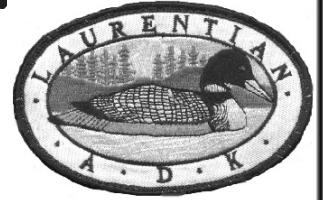




North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region



July - September 2013

New Trails in Progress and Proposed in the Stone Valley Recreation Area

By Mark Simon, Stone Valley Trail Coordinator

Two new major projects have been approved on the east and west sides of Stone Valley. The project on the west side of Stone Valley will involve opening up the old access road which is approximately three miles long and roughly parallels the east side of the pipe which runs from the Colton Dam to the power generation station at Browns Bridge. The character of this trail terrain will be similar to the gravel access road on the east side of the pipe, but will have a more natural feel, as it twists and turns with changes in elevation. With the exception of the first quarter mile which will be new trail, the old access road is a 8'-10' corridor which will provide gentle terrain for hiking and biking. A mountain bike trail is also marked and planned to be built which runs between the old access road and the existing hiking trail along the west side of the river. Constructing the new quarter mile section of trail and marking the existing access road is expected to be completed this October during the trail work weekend.

The project on the east side of Stone Valley, which is termed the O'Malley Brook trail extension, is currently under construction. This project involves extending the O'Malley Brook hiking trail approximately a half mile further upstream along the brook, building a new bridge, and accessing the existing trail system on the south side of the brook. As part of this project, a series of mountain bike trail segments will be built utilizing the gentle terrain on the county land to the south side of the brook.

The character of these mountain bike trails will be very different from most of the trail segments that currently exist in Stone Valley. These trails are designed specifically for mountain bike use and take advantage of the gentle elevation contours in this area. They curve and weave along contours taking advantage of descents and terrain changes that allow for fun riding conditions. This type of trail design provides an experience for mountain bikers that is akin to skiing in glades. Due to the design of these trails, new riders and seasoned riders will be able to enjoy and be challenged by the terrain. The mountain bike trail segments are currently under construction and will be approximately two miles in length. Two hundred yards of trail have already been built with more progress being made every week.

As Soil and Water Conservation District Manager, Dawn Howard manages the County Forests within the Stone Valley Recreation Area where the O'Malley Brook trail extension project and new mountain bike trails are located. She has been very helpful in shepherding the trail proposal through the approval process. She and her staff have worked closely with the ADK on this project. Dawn is currently working on the permitting process with the Department of Environmental Conservation to gain approval for the proposed bridge crossing O'Malley Brook.

Ben Yandeau, crew chief for the mountain bike trail system designed the trail layout in accordance with International Mountain Bike Association (IMBA) Standards. Ben has scheduled and will be leading work sessions on Thursday evenings at 5:00 PM until dark as a Laurentian Chapter Outing. The first two outings have been attended by both Adirondack Mountain Club Volunteers and members of the St Lawrence Mountain Bike Association.



REPORTS FROM THE OFFICERS

Marcy Dam Photo credit Toni Towle

Chair

John Barron

There is good news concerning trail development. The St. Lawrence County Forestry Department has given permission for the chapter to develop new trails on County land adjacent to Stone Valley. The priority now is an extension of the O'Malley Brook Trail, to a standard that will allow access by hikers and mountain bikers. To advance the project, Ben Yandeau, one of Mark Simon's long-standing trail maintenance crew chiefs, has joined the ADK and the Laurentian Chapter so as to be able to lead chapter-sponsored maintenance events. Welcome, Ben! Anticipated weather and scheduling considerations suggested starting sooner rather than later, and we've quickly put together a series of trail work events on Thursdays in June. We believe that all things being equal it is best to advertise chapter events in the North Wind, but if rapidly unfolding events suggest scheduling a maintenance activity without waiting for the next North Wind cycle, we now have a means to do so. All trips must be endorsed by Vice Chair, Outings, so if you want to schedule an activity between cycles, Bill Mueller is the place to start.

The chapter often collaborates with the Raquette River Blueway Corridor (RRBC). They have are designing information kiosks to be placed along the Raquette (you can see a prototype at the corner of Highway 56 and Main St. in Colton), and are planning major improvements in Ives Park and Stone Valley. The RRBC's annual "Raquette River Awareness Week" has been renamed "What's All the Raquette?", and will run from July 27 to August 4. The chapter is planning to run outings as part of the celebration.

Mary MacKinnon has offered to help Joann Ferris on the hospitality committee. We look forward to seeing her at some of the social events. Thanks, Mary – and thanks for the donated trail maintenance tools too!

