

A Two-Chapter Outing to Two Rare Sites

by John Omohundro



Photo by Barbara Hollenbeck



*We stand at a monument separating Canada from the U.S.
Photo by David Harvey*

The Gulf Unique Area is an amazing geological park on the border with Canada, in the Town of Mooers, Clinton County. Ten thousand years ago, the swollen glacial Lake Ontario burst its ice dam and sent a lake's-worth of water gushing downriver to the Champlain Valley. The Gulf was scoured out as a sandstone canyon, and the Gadway Pavement was cleared of glacial overburden down to bedrock. Neither resembles a usual walk in the Adirondacks.



A Two-Chapter Outing to Two Rare Sites, continued...

Eleven of our group of 14 from the North Woods and Laurentian chapters had never been here before. During our May 10 exploration we heard many birds, the most unusual being hermit thrush, rose-breasted grosbeak, black-throated green warbler, Nashville warbler, and swamp sparrow.

North Woods Chapter member Sandy Hildreth remarked that the area was “loaded with wildflowers” during our exploration. Our party included plant mavens who helped us admire blossoms of marsh marigold, spring beauty, trout lily, blue cohosh, foam flower, bellwort, squirrel corn, gold thread, painted and red trillium, lowbush blueberry, jack in the pulpit, violets, wild ginger, Indian cucumber, baneberry, two-leaf miterwort, dwarf ginseng, wintergreen, Clintonia (blue bead lily), rose twisted stalk, and mountain alder.

We arrived at a row of white pillars demarcating the international border and lunched, some hikers in Canada, some a step or two away in the US. A later stop at Gadway Pavement Preserve required driving up a creek flowing down the road and wading through clear puddles of rainwater on the nature trail. The short, gnarly old jack pines that predominate above the mossy pavement made for unusual scenery. We celebrated a fine day of almost 7 miles of hiking with snickerdoodle cookies.



Photo by M. Hebert



Photo by Barbara Hollenbeck



A Two-Chapter Outing to Two Rare Sites, photos...



Photo by Barbara Hollenbeck



Photo by Barbara Hollenbeck



Photo by Barbara Hollenbeck



Photo by M. Hebert



How Long is “Forever (Wild)”?

by Tom Wheeler, Chapter Chair

It appears that the current federal administration is planning to strip protection from a number of lands in the country designated as national monuments. In my opinion this can only lead to degradation of unique lands and habitats which prior administrations have chosen to protect. These lands, mostly in the West, contain areas of wilderness and landscapes of extraordinary beauty. They are inhabited by species of plants and animals adapted to the landscape, many of which are already classified as endangered or threatened.

Our Adirondack Park protects extensive wild lands. The state constitution has provisions protecting public (i.e., Forest Preserve) lands in the Park, declaring them to be kept “Forever Wild.”



ADK Laurentian

Executive Committee

Tom Wheeler - Chair
northflow@gmail.com

Dana Chudzinski - Vice-Chair, Outings
chudski63@yahoo.com

Brenda Curley - Vice Chair, Education
bcurley3232@gmail.com

Tom Vandewater - Vice-Chair, Conservation
tblaisdellvandewater@gmail.com

Lila Hunnewell - Vice-Chair, Membership
lhunnew61@aol.com

David Katz - Secretary, Webmaster
secretary@adklaurentian.org

Ellie Menz - Treasurer

Tom Ortmeyer - Advisory Council Trustee
tortmeye@gmail.com

Appointed Positions

Marg Madore - Hospitality Coordinator
mmadore@stlawu.edu

John Barron - Publicity Coordinator
johnbarron@sympatico.ca

Blair Madore - Red Sandstone Trail Coordinator
madorebf@potdams.edu

Mark Simon - Stone Valley Trail Coordinator
bearsars18@gmail.com

Jeff Miller - Outdoors Indoors Program
Jeff@stlawu.edu

Neal Burdick - North Wind Editor
nealburdick@gmail.com

Marianne Hebert - North Wind Co-editor, Archivist
hebertm@potdams.edu



Chapter Chair report, continued

In the past there have been a number of efforts to eliminate, limit, or avoid the protections afforded these lands. We should all understand that “Forever Wild” can be undone in two sessions of the state legislature and a single vote of the public. How long “Forever” is depends on the citizens of New York State, and that means most of you.

