



Foot - Loose!

Newsletter of the Susquehanna Chapter of the Adirondack Mountain Club (ADK), published quarterly – January, April, July, October

Volume 15, Number 4

October 2003

...from the Chair

What can you do for ADK? (Part 2)

Another summer has come and gone. Now is the time to get out and enjoy the fall colors, the cooler weather, the fall migrations, and the bug-free hiking. The snow-bums are chomping at the bit with hopes that this winter will be as good as last. The local trails are ready for snow.

It seems that spring and summer are the seasons for volunteer work: cleaning up trails after the snowmelt; getting trails ready for winter; taking school kids out in the spring when cabin fever gets to be unbearable; helping out with the Susquehanna Sojourn.

But fall and winter can be just as important for volunteering. The club has many committees, the chairpersons of which would welcome the addition of new faces. Many of the committees have only a handful of members yet much of the work done by the club is influenced by these committees.

Our chapter also has committees, all of which do valuable and necessary work. The chairpersons of these committees are dedicated, hard-working volunteers who help make our chapter a strong, active part of ADK. A few chapter committees, notably education, seem to be in hibernation. It is these committees that especially need new volunteers to help them become a more active part of our chapter.

So whatever your interests, be they outdoor education, hiking, editing, governing, finance, advocacy, etc., contact the chairperson of the appropriate committee (chapter or club) and ask how you may help. Even if you are unable or uninterested in attending the monthly chapter meetings, your ideas and expertise will be greatly appreciated.

Remember, however, to leave enough time to get out and enjoy those county, state, and forever-wild lands that ADK is working to protect.

Happy hiking, Jim Vogler

CHAPTER CHANGES AND NEWS YOU CAN USE

Membership News

An updated chapter membership list is now available at monthly meetings or by arrangement with me. Lists will not be mailed. Call me at 607 432-3656 to work something out. **Chapter information is to be used for chapter business only and is not to be shared.**

We welcome seven new members to our Susquehanna Chapter and hope to see them soon on an outing or at a meeting. Please add their names to your list.

Rita Salo

June 2003

Karin Davidson, 96 Willow St., Otego, NY 13825, 607 988-7702

Rachel Fournier, 51 Main St., Apt. 4, Sidney, NY 13838,
607 563-8509

Diane & Mark Hayvren, 1080 Rte. 202, Franklin Center,
QC JOS IE, 450 827-2797

July 2003

Kevin Kain, 2 Lawn Ave., Apt. 2, Oneonta, NY 13820,
607 432-2103

Jere Myers, 2645 Turner Hill Road, Davenport, NY 13750,
607 278-5668

Phil Pierce, 57807 State Hwy. 10, South Kortright, NY 13842,
607 538-9101

Colleen Ryan & Joan Marzeski, PO Box 107, Roseboom, NY
13450, 607 547-6236

Email Info on Catskills and Adirondacks

Want to keep up with hikes as well as trail and conservation issues in the Catskills or Adirondacks? Members with computer access can join listservs--automatic email lists--maintained by the Catskill 3500 Club and the Adirondack Forty-Sixers. When list subscribers send an email to the list's host, the email is automatically sent to every other subscriber to the list. Responses are also posted to the list, resulting in an ongoing email discussion. Viewing options include reception of each individual email or a single email that includes all messages from each day. Please contact me for more information or instructions.

Danny Birnbaum (susquehannaadk@aol.com or 278-5259)

Canoe and Kayak Trips Featured in ADK's Newest Guide!

The Adirondack Mountain Club (ADK) has just released their newest canoe and kayak guide, Adirondack Mountain Club Canoe and Kayak Guide: East-Central New York State. This is the fourth in a series of ADK guides to the canoeable waters of New York State. This 288-page softcover book describes 68 of the best white-, quick-, and flatwater paddle trips the upper and central Hudson region has to offer. Included are launch sites and how to get to them, difficulty levels, paddling distances, scenery and points of special interest, special cautions, takeouts, and page maps. Adirondack Mountain Club Canoe and Kayak Guide: East-Central New York State is available online at www.adk.org, by calling ADK at 800-395-8080, at ADK Centers in Lake George and Lake Placid, or at local booksellers and outdoor retail stores. Cost is \$19.95.