We decided, and not without some regrets, that the chapter won't undertake to sponsor a Venturers group of the Boy Scouts of America. We felt we'd be overextending and may put some of our primary activities at risk. The consensus was we can't do everything and we'd have to decline this time. We do hope to encourage youth to take part in the chapter's own outdoor events program.

Executive Committee

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Director: David Trithart
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Mary MacKinnon has graciously donated three motorized weed cutters, which will be pressed into service this month on the Red Sandstone trail, clearing raspberry canes from the railroad bed. Thank you Mary!

Mark Simon, the Stone Valley trail coordinator, and I have been meeting with others to update the Stone Valley Cooperative Recreation Area agreement, among property owners (county, towns, Brookfield), workers (ADK, Raquette River Blueway Corridor (RRBC)) and user groups (American Whitewater, et al.) We will probably have a document for public review by fall. Issues include signage, safety, resource protection, user rules, and development for mountain bikes and whitewater kayaking.

I represent ADK on the Raquette River Advisory Council (RRAC). which advises Brookfield on its river lands. We're on the verge of approving two new bike trails in Stone Valley. We're also reviewing RRBC's plans to enhance public and paddler experience at Stone Valley during whitewater releases. We've also funded a second year of loon survey in Piercefield Flow.

The County's planned Multi-Use Trail that will cross the county on public lands and roads has gone through public review recently. Tom Ortmeyer, our chapter's representative to the trails committee, recommends that the chapter support the trail, with provisos about unregulated spur trails, trespass, and erosion from wheeled vehicles. Your chapter weighed in on these subjects during the environmental review last year, and we note that many parties have addressed them again this year. So we are adopting a "watch and wait" posture, to see how the trail works in its early years.

Appointed Positions

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Merchandising: open

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Education

Betsy Tisdale

Keith Bollt, Jake Beaudette, and Gaetan Foisy will be working on ADK high school trail crews this summer. Nathan Burns from Colton-Pierrepont School and David Plumadore from McKenny Middle School in Canton will be going to Camp Colby.

The Outdoors/Indoors programs drew 60 people. Programs included a dramatic reading of Jeanne Robert Foster's work about early Adirondack life, restoring spruce grouse, an ADK trip to Newfoundland, and inside information about eagles, ospreys, and peregrine falcons..

Selections from Keith Bollt's application for this year's high school trail crew, in which he described: last year's work week:

"We moved big rocks, dug ditches to redirect water, and hauled buckets of rocks and sand up from nearby Johns Brook. It was hard, but it was fun. I met new people, helped out in the Adirondacks, caught a few trout, and bagged my first 46er..."

And, for 2013:

"I look forward to the outdoor work and the challenges it presents me, and the opportunity to work and camp in the Adirondack High Peaks."



Bill Mueller

July 1 (Monday) A Tour of the Timbucto archeology site, Lake Placid.

This is the third year the dig is worked by Dr. Hadley Krucsek-Aaron, archaeologist, and her students from SUNY Potsdam. Dr. K-A talked about her findings at our chapter's spring meeting. Access involves a 1.5 mi walk in on a gravel road (rated easy). We will see the students at work and talk to Dr. K-A. If our group is interested, we could also walk the Henry's Wood trails and/or visit the John Brown farm. Co-listed with North Woods chapter. Contact John Omohundro at 315-265-8365 or omohunjt@northnet.org. MEMBERS ONLY

July 6 (Saturday) Algonquin Peak.

Climb the second highest peak in NY (5,114 ft), a little over 7 mi. round trip and 3,000 foot elevation gain. The view of other high peaks is worth the effort. Bring layers/windbreaker, as it can be windy and quite cool on the summit. Also plenty of water and food. Level 5, Very Strenuous, but we will take our time. Contact Brian Baston at 315-600-1282 or brian.b.goode@gmail.com

July 13 (Saturday) Bicycle the Sabbatis Loop.

The ride will start from one of the scenic overlooks of Tupper Lake, and will follow Circle Road past the Sabbatis Bog and out to Little Tupper Lake. We'll complete the loop for a trip of about 20 miles, with plenty of options for exploring as the mood strikes. Plan on a full, relaxed day. Level 3, Moderate. Contact Tom Ortmeier, 315-265-8219, tortmeyer@gmail.com

July 20 (Saturday) "Two for One" trip to High Rock.

