

Laurentian Chapter of the Adirondack Mountain Club

North Wind July – August – Sept 2023

Exploring Whippoorwill

by Neal Burdick

Adapted from the author's irregular column "An Occasional Word" in the St. Lawrence Plaindealer, May 19, 2023.

It's the colors that stay with me. The azure North Country sky. The firm, hard, stony tan of a long-unused logging road. The greys of birds and rock outcrops. The white of paper birches; the black of bloodthirsty insects. The rich dark green of conifers, the amber of last fall's white pine needles. And the leaves, all those million adolescent leaves, closer to shades of yellow than green this time of year, some even sporting crimson. The rest of nature's palette lay at our feet: blue cohosh; white and red trillium; purple, white and striped violets; wild ginger; bellflower and three kinds of sedges; toothwort and miterwort; dutchman's breeches, foam flower and spring beauty; members of the yellow family, wood violets, trout lily, marsh marigold, dandelions; and ostrich fern of fiddlehead fame.

Later, a carpet of green – ramps, aka wild leeks – draped over undulating terrain, harvestable if you know what you're doing and practice self-restraint. (Foraging rule #1: if you aren't 100 percent certain what it is, don't eat it!)

All this, and more, was the profit from a May 13 Laurentian Chapter wildflower walk in Whippoorwill Corners State Forest, just up the hill out of Russell toward Edwards. It was led by David Katz, to whom we are indebted for 90 percent of the species list above (which is especially valuable to me because I can't remember half of them on sight) and Anne Csete.

We numbered 14 humans and one dog, for a grand total of 16 legs. "Walk" may be too ambitious a word for our outing; we stopped every 20 feet to admire an emerging or flourishing or passing flower. At this the four-legged participant (full disclosure: ours) grew quickly impatient, being interested in flowers only for sniffing or peeing on, so forged ahead with two of the humans, eventually lapping us on the loop trail.

It was hard to recognize folks, armored as they were to ward off squadrons of black flies, black-legged ticks and other voracious insects. One gentleman was wearing what looked like a hazmat suit. It wasn't until he spoke that I realized I knew him well: John Barron, one of our most loyal chapter members, who'd come all the way from Ottawa with his wife, Jean Giblin.

According to the [DEC website](#), "Whippoorwill Corners is said to have gotten its name from the many whip-poor-wills that sang in the trees during summertime." That's in past tense because their "habitats have decreased as old agricultural land has developed into more mature forest. Whip-poor-wills (are) a Species of Greatest Conservation Need in New York State." Maybe they also don't like the roadside trash by the trailhead. More colors, yes, Bud Light cans being blue and all, but they don't belong. Random influencers keep complaining that we don't get enough (money-spending) tourists in our area. Has it occurred to anyone that more may come if the roadsides were as clean as those in, say, Vermont? We did our part, bagging up quite a collection of litter. Perhaps now the tourists, and the whip-poor-wills, will come?





Conservation Report

Tom VandeWater
Vice Chair,
Conservation

The easements now between Cranberry Lake and almost to Higley Flow State Park, south to north, and Rt. 56 to County Route 27, east to west, allow for non-motorized use by the public. (Molpus is the landowner, hunting clubs lease the land and have exclusive use of their camps.)

Biking is ideal on most of it. (I'd avoid the "multi-use trail" which is beat up by ATVs.) DEC will be coming out with a better map this summer and posting it at the Dean Road kiosk (on the Middle Branch off Rt 27). Access off the Tooley Pond Road at numerous gates is also available. Access is restricted during fall hunting season. Overall, these easements prevent development. Logging continues under Adirondack Park requirements for sustainability.

Additional access is being planned on the Tooley Pond Tract on the west and Church Pond Tract on the east. I would recommend using maps (county snowmobile map is helpful) and GPS to explore. Betsy and I recently biked from Cranberry Lake behind the post office to Orebed Road in Pierrepont, legally for the first time.

Invasive species continue incursions. The Emerald Ash Borer is now established and unstoppable. The Hemlock woolly adelgid is on Lake George and will threaten our trees in coming decades. Hemlock's role in keeping streams cool and sheltering animals in winter is critical. Climate change exacerbates so many of these issues. (And I'm not even mentioning aquatic invasives.) Curbing our travel for recreation can cut carbon and may mean exploring some of these closer places. Conservation can be cool! Hurray for our local trails, trail workers and all the efforts made to combat invasive species.