The threats we see on the federal level to environmental protection of air and water quality, to our waterways, and to our public lands are a warning. We mustn't take our Adirondack Park for granted. Public support (and that means your support) for these very special lands is crucial. We want to ensure that the benefits of these wild lands can be enjoyed by our children and grandchildren.

Make certain that your senators and state representatives are aware of your support. Be an advocate for these lands and don't hesitate to express your personal views.

I have always thought that the best advocates for the Park are those who have experienced the Adirondacks: those who have walked in the forests, have been awed by the view from high on a mountain, have paddled a quiet stretch of a stream, have heard the cry of the loon from a campsite. This summer is one of the best times to have these experiences and to have them inspire your advocacy for wild lands.





Your Time to Shine in Winter: Outdoors-Indoors Topics Sought

Do you have a favorite or off-the-beaten-path trail that you'd like to let your fellow Laurentians know about? Have you taken a trip involving an adventure in the great outdoors?

Consider giving a presentation during the 2026 Outdoors-Indoors series. These presentations are held on Sunday evenings in Potsdam from January through April and provide ADKers with some indoor entertainment and socializing when the weather may not be so great outside. In 2025 we heard about invasive plant species in Northern New York, hiking in Zion and Bryce Canyon National Parks, the life of a fire lookout in Idaho, and interesting hiking trails near Minerva.

If you would like to be a 2026 presenter, contact Jeff Miller, Outdoors-Indoors Program Coordinator, at jeff@stlawu.edu .





Outings Schedule

July - Sept
2025

*Dana Chudzinski,
Vice-Chair, Outings*

3	A+	Very Strenuous	4,000	10	10
3	A	Strenuous	3,000	5 to 10	8 to 10
2	B+	Moderately Strenuous	2,000	5 to 10	6 to 8
2	B	Moderate	1,000	5 to 10	5 to 7
1	C+	Fairly Easy	1,000	5 to 8	4 to 6
1	C	Easy	Under 1,000	< 5	< 5

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

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

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

Sat., June 28: Ampersand Mountain.

Ampersand's open summit provides great views of the High Peaks and the Saranac Lakes. After a fairly easy start, the trail is relentlessly steep to the top. 5.5 miles round trip with an 1800-foot vertical gain. Plan on a dip in Middle Saranac Lake to cool off after the hike. Level B+ (Moderately Strenuous). Contact Tom Ortmeyer, tortmeyer@gmail.com, 315-244-3707 for details.

Thurs., July 3, 10, 17, 24, 31: Weekly Walk, Munter Trail, Potsdam, 7:30am.

We will walk the trails for approximately 2 miles, 1-hour round trip. Meet at 7:30 a.m. in the parking lot behind the Clarkson Walker Arena and Hantz Field off Clarkson Ave. (CR 59/Back Hannawa Rd). Leaders for each week will vary. Level C (Easy). Contact Marianne Hebert, hebertm@potSDam.edu, 315-265-0756 for information.

Mon., July 14: Exploring Brockville, Ontario.

An afternoon event starting with easy walks on local trails, about 3 miles, 2 hours. Optional swim in the St. Lawrence River. Picnic supper at a riverside park. Outdoor concert by the Brockville Pipes and Drums, of which Laurentian Chapter member Toni Towle is a piper. Level C (Easy). Contact John Barron, 613-828-2296 or johnbarron@sympatico.ca.



Outings Schedule

July - Sept 2025 continued

Wed., July 16: Raquette River Paddle.

We'll begin at the state boat launch known as the Crusher, west of the intersection of Rts. 3 and 30, about 3 miles east of Tupper Lake. We'll paddle with the current 6.5 miles downriver to the state boat launch in Moody, where we will have shuttled our cars. We'll take out for lunch along the way. Co-listed with North Woods Chapter. Limit 10 boats. John Omohundro, omohunjt@northnet.org.

Sat., Aug. 2: Birding on the Munter Trail.

Join local birder Harold Ellingsen for a morning bird walk on the Munter Trail along the Raquette River. We expect to see boreal and water birds. Bring binoculars. Less than 2 miles, easy terrain and pace. Level C (Easy). Contact Marianne Hebert 315-265-0756 or hebertm@potdam.edu.