Hike one way, paddle the other, meeting for lunch at High Rock, a scenic spot overlooking the Oswegatchie River upstream from Wanakena, or if you prefer, use the same mode of travel both ways. An approximately 3-4 mile mostly level trip by either means. Level 2, fairly easy. For meeting time and place and car shuttling arrangements, contact either co-leader, Neal Burdick at

Foot travel

Difficulty Level	Feet of ascent	miles
5. Very strenuous	over 1500	10+
4. Strenuous	1000-1500	8-10
3. Moderate	500-1000	5-8
2. Fairly easy	to 499	3-5
1. Easy	level mostly	1-3

Cycling

Leaders should specify mileage, elevation, and surface.

Check for additions, deletions and changes on our chapter website, www.adklaurentian.org

Please contact the leaders at least a day before the trip.

Car pooling makes sense, as does sharing the cost of gas.

315-386-4648 or nealburdick@gmail.com, or Bill Mueller at 315-262-2952 or b-hutch-m@twcny.rr.com.

July 21 (Sunday) 1000 Islands paddle near Ivy Lea, Ontario.

We will put in at Ivy Lea, Ontario and paddle the St Lawrence River in the vicinity of the scenic 1000 Islands Bridge. The area is generally protected from high waves, but the main channels have a fair bit of pleasure boat traffic, so the largest waves we're likely to encounter will be boat wakes. There may be opportunity for some fun in the slow but interesting currents that twist around the islands under the bridge. We'll plan on lunch and a swim somewhere along the route. All participants must wear PFDs and, by coast guard regulations, must have a bailer, a bouyant heaving line, and a whistle on board and accessible. Depending on the route taken, total distance will be about 8 miles and include open water crossings of up to 1/4 mile. Level 3-4, moderate to strenuous, depending on wind conditions. Contact Toni Towle or Peter Blood 613-387-2829, blackrapids@ripnet.com.

July 27 (Saturday) Gothics via Beaver Meadow Falls.

At 4,736 ft, Gothics is the 10th highest of the high peaks. Known for it's "ropes and ladders" this mountain is no game. A challenging hike at a slow but steady pace. 11.6 miles RT, elevation gain 3050 ft. Level 5. Chapter members only. Contact Marianne Hebert at 315-265-0756 or hebertm@potdam.edu or Brian Baston at 315-600-1282 or brian.b.goode@gmail.com.

July 28 (Sunday) Cycling the Raquette River North of Potsdam.

We will cycle to Madrid for a peep at the Grasse, then continue on the 310 to Raymondville. From there we ascend the Raquette River to Potsdam, with very frequent views of the river including flat stretches, rapids, dams, bridges, historic structures, wetlands, and other features. We will make a brief tour of Norfolk along the way. 35 miles, level 3. A What's All the Raquette? event. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca.

August 3 (Saturday) Paddle Dead Creek off the Raquette.

Flat water twisty route. A What's All the Raquette? event. Fairly easy, Level 2. Contact Armond Spencer 379-1383.

August 10 (Saturday) Blue Ridge East

Bushwhack via Dishrag Pond, #99 on the Hundred Highest (3436') list. We will start on the new section of the NP Trail leading north from Wakely Dam until we hit the col between Metcalf and Round Top Mountains, and then head northwest to intersect Browns Brook and Dishrag Pond before heading up the wooded summit. About 12 miles round trip. I've never climbed on this side of Blue Ridge before, come prepared for thick bushwhacking. Level 5, very strenuous. Contact Mike McLean at 315-262-2564 or mpmclean@twcny.rr.com

August 24 (Saturday) Climb Wright Peak from Adirondak Loj.

6.8 miles round trip, 2400 foot elevation gain to the 4580 foot summit. Steep in places, and the summit can be windy. Level 5, very strenuous. Contact Tom Ortmeier at 315-265-8219 or tortmeyer@gmail.com

August 25 (Sunday) Rock Dunder.

This 5 mile loop hike leading to a high point (500 feet of elevation gain) overlooking Ontario's Rideau Waterway has been run twice and has twice received requests for a rerun. Varied terrain, interesting forest, and water views. Chance for a swim. Option to continue afterward for a short walking tour of the Jones Falls lock station of the Rideau Canal and if interested, supper at the dining room of the historic Hotel Kenney. Level 2. 1.5 hours' drive from Ogdensburg Bridge. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca

September 7 (Saturday) Paddle Middle Saranac Lake to Lake Flower.