ADK Laurentian

Executive Committee

Marianne Hebert - Chair, Social Media Coordinator,
EAP Outings Coordinator
chair@adklaurentian.org

Holly Woodworth - Vice-Chair, Outings
outings@adklaurentian.org

Blair Madore - Vice-Chair, Education, Red Sandstone
Trail Coordinator education@adklaurentian.org

Tom VandeWater - Vice-Chair, Conservation
conservation@adklaurentian.org

Mary MacKinnon - Vice-Chair, Membership
membership@adklaurentian.org

David Katz - Secretary, Webmaster
secretary@adklaurentian.org

Ellie Menz - Treasurer treasurer@adklaurentian.org

Appointed Positions

Marg Madore - Hospitality Coordinator
hospitality@adklaurentian.org

Mary Cabral - Archivist archivist@adklaurentian.org

John Barron - Publicity Coordinator
publicity@adklaurentian.org

Mark Simon - Stone Valley Trail Coordinator
stonevalley@adklaurentian.org

Daqing Hou & Xiaoli Wang - Outdoors Indoors
Program indoors@adklaurentian.org

Tom Ortmeyer - Advisory Council Trustee
trustee@adklaurentian.org

Merchandise Coordinator—VACANT
(If interested in volunteering for this position, contact
Marianne Hebert at chair@adklaurentian.org)



Chapter Chair Marianne Hebert Report

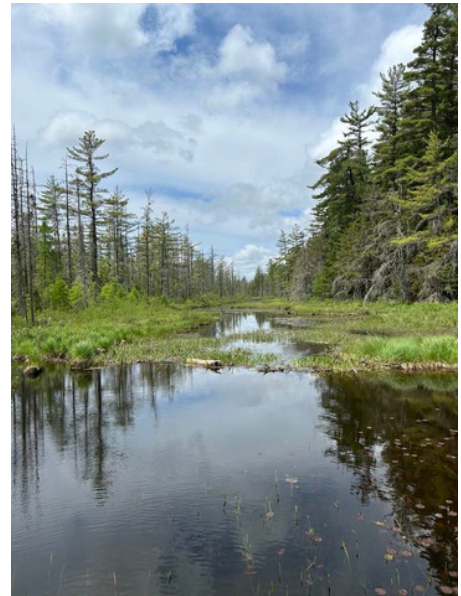
Annual Chapter Potluck Picnic

On Sunday, July 16, we are excited to be holding our annual potluck picnic at the Sandstoner Park Pavillion, in Potsdam, NY.

Lifeguards will be on duty, so come early and enjoy the beach! Wheel chair matting has been installed on the beach to make it more accessible. Kayaks and paddle boards will be available for free. Chapter outings start at 2:00. Picnic starts at 5:00pm. We will supply hotdogs, burgers and condiments. Veggie burgers will also be available. Members, please bring a dish to share (sides or desserts) and your own tableware (plates, forks, knives, spoons). We hope to see you there!

New Outings and Trip Leaders Guide

The Club has been working for the past year on developing new leadership certification requirements and a new outings leadership guide. The guide outlines best practices for leading hikes and paddles, and standardizes the outing ratings across the Chapters so that we are all using the same rankings to identify difficulty levels. Current Laurentian Chapter Leaders will be working on getting certified for Level 1 outings this Fall. Implementation is scheduled for January 2024 for Level 1 outings. Training opportunities for Outings Levels 2 and 3 are in the works. More details can be found on the [ADK website](#). Current Laurentian Chapter members who are interested in becoming outing leaders for the Chapter can contact Holly Woodworth, Vice Chair, Outings hswoodworth@gmail.com.



"Source of the Grasse River"
by Marianne Hebert

Membership Report

Mary Mackinnon
Vice-Chair, Membership

We maintain 304 households in the Chapter and welcome 3 new members:

- Ryan Harper - Oswegatchie.
- Claire McFarland - Potsdam.
- Kristina Haas - Potsdam

We look forward to seeing you on Sunday, July 16, 2023 for the Annual Potluck Picnic at the Sandstoner Park Pavillion, Potsdam.

Please come and meet other members while enjoying summer activities, and chat about the next Adirondack Adventure.





What is the Racquette River Advisory Council (RRAC)?

by Blair Madore, Education Chair

Throughout NY, hydropower companies form agreements with the state in return for the right to dam rivers and generate power. These agreements are complex and include various benefits for both parties and more generally the residents of NYS. Locally, Brookfield is a hydropower company whose contracts with the state include providing access on their land for public recreation in the form of Stone Valley, the Red Sandstone Trail, Parmenter campsite and McNeil Campgrounds, as well as various river access sites.