Canoe and Kayak Guide: East-Central New York State editors Kathie Armstrong and Chet Harvey have addressed the major rivers and tributaries from the Newcomb--North Hudson area to Kingston and from Herkimer in the west-central portion of the Adirondack Park to western Vermont, Massachusetts, and Connecticut. The book includes the wealth of inviting waterways in and around New York's Capital District.

Armstrong and Harvey, active members of ADK and the Schenectady Chapter ADK, have paddled canoes all of their lives. They have served as leaders for many local ADK trips and have led several wilderness excursions in northern Canada. Their paddling adventures have ranged north to the Northwest Territories in Canada and the Arctic Ocean, east to Norway, west to California, and south to Texas. The rivers and lakes of the Adirondacks remain their paddling home.

ADK is indebted to the Schenectady Chapter ADK for their generous support of this publication.

My Last Mountain (For Now)

I have become the newest qualifier for 4000-footer status in the White Mountains by hiking up Mt. Madison on August 19 and lastly Mt. Washington on August 21. When considering several options for climbing the mountain, we went with the steepest and shortest route up the Tuckerman Ravine trail. Having always been curious about this famous cirque, where over 150 feet of snow can accumulate in winter and daredevil skiers risk their necks by skiing down the headwall, I was blown away at the benign beauty of a summer hike. You follow a gentle rocky trail from Pinkham Lodge for 2.4 miles to the Hermit Lake Lodge, which sits beside a gurgling stream in a beautiful glen. Once you pass through a narrow path of evergreens, the mountain, with its impressive bowl, opens up before you. Because of our wet summer, water cascades down in amazing waterfalls that nourish strips of green with many purple asters. The trail gets steep with stairsteps created by arduous trail work, and again and again you skirt and pass through water that drips in small rivulets off the rock face. Looking above or below, other hikers cling to the rocky trail. Eventually, as you get higher and you leave the headwall, all the green is replaced by solid rock and the weather changes. The wind blows fiercely, the clouds blow across the trail and you pick up speed. We know all about the famous

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FALL DINNER PROGRAM

The ADK Susquehanna Chapter annual **Fall Dinner** and **Special Program** will take place on **October 15, 2003 at 6pm at the SUNY-Delhi Alumni Hall Hospitality Center**

Menu: freshly tossed garden salad with orange-kiwi vinaigrette dressing served at the table. Buffet line: cucumber and pear salad; tomato and red onion salad; Santa Fe chicken on a bed of long grain and wild rice; London broil (carved on the buffet line); roasted red rosemary potatoes, steamed broccoli and cauliflower with a mushroom and onion sauté; glazed carrots. Dessert, coffee and tea are included. Cash bar is available.

After dinner Ernest Mahlke will demonstrate that 35mm slides can indeed last 50 years, with a presentation titled "Memories of Greenland." He will share his recollections of Army service surrounded by glaciers, icebergs, icecap and the Thule area in the warmer months of 1953/1954. It is a dramatic place that has probably changed very little.

To get to the **Alumni Hall Hospitality Center** enter the main drive to SUNY-Delhi, proceed up the hill and take the first sharp right hand turn. Continue up the hill and proceed on the road between the campus buildings. Go down a short hill, then briefly up a short grade to a "T." Turn left at the "T" and turn into the very first parking lot on the left.

Advance registration and payment are required. See below for a mail-in coupon to attend this event.

Carpooling to Fall Dinner

The members of the executive committee are concerned that some of our members cannot or may not want to make the trip to Delhi. We do not want anyone to miss the meeting for lack of transportation or inability to drive at night; Linda Seifried is coordinating carpooling. If you are planning to attend the dinner and are willing and able to take passengers or you would like to ride with someone else, please call or send an email to Linda (265-3780, sseifried@mkl.com). Alternatively, if you have friends who you know will have difficulties driving to Delhi, we encourage you to make your own arrangements to help them out with a ride.

At the September meeting we will get firm plans in place, matching up seats with riders. We can work out meeting places at that time (Hannaford's parking lot has been suggested as a good place for drivers and passengers to meet). We hope to see you at the event.