The annual "14 Miler" for sea kayakers and canoeists. Cross Middle Saranac into the river and through the hand-powered Upper Locks, through islands on Lower Saranac, down the river again to Oseetah Lake and Lake Flower and the village park take-out. Limit of ten boats. Steady 3 mph pace needed for the trip, so rated 5. If strong SW wind, will postpone to 9/15 or revise to Weller Pond from South Creek. Contact Dick Mooers at 315-854-4186 or rmooers@twcny.rr.com.

September 8 (Sunday) Street and Nye.

The paths to these "trailless" High Peaks have been raised to quite a good standard over the past few years, but it is still a challenging hike. There are some views available. 8 miles, 2,000 foot climb. Level 5,. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca.

Sept 22 (Sunday) Mt Colden.

We will be getting an early start for this 12.6 mile (RT) climb with an ascent of 2535 feet. When we reach this 4714 foot summit we should be rewarded with some great views. The approach we will be using is the Lake Arnold trail. Level 5,. Contact Dana Chudzinski 315-528-3468 or chudski63@yahoo.com.

Paddle Rideau Canal (Ontario)

This is planned as a late summer/early fall three to four day trip on lakes and rivers in the western and central portions of the canal system, dates to be determined. Day tripping rather than camping on the way. For trip information and to express interest, contact Dick Mooers at 315-854-4186 or rmooers@twcny.rr.com.



Tibbets Point lighthouse. Left-to-right: Toni Towle, Peter Blood, John Barron (TL). Photo by a friendly passer-by.

BACKTRACKS



Compiled by Bill Mueller

March 2 (Saturday) Floodwood Mt. Snowshoe. Duncan and Lois Cutter (TLs), Kathryn Benham, Marianne Hebert, Kathy Colarusso. Lots of snow on the ready-made trail brought us up a steady, gentle rise through open hardwood forest, then an abruptly steep climb against the north face among trees delicately frosted at the upper elevation. Summit views included a number of frozen ponds that we saw on scenic Floodwood road driving in. Some of us found the mountain somewhat taller than 10 years ago, but flexible companions adjusted their pace so all enjoyed the climb.

March 9 (Saturday) Skiing at the Paul Smiths VIC John Barron (TL), Jim Lynch. Warm sunny weather and immaculately groomed trails created excellent conditions for skiing under springlike conditions. We skied the outer perimeter "green loop", a circuit of about six miles. Anyone who likes cross country skiing or wants to check it out should give these trails a try.

March 30 (Saturday) Spring Road Walk Hike Near the Grasse River - Tom and Ann Ortmeier (TLs), Marianne Hebert, Sylvia Haq, Jon Montan, Joe & Kathie Colarusso, Brian Baston, Jeff Lang, Jim Williams, Maria Hernandez, Sarah Jenack, Erica Gardner, Todd McDonald, Shawn Gillette, Greta Bellardini, Patrick Parmeter, Chris Brooks, Sean Tiernan, Britney Wilson, Adam Hicks, Eric Ashley, Stuart Rudd. We had a nice sunny day for a walk along the Tooley Pond Road. We started from Sinclair Falls, and walked past Twin Falls and Stewart Rapids for a total of nearly 6.3 miles.

April 21 (Sunday) Red Sandstone Trail Work Party - John Omohundro (TL) and fifteen members of SUNY Potsdam History Student Association. Eight newbies and seven veterans of past student work parties performed some repairs to the switchback, erected an interpretive marker at the canoe put-in, and nailed up some trail markers. We were passed by a number of hikers enjoying the fine spring weather.

April 21 (Sunday) Spring "Mud Season" Pot Luck Party. A good turnout of chapter members enjoyed a lively presentation by Hadley Kruckzek-Aaron of SUNY Potsdam Department of Anthropology about Timbucto, a resettlement area for free black people established near Lake Placid by Gerritt Smith prior to the Civil War. As well as being a fascinating insight into an early social experiment, the talk reflected Hadley's objective of instilling in her students an understanding of and enthusiasm for archaeological field work.

April 22 (Monday) Earth Day Walk - John & Susan Omohundro (TLs), Lois & Duncan Cutter, Ann & Armond Spencer, Janet Green, Eleanor Rosenthal. We noticed ramps (wild leeks), bloodroot, and trout lilies coming up, admired the blue beeches, and saw signs of porcupine and beaver. Each hiker shared a reading

for the occasion, from poetry or essays about nature.