A particular feature of the agreement was the creation of Advisory Committees, composed of representatives of various community organizations, like ADK, that were signatories to the agreement. The Racquette River Advisory Committee meets twice annually and includes participation by DEC, Brookfield, Laurentian ADK, St. Lawrence County Planning Office, The Jordan Club, American Whitewater, Trout Unlimited, NYS Conservation Council, and North Country Raquette River Advocates. This committee advises Brookfield on issues along the Racquette. At the most recent meeting we discussed the ideal of Dark Sky Compliance at the McNeil Campsite and various studies about American Eel ladders in the Racquette and how well they are (or aren't) working.

The RRAC also administers the Racquette River Fund. Brookfield deposits a set amount of money into the fund each year and various groups may apply for grants from the fund. Grants are for projects that take place within one mile of the river from mile 10 to mile 89 (measured from its confluence with the St. Lawrence). Funds can be used for “ecosystem restoration and protection, natural resource stewardship, public education, facility maintenance, applied research or development necessary to accomplish these projects and provide these services, new recreation resources and additional public access to outdoor recreational resources”. These are small grants, less than \$5000 and matching funds are highly encouraged. The fund currently has about \$40K, as grants slowed before and during Covid. Our chapter regularly receives grants from the fund to purchase tools and materials for maintaining the Stone Valley and Red Sandstone Trails. At this latest meeting, Marianne Hebert, on behalf of our chapter, received \$1000 to put towards new signs at Stone Valley. If you know anyone interested in pursuing a grant from the RRAC please have them contact me for more information.

Cascade Welcome Center ArcGIS Trail Reclassification and Mapping Tool

In the Spring Semester 2023, a group of Clarkson University students conducted an assessment of ADK's Cascade Welcome Center. The group was led by Professors Susan Powers and Tom Ortmeyer. The team worked with a number of ADK staff, including Julia Goren, Tom Manitta, and Charlotte Staats. The student team of Sydney Alexanian, Toby Harmon and Thomas Hoey developed a geographic information system of the property. The second team analyzed the building water and energy usage, and developed a set of recommended upgrades.

The GIS team had the goal to address two primary concerns of ADK:

1. The current state of infrastructure and signage on the property
2. The design of the trail system and best use of the trail by guests

The site currently has several challenges that can be overcome through the use of GIS mapping software. In its current condition, the signage on the site is aging and lacks continuity. The GIS mapping will provide a needed resource to ADK staff for future maintenance and upgrades. At the start of this project, there was no inventory of signage or trail infrastructure (bridges, culverts, etc.) and their condition. Plus, the ski trail map was imprecise, and the difficulty levels were not well designed. Finally, the trail system was designed for cross country skiing only, and ADK is interested in the potential for usage of the property, such as beginner mountain biking trails and educational/interpretive trails.

The students developed a geodatabase that includes:

- Trail maps for current use and future development
- Hydrology
 - Wetland areas
 - Drainage
- Detailed trail infrastructure data
- LIDAR elevation model layers for trail reclassification
- Landclass type (boreal forest, deciduous forest, wetland, etc.)
- Property boundary and owner specific information

Trail Difficulty Reclassification

The team created an elevation model from an existing LIDAR database capture by an overflying plane. Other ArcGIS databases were used to perform simulations and provide information on the site, such as surface water flow and land reclassification. The team then overlaid the trail map onto the elevation model in order to reclassify the ski trail ratings.