Susquehanna ADK Outreach Opportunity

Do you know someone who would enjoy learning more about outdoor skills, natural history, or the creative arts in the outdoor classrooms of the Catskills and Adirondacks? The Annual Dinner and Program is a fine opportunity to introduce a new person to the chapter and the club, or to call up a member who hasn't been to a meeting in a while, and invite them to attend the dinner and special program.

Fall Dinner Reservation Coupon

Reservation and payment must be received by **October 7th, 2003**. Thank you.

Please send coupon and check, payable to ADK Susquehanna Chapter, to:

Mrs. Astrid Neumann, PO Box 333, Davenport, NY 13750

Name(s) _____

Members and Non-members - \$11.00 per person (includes taxes & gratuity) Total amount enclosed \$ _____

TRIP REPORTS

June 24, Tuesday. Fifteen hikers enjoyed the second HOT day of summer by walking under the shady trees near Bert Washburn Road in Otego and eating their trail lunches at the gazebo to a loud chorus of mating toads.

Barb Means

July 5, Saturday. Canoe trip on the Susquehanna. Four canoes containing eight people started at the NYS fishing access on Route 205 in Oneonta to paddle to Otego. Most of the participants were members of the leader's family! There was ample water and good current in the river. Wild life seen included two bald eagles, several great blue herons, ducks (mostly mergansers) and some fish. Only the leader's canoe got dumped. Never mind, it was a warm day and everyone was soon dry. We arrived at Serokas' property after lunch and made a stop on the return at Pie in the Sky for a WONDERFUL ice cream treat.

Jo Koenig

July 8, Tuesday. Relay State Forest. Because Joe Hart had worked very hard to clear the trail, 13 people were able to walk this trail. A lost hat was found and a junco nest with one egg and three little birds was enjoyed. The weather cleared up so we could enjoy the view from the top.

Frances Darrah

July 15, Tuesday. Back side of Goodyear Lake. This is a fun place to walk with many trails going in different directions. Eighteen people stuck close together to make all the correct turns. Some enjoyed lunch sitting on a tree trunk out in the water. One person went swimming.

Frances Darrah

August 5, Tuesday. Thirteen ADK members and friends journeyed to Moss Pond on a warm, mostly sunny day. Although that

destination has been reached before, this hike started and ended at different points. Thanks to very cooperative landowners we spotted cars at a farm on River Road, Cooperstown and drove up Cornish Hill via Campbell Hill Road to another farm. Walking in from the trailhead on Campbell Hill, the trail was a bit muddy in spots but well marked. A large American chestnut tree along the way caught our attention before we hit the pond. Some of us slogged through the bog to reach the water's edge where the pond's true beauty and the uniqueness of the bog could be seen. From there we continued on the trail around the pond, down the hill through the woods, and out into the hillside meadow. We ate our lunch surveying the valley views toward Route 28. The cooling woods and the hillside breezes made it a good hike for a warm day but we missed the opportunity for a swim at the conclusion.

Marion J. Karl

August 12, Tuesday. We had an ADK "first" on this outing. The men outnumbered the women, five to one (congratulations, Jane)! We had a great hike and beautiful weather. Afterwards we enjoyed lunch at poolside.

Horst Neumann

August 19, Tuesday. One couldn't have selected a better day for four ADK members to paddle down the Susquehanna River from Colliersville to the Route 205 river access site. The weather was perfect, river level neither too high nor too low, the avian population more than expected (great blue herons, belted kingfishers, ducks, osprey, to name a few--yet missing the hordes of bank swallows at their usual location), and enough challenges in the rapids to satiate the appetite. Oh yes...the camaraderie of the four solo paddlers couldn't have been better.