April 28 (Sunday) Frontenac Park (Ontario) - John Barron (TL), Toni Towle, Peter Blood, Marianne Hebert, Brian Baston. We had a warm, sunny spring day for our circuit of the Gibson Lake and Testmine Lake Loops of the Frontenac Park trail system. We saw abandoned mica mines, old homesteads and lumber mills, many lakes and beaver ponds, and an overview of Moulton Gorge. We encountered a trio of fishermen on their way to a backcountry lake and a dozen backpackers from Brock University out for five nights; otherwise we saw very few people.

April 27 (Saturday) Everton Falls Cleanup - Duncan & Lois Cutter (TLs), Armond Spencer, Joanne Ferris, Doug Monroe - The Nature Conservancy Rep. Sunny, 40's, no black flies. We worked a dry roadside and filled 6 sacks of discarded beer cans. These will be donated to the Potsdam animal shelter. We pruned the rock ledge above the falls for visitors to picnic and watch the tumbling water.

May 12 (Sunday) Coney Mountain - Marianne Hebert (TL), Tim & Julie Rapczynski, Carolyn Kaczka, Jane Subramanian. The weather was not cooperative for Saturday, May 11th, so participants opted to do the hike on Sunday, May 12th. Weather was sunny and chilly, so the hike was pleasantly free from black flies and other winged pests. Spring wild flowers were in bloom, and we saw lots of trillium (red and white), trout lilies and spring beauties. Tim discovered a mysterious white cross just below the summit looking west, and Jane later discovered a newspaper article (www.tlfreepress.com/tlfp081029/page6.pdf) explaining the origin of the cross. Look for it next time you are on the summit!

May 18 (Saturday) Lampson Falls Clean-Up

Gene & Carolyn Kaczka (TLs), John & Tresa Wilson, Charles & Lila Hunnewell, John Barron, Joann Ferris, Raelyn Erdner, Marie & Lissette Fernandez, Gil-do Torres, Andrea Torres. It was a great day for a hike anywhere. Our group of 13 swept the trails leading to Lampson Falls leaving not even a cigarette butt in sight! All were delighted to meet a new chapter member, Marie Fernandez from Cuba via Miami, along with son, Gil-do, daughter-in-law Lissette and granddaughter, Andrea (2 years old).

May 18 (Saturday) Bushwhack: Blue Ridge East via Stephens Pond. Mike & Cindy McLean (TLs), Denise Mongillo, Valerie Keene, Bill Brizzell, Pete Biesmeyer, Pete Nye, Tom Folts, and Dan Wilson. On a rather warm and sunny day nine hardy folks headed south on the NP Trail via Lake Durant to arrive at the beautiful Stephens Pond. From the pond, we set a compass bearing and bushwhacked the 2.5 miles to the wooded summit, enjoying the wildflowers and iden-

tifying numerous scat found along the way. Occasional views of Blue Mountain and the High Peaks seen along the way and from the summit. The way was very open but for a couple of spots on the way up which we managed to avoid on the way back down. A nice day in the woods.

May 25 (Saturday) Indian Falls instead of Mount Marcy. Toni Towle, Peter Blood (TLs) John Barron, Brian Baston, Kathie and Joe Colarusso, Marianne Hebert, Tom Ortmeyer. With a forecast for Mount Marcy for 5" of snow and 50 mph winds, we agreed to set our sights on Indian Falls instead of Mount Marcy. Eight hardy souls set out in light snow with temperatures hovering around freezing. As we climbed, the trail, which started out as a stream, gradually turned into a slushy flow as the snowfall became thicker and the temperatures colder. By the time we got to Indian Falls there was a foot of snow on the ground. We paused for photos at the falls, had a quick lunch, and headed down. It was very nice to arrive back to the warm trail centre where we could change into warm dry clothes.