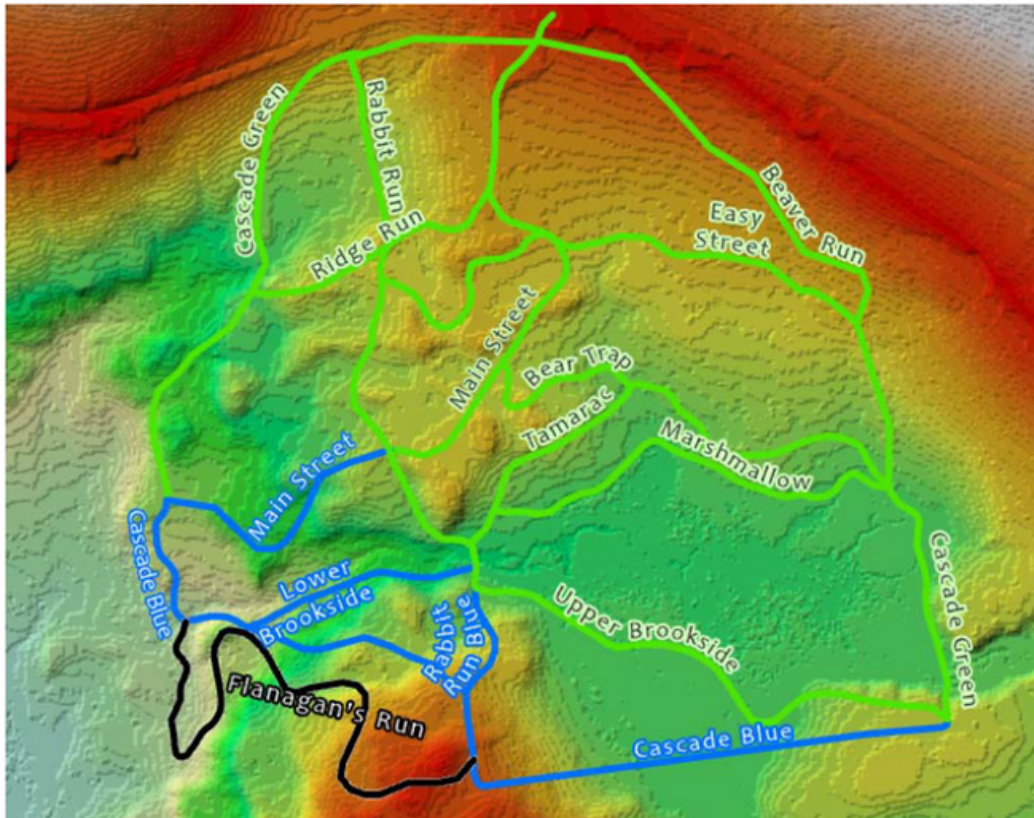


Figure 1. Digital Elevation Model of the Cascade Welcome Center. Areas in red are at a higher elevation, areas in green at a lower elevation.

The team found that cross country ski trail ratings tend to be subjective and site specific. At Cascade, they identified slopes of up to 24% on the trail system. They ended up recommending the trails with 0–10% slopes be classified as Easy (green), 10–20% classified as Moderate (Blue) and above 20% as Difficult (Black). The database allows ready adjustment of these recommended levels by ADK staff prior to implementation. The team considered connectivity in this classification, so that those following green trails were not unexpectedly in a black section. Their recommendations are shown in Figure 1.

The team documented trail signage, and classified the signage as good, fair and poor. A photo of each sign was embedded in the model at its location, and will be a significant guide for the updating of trail signage. The model can be easily updated as signs are replaced.

Hydrologic Surface Flow Analysis

The team performed a hydrologic surface flow analysis. They classified eight levels of streams on the property, rated by the volume of water in the stream. The resulting stream hydrology layer shows the streams in light blue, overlaid on the green, blue and black trail system. The width of the stream line indicates the flow rate in the stream. Culverts and bridges are shown by brown dots.

