west in Water Valley onto South Creek Road. Keep going, bearing left, until it dead ends - don't take the right which goes back over the creek. Hike will set out at 10AM from the DEC parking lot at the end of the road.

Hike is about 4 miles - fairly level if you stay on top of the gorge, but if the water level is low we will come back hiking along the creek itself (wear hiking boots or shoes suitable for slippery rocks and small possibility of mud and dunkage). Still fairly easy, and interesting rocks! Bring water, sunscreen, bug spray - all the usual stuff.

Along with Franklin Gulf (of course...) this is one of our go to hikes being so close to home.

Lots of restaurants in Hamburg for post-hike lunching! No RSVP necessary.

Franklin Meyer—  
[edendds@gmail.com](mailto:edendds@gmail.com).

### August 24: Dinner Cruising to Bistro 93 Clarence Bike Path ride (20 miles round trip)

Participants should be capable of riding 20 miles comfortably!

MEET: Transit Rd., E Amherst, NY.

(Meeting location and time will be provided by one of the leaders).

Meet trip leaders Pam Sander and Sue Kolasz for an easy, 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, home-made delicious daily specials and PIES! This trip includes time for dinner and we'll return before dark.

PRE-REGISTRATION IS MANDA-



TORY ALONG WITH THE FOLLOWING:

HELMETS, SPARE TIRE TUBES, WATER, BIKE LIGHTS.

BIKING RELEASE FORM TO BE SIGNED PRIOR TO START TIME

Aside from several road crossings, this trail is a very safe, flat and smooth trail that passes gorgeous landscaped back yards, farm land, wildflowers, wildlife, and a shady wooded section.

PLEASE RSVP TO: Pam at [sanderpamela88@gmail.com](mailto:sanderpamela88@gmail.com) or Sue at [sue728115@yahoo.com](mailto:sue728115@yahoo.com).

\*\*\*\*(NOTE: Non-members can ride one bike outing per season. Please include your telephone number to confirm your spot; you'll be contacted with the meeting time, place and for cancellations. Group size is limited)\*\*\*\*

**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 down-

stream. 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](mailto: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](mailto:dapadk@gmail.com) for information and to sign ups. Trip cost includes: Kayaks or canoes, lodging, meals, guides, airport and ground transportation.

Mirror Lake in  
Lake Placid



Nicole Pane



Adirondack  
Mountain Club  
Niagara Frontier Chapter



ON THE WEB:

[adk.org](http://adk.org)

[adk-nfc.org](http://adk-nfc.org)

[facebook.com/ADK-NiagaraFrontier](https://facebook.com/ADK-NiagaraFrontier)



Nicole Pane

## Our Executive Committee

### *Chair*

Mike Radomski  
[mike.radomski@gmail.com](mailto:mike.radomski@gmail.com)

### *Outings Chair*

Frank Meyer  
[edendds@gmail.com](mailto:edendds@gmail.com)

### *Conservation Chair*

Bob Van Hise  
[adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com)

### *Programs Co-chairs*

Sue Kolasz  
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Pamela Sander  
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### *Education Co-chairs*

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Pamela Sander  
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### *Membership Chair*

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### *Advisory Council Trustee*

Kate Hacker  
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### *Webmaster*

Vacant

### *Treasurer*

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### *Outings Co-chair: Biking*

Vacant

### *Outings Co-chair: Hiking & Winter*

Leslie Salathe  
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