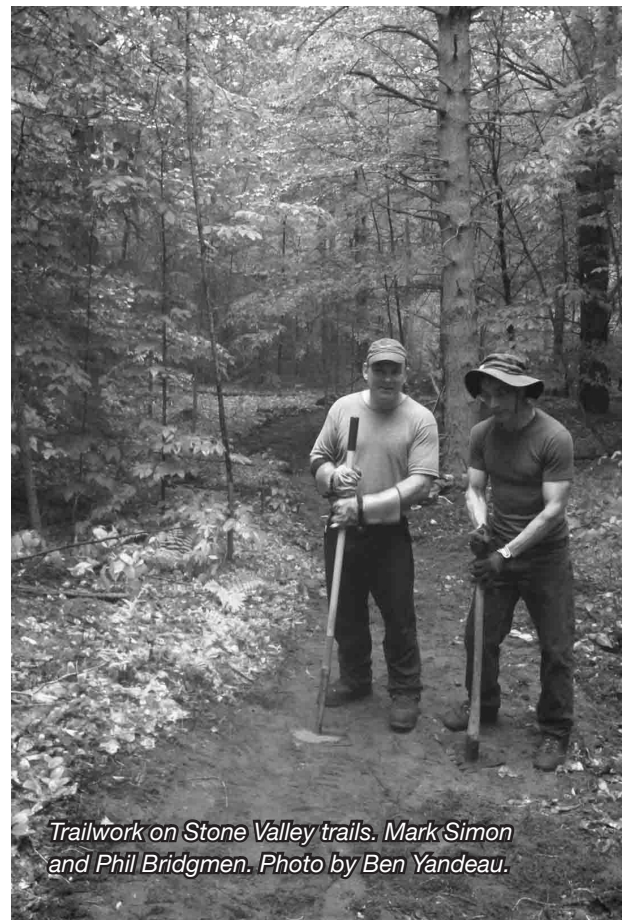
June 1 (Saturday) Owl's Head Lookout - Marianne Hebert (TL), Kathie & Joe Colarusso, Julie Rapczynski, John & Tresa Wilson, Marie Fernandez de Alaiza, Derek Habermas. Unpredictably hot and muggy (80+ degrees), the group was grateful for the woodland shade along the trail, and stiff breezes on the summit of Owl's Head Ledge. Several turkey buzzards entertained us with an air ballet performance. Columbine was in bloom, and we saw many toads and garter snakes.

Director

David Trithart

ADK's successful application for funding within the New York State Consolidated Funding Application process means changes ahead for the High Peaks Information Center (HPIC) and the campgrounds at Heart Lake property. Expansion of the store in HPIC will begin this summer. Additional campground loops and a new well are also planned. Other activities will continue as usual, including summit stewards, education programs, and campground hosts.

A major focus of the meeting was consideration of the Conservation Committee's recommendations in response to the DEC plan for classification of and access to the Finch-Pruyn lands that will be acquired by New York over the coming years. The bulk of these lands are in the area immediately south of the High Peaks Wilderness, and include the Essex Chain Lakes and a large portion of the Hudson River Gorge. After much discussion, the Board approved the Committee's report. While agreeing with some aspects of the DEC plan, ADK will be advocating for some changes during the public comment periods. In brief, ADK would like to see more of the lands classified as wilderness, which provides greater protections. But we also want to see road access for canoe put-in (including a short carry) to



Trailwork on Stone Valley trails. Mark Simon and Phil Bridgmen. Photo by Ben Yandea.

the Essex Chain Lakes.

A group called the Conservation Alliance, made up of outdoor industry companies, has funded ADK for the work we have done advocating for Allegheny State Park and other public lands. That funding has been continued for a third year at \$50,000. Club revenues for the past year were about on budget, but expenses were running over budget to an extent that required action. Reducing staff costs was seen to be the unfortunate but essential step to take. As a result, the publications arm of ADK will operate using more outside editorial work, with the Club managing the book publication process. This will not affect *Adirondac*, but an online edition is expected to be available to subscribers soon. The updated ADK website has been quite popular, with revenues from that source better than expected. Check out its many new capabilities.

Membership

Lila Hunnewell

We welcome the following, who have joined our chapter in February, March, and April:

Jonathan Durant
Rhe Gagne
Justin Lafrance
Jane Eifert
Neil Snedeker

Christina Atcheson
Lisa Griggs
Amy Daggett and Paul Aube
Marie Fernandez de Alaiza



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of Adirondack Mountain Club
7 Barclay St. Potsdam, NY 13676

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Just Connect

VISIT the chapter website, ably maintained by David Katz, for color photos, trail maps, updated officer reports, and outings:

www.adklaurentian.org

LIKE US on Facebook, edited by Marianne Hebert:

<http://www.facebook.com/groups/140013066028774/>

FOLLOW US on Twitter:

<http://twitter.com/#!/ADKLaurentian>

SUBSCRIBE to our chapter E-letter, published by Dick Mooers, who e-mails late-breaking news and outings:

Request to **rmooers@twcnj.rr.com**

Photo Contest Underway

The 5th Annual Laurentian Chapter photo contest is off to a good start, with a good number of entries submitted. This is a great time for photos with the lush greens of summer-- remember to take your camera on your outings, and submit them by email to tortmeyer@twcnj.rr.com. Chapter members can submit photos they've taken anywhere, non-members may submit entries taken on chapter trips. All submissions must be in by October 1, with winners announced at the Chapter's Annual Meeting.