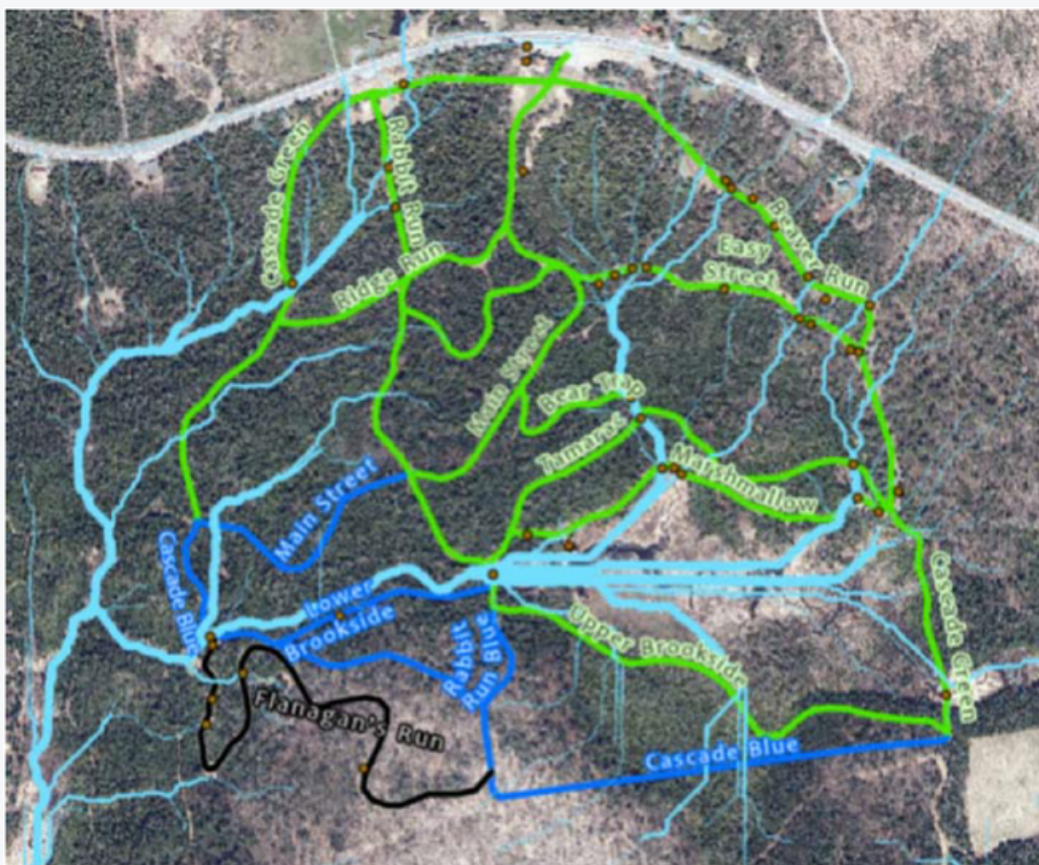


Figure 2. Stream Hydrology Layer depicting streams of varying order. Brown dots show where the streams cross the trail system

A bridge or culvert currently exists in the majority of trail crossings. The team noted the presence and status of this infrastructure at each crossing. Trail maintenance personnel can use this database to prioritize inspection, reinforcement or repair.

Future Projects and Potential Applications

The Clarkson GIS team delivered their ARC GIS model to Cascade Information Center staff, where it will reside for planning and operations. It will continue to be developed, and will be used as a tool to aid in future projects as well. For example, educational exhibits could be created and displayed on a screen at the Welcome Center. Figure 3 shows a habitat classification map of the property which could be used for this purpose.

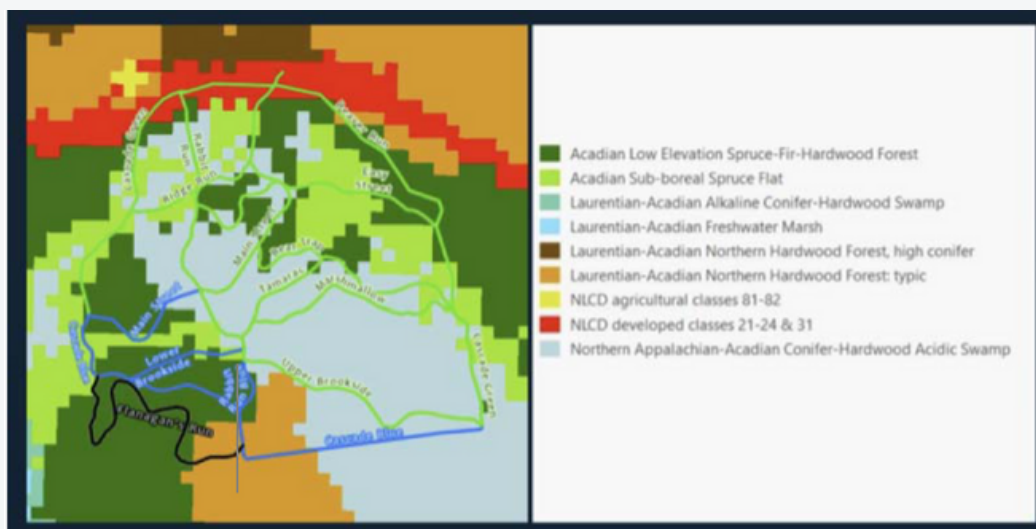


Figure 3. Land Habitat Classification Map of the Cascade Welcome Center

Additionally, the trails maps could be further improved with the use of this geodatabase. For example, there are several unmapped trails on the property, some of which are used for snowshoeing. The Clarkson team has delivered their Arc GIS software to ADK, where it will continue to be used and developed. There is potential for future collaborations between ADK and Clarkson as well.



Outings Schedule July – Sept 2023

Holly Woodworth
Vice Chair, Outings

Foot Travel

Difficulty Level	Elevation Gain	Miles.traveled
5—Very Strenuous	>1,500 feet.	10+
4—Strenuous	1,000–1500 feet	8–10
3—Moderate	500–1,000 feet	5–8
2—Fairly Easy	<500 feet	3–5
1—Easy	Mostly level.	1–3

Cycling

Leaders will specify mileage, elevation and surface.

*Check for last minute updates: www.adklaurentian.org

*Please contact the leader at least one day before the trip.