Thurs., Aug. 7, 14, 21, 28: Weekly Walk, Bayside Cemetery, Potsdam, 7:30am.

We will walk the trails for approximately 2 miles, 1-hour round trip. Meet at the entrance to the cemetery (730 CR 59/Back Hannawa Rd). Leaders for each week will vary. Level C (Easy). Contact Marianne Hebert, hebertm@potdam.edu, 315-265-0756 for information.

Thurs. Sept. 4, 11, 18, 25: Weekly Walk, Munter Trail, Potsdam, 7:30am.

We will walk the trails for approximately 2 miles, 1-hour round trip. Meet at 7:30 a.m. in the parking lot behind the Clarkson Walker Arena and Hantz Field off Clarkson Ave. (CR 59/Back Hannawa Rd). Leaders for each week will vary. Level C (Easy). Contact Marianne Hebert, hebertm@potdam.edu, 315-265-0756 for information.

Sat., Sept. 13: Cranberry Lake Hike.

We will start at the Brandy Brook Flow Trailhead. From there we will do an out-and-back with our final destination being Hedgehog Pond. The trail is fairly easy going with some ups and downs and some views of the lake. This will be a great time of year to see lots of colors. The trip is just short of 8 miles RT. Contact Dana Chudzinski, chudski63@yahoo.com, 315-244-5315.

Outings Schedule

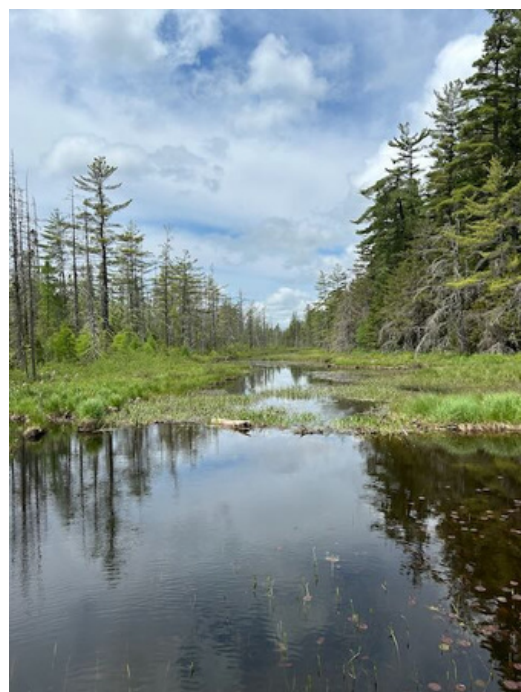
July - Sept 2025 continued

Thurs., Sept. 18: Hurricane Mountain.

We're planning on a sunny Thursday during peak color season to climb Hurricane, between Keene/Keene Valley and Elizabethtown. We will hike from the Rt. 9N trailhead, 6.8 miles round trip with a 2000-foot elevation gain. You will be rewarded by great views of the High Peaks and the Champlain Valley from the summit as well as the restored fire tower. Level B+ (Moderately Strenuous). Contact Tom Ortmeyer, tortmeyer@gmail.com, 315-244-3707.

Sat., Sept. 20: Hiking at Massawepie Lake.

We will walk along the esker to Pine Pond, visit the source of the Grasse River, and have lunch on the Bayview Peninsula. Lovely forests and lake views. Mostly flat, 200 feet elevation gain, about 4 miles. Level C+ (Fairly easy). Contact Marianne Hebert, hebertm@potSDam.edu or 315-265-0756.



Backtracks April-June 2025

TL = Trip Leader

(See also "A Two-Chapter Outing to the Gulf Unique Area and Gadway Pavement," page X)



Exploring the Split Rock

L-R Linda Moerschell, Carol Budd, Kim Baxter, Ellie Menz, John Barron.