Irwin Gooen



August 5 hike to Moss Pond. From left: Jane Ford-Richards, Dottie Lawson, George Richards, Monica Peters, Bev Hensle, Bill Kratzenstein, Frances Darrah, Irvin Peters, Erika Baker-Heinnegg, Marion Karl, Annette Lau. *Photo by John Davis*

SUSQUEHANNA ADK CHAPTER FALL 2003 SCHEDULE

Outings and Meetings

ALWAYS CALL LEADERS FOR DETAILS

All area codes are 607 unless noted otherwise

- Sept. 26-28, Fri.-Sun. Nina and Joe Hart 829-8358 ninajoe@frontiernet.net Blue Ridge Wilderness trail work/camping. Weekend outing rescheduled from August. Arrive Friday at Wakely Dam to set up camp. If no room we'll camp on Moose River Plains Road at first available site west of Wakely Dam. We'll walk the unmarked part of the old road from Grassy Pond to Cascade Pond. We hope the western portion of the road will be marked under the new UMP. If so, we can estimate the work to be done to bring the trail up to standard, anticipating that our trail crew will be able to do the work when the trail is approved.
- Oct. 4, Saturday. Barbara Means 432-4903 Hike Indian Head circular for 6.1 miles at moderate pace. Rated B. Meet at Southside Office Max, 9:30am with lunch and plenty of water.
- Oct. 7, Tuesday. Georgia Schadt 432-8909 Hike to Table Rock from Georgia's house.
- Oct. 11, Saturday. Ernie and Heide Mahlke 432-2583 Explore the Back of Behind at Gilbert Lake. Walk 6+ miles on some trails you never knew existed. Meet at Briggs Pavilion, old beach parking lot, at 10am. Rated easy C. Bring lunch and water.
- Oct. 14, Tuesday. Dave Truscott 746-2826 Hike in Delhi area. Meet at Dave's house at 10am. Bring lunch.
- Oct. 15, Wednesday. Annual Dinner in Delhi, 6pm. After dinner, Ernest Mahlke will present "Memories of Greenland." See complete details on page 3.
- Oct. 18, Saturday. Nina and Joe Hart 829-8358 ninajoe@frontiernet.net Get ready for cross-country skiing. Join us for a trail clearing day at Arnold Lake. Bring snippers and tools. Rain postpones. Call leaders for rain date.
- Oct. 21, Tuesday. Erika Baker-Heinegg 832-4204 Hike from Erika's house to Bovina Center. Visit Historical Museum and market specializing in locally raised and grown food. Meet at Great American in Delhi at 10am.
- Oct. 25 Saturday. Nina and Joe Hart 829-8358 ninajoe@frontiernet.net A trail clearing adventure at Hick State Forest. Call leaders for meeting point.
- Oct. 28, Tuesday. Lucille Wiggin 432-1022 To be decided.
- Nov. 1 Saturday. Jo Koenig 432-4975 Hike Bearpen Mt. near Prattsville at a moderate pace. 8.1 miles roundtrip. Rated C+.
- Nov. 4, Tuesday. Frances Darrah 286-3301 Hike in Arnold Lake area.
- Nov. 8 Saturday. Ernie and Heide Mahlke 432-2583 Hike Thomas Cole Mt. from Barnum Rd. in Maplecrest. 5.7 miles roundtrip. Rated B. Rain cancels. Meet at Southside Office Max at 9am.
- Nov. 11, Tuesday. Horst and Astrid Neumann 278-5171 Hike in Davenport area.
- Nov. 18, Tuesday. Bev Hensle 286-9126 Hike to either Clark Tower or Star Field, both in Cooperstown area.
- Nov 19, Wednesday. Susquehanna Chapter meeting 7:30pm, Elm Park Methodist Church, 404 Chestnut Street, Oneonta
Speaker and program to be announced. Watch The Daily Star for details.
- Nov. 25, Tuesday. Bill Kratzenstein 988-9039 To be decided.
- Dec. 2, Tuesday. Kathy Allen 547- 8030 Hike or ski at Glimmerglass State Park. Meet at park at 10am, bring lunch.
- Dec. 9, Tuesday. Nina and Joe Hart 829-8358 ninajoe@frontiernet.net Hike at Lordsland Preserve.
- Dec. 16, Tuesday. Rita and John Salo 432-3656 Hike or ski at Salo Christmas Tree Farm. Soup and hot drinks provided afterwards.