*Car pooling makes sense—so does sharing the cost of gas.

Thu. July 6, 13, 20, 27: Weekly Walk, Bayside Cemetery. 7:30am.

We will walk the roads for approximately 2 miles round trip, 1 hour. Meet at the entrance to Bayside Cemetery (730 CR59 “Back Hannawa Road”). Leaders for each week will vary. Contact Marianne Hebert, chair@adklaurentian.org, 315-265-0756 for information.

Sat. July 8: Ampersand Mt.

Ampersand is an interesting mountain trail with great summit views of mountains and lakes. 5.5 miles RT, 1,800 feet of gain. Moderately Strenuous. Contact Tom Ortmeyer at 315-244-3707 or tortmeyer@gmail.com.

Sat. July 15: Adirondack Loon Count Warm Brook Flow (Higley Flow State Park).

Join us as we partner with the Adirondack Center for Loon Conservation in counting loons for the NY Annual Loon Census. Bring your own canoe or kayak. Personal floatation devices required. Binoculars recommended. We will meet at 7:00am for rendezvous and instructions. Loon census runs from 8:00–9:00am. Limited to 4 boats. 10 people. Contact Marianne Hebert, chair@adklaurentian.org, 315-265-0756 to register.



Outings Schedule

July – Sept
2023
continued

Sun. July 16: Annual Chapter Potluck Picnic.

Sandstoner Park Pavillion, 43 Pine Street Potsdam, NY 13676 (Rain location: Pine Street Arena).

Come early and enjoy the beach. Lifeguards will be on duty. Kayaks and paddleboards will be available for free. Chapter outings start at 2:00 and 4:00. Picnic starts at 5:00pm. We will supply hotdogs, burgers, and condiments. Veggie burgers will also be available. Members, please bring a dish to share (sides or desserts) and your own tableware (plates, forks, knives, spoons).

Picnic Outings:

Sun July 16: Raquette River Paddle:

Meet: 2:00 at Sandstoner Park, 43 Pine St, Potsdam, NY 13676

Bring: Canoe or kayak, PFD, paddle, water bottle. The carry is 100 yards to a nice beach put in. Paddle 3+ miles of flatwater. We will paddle upstream to the Potsdam falls/dam and then downstream, around the island and back to the beach. A limited number of kayaks will be available for participants.

Contact: Greg Smith smithgn.greg@gmail.com,

Sun Jul. 16: Sugar Island Trek.

Starting at 2pm, we'll tour a bit of Sugar Island on the Red Sandstone Trail and then head over for the Laurentian Chapter Picnic. Contact: Tom Ortmeyer for details, tortmeyer@gmail.com, 315-244-3707.

Sun July 16: Bird watch 4:00pm Sandstoner Park.

All ages are invited to join us for a short walk looking for birds in the trees, river, and along the perimeter of the playing field and arena. We'll meet at the Pavilion at 4pm. We'll learn about the I Bird NY Challenge. After identifying ten species participants will be eligible to receive a patch and certificate. For more information about this challenge go to: [2023 I Bird NY Challenge](#). Contact: Eileen Wheeler: eiwheeler@yahoo.com 315-386-2482.

Outings Schedule

July – Sept 2023 continued

Sat. July 22: Moore Trail.

The Moore Trail follows the Oswegatchie River from Wanakena to Inlet. It is a 4 mile roundtrip hike with lovely views of the many moods of the river including a small waterfall. Families welcome. Contact: Holly & Neil Woodworth, hswoodworth@gmail.com, 315 848-2953 for details.

Thu. Aug. 3, 10, 17, 24, 31: Weekly Walk Munter Trail. 7:30am.

We will walk the roads for approximately 2 miles round trip, 1 hour. Meet in the parking lot behind the Clarkson Walker Arena and Hantz Field off Clarkson Ave aka Back Hannawa Rd (CR 59). Leaders for each week will vary. Contact: Marianne Hebert, chair@adklaurentian.org, 315-265-0756 for information.

Sat Aug 5: High Falls Loop via the Leary Trail.

This is a classic Adirondack hike of 13.5 miles beginning in Wanakena. There are views of beaver flows, lovely woods and of course High Falls. It will be a full day of hiking over rolling terrain, but we will leave early so we can enjoy the hike without rushing. A hiking pole is recommended to make beaver dam crossings easier. Contact: Holly & Neil Woodworth. hswoodworth@gmail.com, 315 848-2953.

Sat. Aug. 12: Clear Pond to Joe Indian Pond Road.