Photo by M. Hebert (TL)

April 6, Carry Falls Road Walk

We expected a mostly cloudy day with mild temperatures in the 40s, so we were surprised by a chillier day with spitting rain and a short blizzard which did little to dampen our spirits. The walk along the reservoir provided some good views of wetlands, and a glacial rock made for a nice photo op. We found an abandoned foundation, discovered some fungi, and saw many beech trees exhibiting marcescence, the retention of last year's leaves through the winter. We also saw signs of a pileated woodpecker who made a big mess leaving wood chips scattered about. After about 5 miles we called it a day and had a much-deserved lunch at Robideau's Mahogany Ridge in South Colton.



Road walks make for good conversation.

Photo by M. Hebert



Pileated Woodpecker left a big mess. Photo by M. Hebert

Backtracks April-June 2025

April 13, Waterfalls along the Tooley Pond Road

We had a pretty large group of waterfall enthusiasts both young and old, longtime ADK members and non-members too. Most of us lasted through visits to Basford, Sinclair, Rainbow and Copper Rock Falls. The water was high and the falls were spectacular. One car even stayed for a walk to the Clarksboro Cliff and the sound and view of Twin Falls. One can never get enough of appreciating waterfalls – we'll be back again next year!



Participants: Marianne Hebert, Jim Curtis, Karen Curtis, Jessica Decarlo, Joe Decarlo, Mikalyn Decarlo, Debbie Harvey, Paul Harvey, Bev Patchin, Susan Hughes, Paul Spaulding, Tom Hardiman, Jeffrey Miller, Tom Wheeler, John Barron, Jean Giblin, Sandy Tyler, Dave Walsh, Christine Sitts and Blair Madore (TL).



Photos by B. Madore

Backtracks April-June 2025

April 26, Arkon Lake Loop in Frontenac Provincial Park

A forecast of rain led to several participants' cancelling. In the end we received only a few showers, and the three of us who did take part were in agreement that the conditions were very pleasant. Water levels in the lakes, ponds and streams were at springtime highs and the lack of leaves made for good views. We encountered a number of groups and individuals out hiking, in many cases equipped for backcountry camping.



Above Arkon Lake, L-R: Anne Youlden, Toni Towle. Photo TL John Barron

On the bridge, L-R: TL John Barron, Anne Youlden. Photo Toni Towle



Backtracks April–June 2025

June 7, Bear Mountain

Four of us enjoyed a Pride Outside hike up Bear Mountain overlooking Cranberry Lake. It was a bit hazy from the fires in Canada, but bugs were scarce. The highlight of the day was a scarlet tanager who visited during snack time, and the wood thrushes that serenaded us throughout the day. New trail work along the steep sections was greatly appreciated. We saw many native plants and stopped often to ID specimens. We found several pink lady slippers, wild sarsaparilla, squirrel corn and jack-in-the-pulpit, and tasted some wood sorrel. Participants: Kathleen Fitzgerald, Tom Lawrence, Rebecca Donnelly and Marianne Hebert (TL).



L-R: Kathleen Fitzgerald, Rebecca Donnelly, Tom Lawrence. Photo by M. Hebert



New Trail Work



Hazy View of Cranberry Lake

Seeking an Everton Falls Clean-Up Leader

Laurentian Chapter member Duncan Cutter has co-led, and then led, the annual spring cleanup of the Everton Falls Preserve for fifty years.

He shares this communication:

An ADK/Nature Conservancy (TNC) project that Lew Weeks, Perry Yaw and I took over from its founder, Paul Jamieson, in the 1970s is the annual clean-up at the Everton Falls Preserve, seven miles east of St. Regis Falls along the Red Tavern Road (Franklin County Rt. 14). After Lew and Perry's passing, about 1990 I carried on by myself. I am now 90 years old and would like to pass this opportunity on to a fellow ADK member.

We schedule the clean-up for the last Saturday in April and invite someone from TNC to join with us. We walk the half-mile trail beginning at the parking lot by the canoe put-in, clearing winter blowdown, then patrol the mile-long stretch of road by the falls to pick up trash. These two operations take no more than two hours. Then we adjourn to the rock ledge beside the scenic falls for a brown-bag lunch. There is always time for a canoe cruise downriver from the falls to the first rapids and back, about a mile of delightful scenic paddling.

I'd be more than glad to join with any ADKer next year to introduce him/her/them to this position, a service stretching continually for fifty years. It's fun, satisfying, and a great family and friends outing. I'm glad to answer questions at 315-328-4675.