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SUSQUEHANNA ADK CHAPTER SPRING 2003 SCHEDULE

Outings and Meetings

Continued from page 6

Dec. 17, Wednesday. Annual "Potluck Dessert and Share your Slides or Photographs" meeting
7:30pm, Elm Park Methodist Church, 404 Chestnut Street, Oneonta

Dec. 23, Tuesday. Mary Dunkle 547-2162 Ski on Cooperstown Golf Course. If no snow, hike in Cooperstown area.

Dec 30. Tuesday. Everyone. Have a Happy New Year!

Mary Bergen, a member from Hartwick, would like to co-lead a hike. Anyone with a hike idea who would like Mary's help can contact her at bergen@infoblvd.net.

ADK requests support on Catskill Park State Land Master Plan

The DEC held hearings in September on their draft revision of the Catskill Park State Land Master Plan. The revised plan will, among other things, increase land designated as Wilderness by 54%, will allow mountain bike use only on specifically designated trails, and will prohibit ATV use on all trails in the Catskill Forest Preserve.

ADK has closely reviewed the revisions in the plan and supports most of them. For a summary or complete copy of the plan, go to <http://www.dec.state.ny.us/>, click on "Highlights," scroll down to the section about the plan, and click on the "Find Out More" link. For background information, go to ADK's web site and click on the "Action Alert" link, or join the Catskill 3500 listserv (see page two of this newsletter) and search the archives for more information. A copy of the plan can also be obtained by contacting the DEC office in either New Paltz or Schenectady.

Although the DEC hearings have already taken place, ADK is asking members to write letters or send email messages in support of the plan. Written comments will be accepted until October 15, 2003. They should be addressed to:

Peter J. Frank
Bureau Chief
Forest Preserve Management NYSDEC
625 Broadway
Albany, NY 12233-4254
Email: pjfrank@gw.dec.state.ny.us

Please copy all correspondence to:
Neil Woodworth
ADK Public Affairs Office
301 Hamilton Street; Albany, NY 12210
Tel: 518 449-3870 Fax: 518 449-3875
Email: nwoodwor@nycap.rr.com

See the sample letter below. It includes two suggestions that ADK would like to see incorporated into the revised plan. If your time is limited, please feel free to copy all or any part of this sample letter into your own letter or email. If you can, mention details of your own use of the Catskills (for example, the number of years you have hiked there, how often you go there, how much you enjoy hiking there, etc.).

Re: Catskill Park State Land Management Plan

Dear Bureau Chief Frank,

Thank you for the opportunity to comment on the draft revision of the Catskill Park State Land Master Plan.

I support the Plan revisions, especially the increase in the amount of land set aside as Wilderness, and the fact that motorized use will be prohibited throughout the Preserve.

I am concerned about the Escarpment trail in the Windham-Blackhead Wilderness area. To be certain that this entire trail remains a hiking trail, please consider extending the southern boundary of this area to the 2,500-foot contour line, south of North Mountain.

Also, in order to discourage snowmobile trespassing on Windham High Peak, please consider including the proposed Elm Ridge Wild Forest in the Windham-Blackhead Wilderness Area.

Thank you for considering these suggestions.

[Name and address] [Mention ADK membership if you like; it lets DEC know that ADK members are really interested in these matters]

COMMITTEE REPORTS

ADK Conservation Committee

To my surprise, and thanks to the advocacy of ADK and others, the state budget includes money for land acquisition this year. As a result, some important parcels will come into state ownership, including some 12,000 acres of National Lead property on the southern slope of the High Peaks.

Addressing problems in the Catskills, the club's Conservation Committee and the Board of Directors have taken steps to place ADK in a position to support sound land management in important and controversial development issues. The first step concerns the Shawangunk Ridge, an area I have mentioned in the past as important from the standpoint of ecology, recreation, and scenery. The Ridge extends from the Mohonk Preserve on the north all the way into New Jersey and south. Our chapter visited the Ridge with Bill Kratzenstein when he took us to Sam's Point. The BoD has approved a resolution opposing the construction of a 330-unit development near the Minnewaska State Park on the Ridge. Second, the Conservation Committee will develop a resolution concerning the Belleayre resort project in the central Catskills. The resolution will be considered at its fall meeting for presentation to the BoD.