We'll visit Clear Pond, Little Rock Lake, Long Pond and Lilypad Pond as we traverse a beautiful forest marked by glacial action. 6.5 miles one way – we'll spot vehicles at either end. If the weather is good, we'll swim at Lilypad Pond – so bring a swimsuit, towel, and a lunch! Contact: Blair Madore at 315-261-0751 or madorebf@potSDam.edu. Level 3, 6.5 miles.

Thu. Sept. 7, 14, 21, 28: Weekly Walk, Bayside Cemetery. 7:30am.

We will walk the roads for approximately 2 miles round trip, 1 hour. Meet at the entrance to Bayside Cemetery (730 CR59 “Back Hannawa Road”). Leaders for each week will vary. Contact: Marianne Hebert, chair@adklaurentian.org, 315-265-0756 for information.

Outings Schedule

July – Sept 2023 continued

Sat. Sept. 16: Trail Work on Red Sandstone Trail.

Projects will vary depending on weather and participants but may include brush cutting, posting trail signs, installing posts, building bridges, bench cutting, and rock moving. Please bring gloves, water and bug spray. Contact: Blair Madore at 315-261-0751 or madorebf@potssdam.edu. Level 2.

Sat. Sept. 16: Frontenac Provincial Park.

Short hike to a backcountry lake with good swimming. Less than 5 miles, Level 2-3, fairly easy. Contact: John Barron, (613) 828-2296 or johnbarron@sympatico.ca.

Sat. Sept. 23: Janack's Landing hike.

Our destination is the lean-to in the bottom of Dead Creek Flow, via a generally level trail. The pace will be moderate so we can look around us for interesting wildlife or other points of interest. We'll lunch at the lean-to and return, for a roundtrip of 6.2 miles. This is a joint outing with North Woods chapter, so chapter members only, please. Contact: John Omohundro, 315-244-9131 or omohunjt@northnet.org

Sat. Sept. 23: Tooley Pond Road "Clarksboro Trail".

Join us for a Pride Outside adventure. We will explore the new trail to an overlook which has a lovely view of Twin Falls. 2.2 miles RT, 250 ft elevation gain. Optional extra 1 mile, to explore some of the waterfalls along Tooley Pond road after the overlook. This is a joint outing with Potsdam Pride. Contact: Marianne Hebert, chair@adklaurentian.org, 315-265-0756 for information.

Backtracks

April-June 2023



Spring Road Walk, Cemetery Rd, Apr 22, 2023

We had a gorgeous warm and sunny day. We explored many of the side trails along Cemetery Rd in South Colton for a total of 3 miles. The beach and water views were lovely. We saw beaver activity and wildflowers. All-in-all a perfect outing!

L-R: Marianne Hebert (TL), John Dewar, Gabrielle Smith, Pete Biesemeyer, Sandy McCloy. Photo by Linda Moerschell

Chaffey's Lock, Apr 29, 2023

Due to forecast rain and several difficulties of ground conditions the route was shortened and simplified to be entirely on the Cataraqui rail trail. Despite the rain we had five participants and enjoyed ourselves thoroughly. There was plenty to see including cottages, the natural channel between Indian and Opinicon Lakes, the old rail trestle, many wildflowers, an old cemetery, the Opinicon Hotel, and Chaffey's Lock of the Rideau Canal (pictured). We even found a small but adequate roofed picnic shelter to have lunch out of the rain. L-R: TL John Barron, Marianne Hebert, Toni Towle, Marie-Reine Fournier. Photo Jean Giblin.



Backtracks April-June 2023



Monitor My Maple, Apr 30, 2023

We had a small and enthusiastic group who visited a sugar bush in Parishville to learn how to identify maples. The rain held off long enough for Nature Up North Project Manager, Kayla Edmunds, to teach us how to distinguish maples from other native trees. We learned how to measure and observe seasonal changes in maples, and how to record data for the citizen science project.

Photo by M. Hebert: Have the leaves fully unfolded?

L-R: Kayla Edmunds, Ellie Menz, Marnie Salisbury Becht, and Leo.

Orebed Creek State Forest Wildflower Walk, Apr 30, 2023

Wildflowers were everywhere. We tramped through the woods, up an un-named stream to three increasingly large beaver ponds, then down Orebed Creek for the walk back to the road. Spring at Orebed Creek is a bit behind spring in the lowlands, but we were able to identify about two dozen species, some in bloom, some still thinking about it. Anne Johnson's encyclopedic knowledge of St Lawrence County wildflowers was an added treat.

Participants: Anne Johnson, Pete Biesemeyer, Jane Khondker, TLs David Katz & Anne Cset



Alamogin Road Walk Sat. May 6, 2023

Just three of us set out to see if the wildflowers were emerging, and we weren't disappointed. We found bellwort, Dutchman's breeches, miterwort, bloodroot, Hepatica, trillium, saxifrage, wild blue phlox, and of course violets! We also met a Northern Leopard Frog, a snapping turtle and a few snakes. Blue skies and fair weather made for a delightful morning ramble. Participants: Jane Khondker, Carolann Jacobs & Marianne Hebert (TL).

Backtracks April-June 2023



Participants: John Barron, Jean Giblin, Regina Willette, Kathy MacKay, Chris Rediehs, Neal Burdick, Barbara Burdick, Laura Rediehs, Marianne Hebert, Jane Khondker, Eleanor Menz, Carol Rossi-Fries, TL David Katz, TL Anne Csete, and Marcy.
Photo David Katz

Whippoorwill Corners Wildflower Walk, May 7, 2023

Four inches of rain in the last 2 weeks made the trail to Harper Falls a bit too wet, so we walked the upland sections of Whippoorwill Corners State Forest instead. Sunny skies, a slight breeze, and comfortable spring temperatures made for a nice walk on the Loop PFAR [Public Forest Access Road] where fourteen humans and one dog identified blue cohosh, white trillium, red trillium, miterwort, violets (purple, white, and striped), wood violets (yellow) bellwort, sedges, toothwort, dutchman's breeches, foam flower, spring beauty, trout lily in blossom, plus several other species that were already done or not yet open. The dog, not being particularly interested in the flowers, led two of the humans around the loop twice in the time the rest of us circled once. The green-carpeted hillsides wowed us on a brief supplemental walk on the trail between CR24 and CR17.

Grasse River RR hike, May 21, 2023

This was a joint outing with North Woods and Laurentian chapters, comprising a dozen walkers from six communities, ranging from Ottawa to Lake Placid. For most, today was a first visit to this recently-marked carry trail for intrepid paddlers on a boney stretch of the South Grasse. The trail parallels the river on the railroad bed that originally connected lumber mills in Conifer to mills in Cranberry Lake. Now the trail ends two miles in from Route 3 where a bridge once crossed the river. Old ties are still visible through the turf. The day began with a cool mist but ended in a warm cloud of black flies. Along the way we saw foam flower, painted trillium, a gravid turtle, coyote and bear scat, and evidence of deer kills. The birds were plentiful too: Northern Flicker, green and blue warblers, Northern Parula, ovenbird, and our first hermit thrush of the year. Photo: Jerry Gnann



Backtracks April-June 2023

Massawepie Scout Camp Hike Sat, Jun 3

Five of us set out to explore the trails of the Massawepie Scout Camp. We enjoyed the diverse habitats: the bog, the eskers, lakes and pine forests. There were still many spring flowers in bloom (Pink Lady Slippers, Starflower, Wild Sarsaparilla, Cotton Grass, Canada Mayflower, Labrador Tea, and Sheep Laurel. L-R Ajay Patel, Max Delehanty, Jane Subramanian, Ellie Menz. Photo by Marianne. Hebert (TL).



Paddle Wanakena to Cranberry Lake 6/13/23

Four of us put in at the Wanakena beach and headed toward the Lake. It was cloudy but the rain had let up. We had a quiet paddle past the camps and Ranger school and into the wild part of the river. The wind came up when we reached the lake so we enjoyed lunch at the picnic table at Hawks Nest Beach. We were happy to be early in the season with no motor boats. It was a lovely day with great people. Participants: Janet Wakefield, Diane Dowe and leaders Holly & Neil Woodworth.

ADK Cycle Outing, June 11-16, 2023

27 cyclists converged on Ogdensburg, New York for five days of great bicycling in the US and Canada. We enjoyed cycling along the St. Lawrence River, the Thousand Islands, and Amish farm country.

The weatherman was wrong predicting rain most days. We biked rain-free on seven scenic routes. When the weatherman was right about the rain, we ran trips to the National Gallery in Ottawa, hiking in Wellesley Island State Park and kayaking on Crooked Creek.

Returning ADK Cycle Outing bikers applauded the upgraded accommodations at Wadhams Hall, a former Catholic seminary. We had some suites, laundry service, kitchen access, and a game room. We did not discover any pool sharks, but several of us improved our game of eight ball.

ADK Cycle Outing, June 11-16,
Photos by Tom Ortmeyer



Picnic group shot



View from Pumpkin Island



Jacques Cartier State Park



Heading out from Wadham's Hall



Pumpkin Island Dock



Picnic