The Conservation Committee has also expressed itself on some wider concerns involving energy policy. Over the past year the committee has formulated a policy on greenhouse gasses and wind energy facilities. The greenhouse gas resolution has been adopted by the BoD and is now ADK policy. The wind energy resolution has been tabled. We've had some experience with wind farms here in Otsego County and we know the farms are controversial. As a matter of fact, the blades of the big fellas seem to have sliced right through the middle of the conservation community. It's not surprising that the BoD tabled the resolution. While ADK supports wind generators because they do not use fossil fuels, the Conservation Committee's resolution is very restrictive with respect to where the generators may be placed. According to the resolution, they should not be sited on "ridgelines, rock outcroppings or mountaintops,...cannot be visible from State Parks, the State Forest Preserve, Adirondack or Catskill Parks...or areas of local or regional visual significance."

The greenhouse gas resolution (adopted by the BoD on 6/14/03) calls on the Board and members to actively support public policies designed to reduce carbon dioxide and other gases that trap heat in the atmosphere. There are many examples of such policies, including making our technology more efficient, using renewable energy resources, and sequestering carbon and carbon dioxide. Admonishing public officials is, of course, important but so are our own personal decisions. Present trends are moving us in the direction of significant increases in transportation efficiency with the hybrid and diesel engines that will soon be available. But, of course, we have to decide to buy them. The Club, too, might consider some changes. Our chapter has asked ADK representatives to visit us from Albany, Glens Falls, and, in one case, ADK Loj. This last visit cost over 400 pounds of carbon dioxide released into the atmosphere. Could we sometimes substitute a slide program or video obtained through the mail? A worthwhile

exercise for the club Conservation Committee might be to ask the members to describe their means of transportation and the distance they have traveled to Schenectady for a club-wide meeting. Such data might enable the committee to estimate the greenhouse gasses they themselves create and as a result, contemplate devising an electronic forum for at least some of their meetings. *Joe Hart*

Susquehanna Chapter Trails Committee

All the local trails for which the Susquehanna Chapter is responsible have been visited and cleared at least once this spring and summer. Two late October work days are scheduled to get us ready for the skiing season. There shouldn't be too much to do then except pick up light blowdown. (Barrin' a major blow, of course.)

Joe Hart

Trail clearing in the Milford State Forest on August 10.



The ski/hiking trail became partially overgrown with blackberry and other bushes. This summer, Trails Committee chair Joe Hart has been using his brush hog to keep the trails open and passable for hikers here and in other state forests and Nature Conservancy reserves in our area. Joe has scheduled some work days on the trails that our chapter has committed to, to be held in the fall. Help is needed! Please check the chapter calendar and call Joe to join in - come out and help. *Photo by Jo Koenig*

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Mt. Washington weather-shifts, and the clouds promise a deluge you'd like to avoid getting caught in. This time we're lucky and we make it without getting wet. We had a rewarding experience. Now we have to think about the next challenging hike we can plan.

Heide Seaman-Mahlke

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Danny Birnbaum, Editor
5735 County Highway 10
East Meredith NY 13757

A subscription to this newsletter is included in membership in the Susquehanna Chapter of the Adirondack Mountain Club. It is available to the public and to non-chapter members for \$5 per year. Contact Rita Salo at 607 432-3656 for more information. Portions of this newsletter are also available online; go to www.adk.org then follow the links to our chapter.

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Chapter meetings are held the third Wednesday of every month at the Elm Park Methodist Church, 404 Chestnut Street, Oneonta (except where noted). Programs begin at 7:30pm, followed by a short business meeting.

The public is invited.

Adirondack Mountain Club annual membership dues are \$45 for individuals and \$55 for families (other membership levels are available, including seniors and students). Benefits of membership include:

- discounts on ADK workshops and programs
- discounts on ADK merchandise
- invitations to member only outings and extended trips
- reduced rates at ADK facilities: lodges, leantos, cabins and campground
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- a FREE ADK traveler's mug for new members
- membership in one of ADK's 26 chapters throughout the Northeast

For more information go to www.adk.org or call 800 395-8080