

Hike Schedule

JULY 2019



Founded in 1921
Utica, New York

Trampntrail.org

Summer hiking season is here! Some seasonal reminders:

- ✓ Bring sunscreen and bug spray, nets, repellent clothing, etc. to protect yourself.
- ✓ Check yourself for ticks with a hand mirror. They like warm dark places!
- ✓ Heat is our enemy. Bring lots of water. Wear light-colored clothing. Bring an extra shirt and socks.
- ✓ A small towel in your pack is handy for drying feet after a stream crossing.
- ✓ When biking, obey the rules of the road. Ride single file and stop at stop signs and lights.

IMPORTANT NOTICE: All hikes will start at the time and location specified in each individual hike description. In order to facilitate carpooling, these locations should be within 15 miles of Utica. Leaders and co-leaders will have phone numbers listed so that they may answer any questions participants may have about possible last-minute hike changes. Please try to arrive at the starting location 15 minutes before the start time so that you can be signed in and receive instructions. **Reminder: If you plan to meet at the trailhead, call the leader to verify scheduled activity for late modifications.**

HD - Hiking Distance (Total both ways) **DD** - Driving Distance (One way from meeting place)
B - Bike **H** - Hike **S** - Ski **SS** - Snowshoe
C/K - Canoe/Kayak **TM** - Trail Maintenance

Required accessories: Helmets for a bike; PFDs for canoe/kayak.

SCHEDULE SUMMARY

JUNE 2019		JULY 2019		AUGUST 2019	
1	Mohonk Weekend - H	4	OK Slip Falls - H	3	Sand Lake Falls - H
1	Open Hike - H	6	Lakeview Wildlife - C/K	4	Canajoharie Trail - B
2	Mohonk Weekend - B or H	7	Blue Mtn./Tirrell Pond - H	9-11	HPW - H
2	Mohegan Lake - H	8	Reservation Deadline Cranberry Lake	10	Rogers Env. Center - H
3	Reservation Deadline for HPW	13	Cranberry Lake - C/K or H	11	Deansboro Trail - H
8	Sleeping Lion - H	13	Colgate Trails - H	17	Forked Lake - C/K
9	Pools Brook - H	14	Cranberry Lake - H	18	Black Bear Mtn. - H
11	Interesting Evening	14	7th Lake - C/K	24	Brookwood Pt. - C/K
15	W. Canada Creek - C/K	16	Hike Committee Meeting	25	Bear Lake - H
16	Strawberry Moon - H	20	John Mack Pond - C/K	31	Link Trail NCT - H
22	Griffiss AFB - H	21	Highland Forest - H		
23	Woodhull Lake - C/K	23	Executive Committee Meeting		
29	Brookfield Trails - H	26-28	JBL - H		
30	Delphi Falls - B	27	Deerfield Wilderness - H		
		28	Brandy Lake - H		
					Save the date! Corn Roast September 8, 2019

JULY 2019

OK SLIP FALLS

H

Thur Jul 4 **8:30AM** **Hike # 6884**

HD: 6+ mi. **DD: 81 mi.**

Difficulty: Moderate

Leader: Meg Higgerson – 315-841-8717

Co-Leader: Bobbie Scarpino – 315-269-4099

Meet At: Key Bank, Mapledale

Regroup at the firehouse in Speculator. We will hike to the highest falls in the Adirondacks.

LAKEVIEW WILDLIFE MGT. AREA

C/K

Sat. Jul 6 **8:30AM** **Hike # 6885**

HD: 6+ mi. **DD: 70 mi.**

Difficulty: Moderate

Leader: Jean Yost – 315-335-4208

Co-Leader: Al Grenning – 315-794-8339

Meet At: McDonald's, Erie Blvd., Rome

Put in on Montario Point Rd., Ellisburg. Round-trip paddle through North & South Colwell Ponds to South Sandy Creek. Enjoy your lunch on Lake Ontario shore. Swim if weather permits.

**FOREST RANGER/DEC EMERGENCY:
518-891-0235**

TRAIL CONDITIONS: 518-408-5850

BLUE MTN./TIRRELL POND/LAKE DURANT

H

Sun. Jul 7 **8:30AM** **Hike # 6886**

HD: 9 mi. **DD: 90 mi.**

Difficulty: Difficult

Leader: Madonna Fellows – 315-736-2564

Co-Leader: Don Fellows – 315-736-2564

Meet At: Key Bank, Mapledale

Drive to Lake Durant and shuttle to Blue Mtn. trailhead. Lunch and possible swim at Tirrell Pond lean-to. Bring hot dogs. Continue on to Lake Durant.

CRANBERRY LAKE WEEKEND

C/K or H

Sat. Jul 13 **9:00AM** **Hike # 6887**

HD: Optional 4+ mi. C/K, or 7.4 mi. H DD: 15 mi.

Difficulty: Moderate

Leader: Deb Roberts – 315-790-3618

Co-Leader: Halsey Bagg – 315-790-7512

**Meet At: NO LOCAL STARTER! Meet at
Community Center, Rt. 73, Cranberry Lake**

Kayakers will put in on Inlet Rd to paddle up Oswegatchie River to High Rock (2 hrs). May continue on to High Falls. The paddle back is all

downstream. Hikers will start at Wanakena on High Falls Trail and hike 3.7 mi. to High Rock to meet up with the kayakers, have lunch and return. We will meet both Friday evening and Saturday for a cookout at Deb and Halsey's lakehouse on Columbian Rd. Bring a dish to pass and your favorite beverage. Please call or email Deb (debroberts54@gmail.com) by July 8 if you will attend the cookouts so that she can plan food accordingly.

COLGATE TRAILS

H

Sat. Jul 13 **11:00AM** **Hike # 6888**

HD: 4-5 mi. **DD: 5 mi.**

Difficulty: Easy/Moderate

Leader: George Fogg – 315-853-3713

Co-Leader: Phyllis Rooney – 315-794-9947

**Meet At: Madison Central School, Rt. 20,
Madison**

School's out, so we can park on campus! The trail starts with an easy gradual climb for the first mile with a beautiful vista before heading more steeply uphill into a hardwood forest. It's all downhill on the way back.

CRANBERRY LAKE WEEKEND

H

Sun. Jul 14 **9:00AM** **Hike # 6889**

HD: 3.5+ mi. **DD: 9 mi.**

Difficulty: Easy/Moderate

Leader: Halsey Bagg – 315-790-7512

Co-Leader: Deb Roberts – 315-790-3618

**Meet At: NO LOCAL STARTER! Meet at
Community Center, Rt. 73, Cranberry Lake**

Hike to as many waterfalls as you like: a total of 7 waterfalls with hikes of as much as 1 mi., or as little as steps from the road along the Grasse River on Tooley Pond Rd.

7TH LAKE PADDLE

C/K

Sun. Jul 14 **9:00AM** **Hike # 6890**

HD: 6-7 mi **DD: 55 mi**

Difficulty: Easy

Leader: Jim Wasielewski – 315-736-7425

Co-Leader: Lorrie Wasielewski – 315-736-7425

Meet At: Key Bank, Mapledale

Drive to 7th Lake launching site. Paddle 6th and 7th Lakes.

JOHN MACK POND PADDLE AND HIKE

C/K

Sat. Jul 20 **9:00AM** **Hike # 6891**

HD: C/K 6.6 mi./ opt. H 3 mi. **DD: 64 mi.**

Difficulty: Moderate

Leader: Mary Pat Connors – 315-723-0085

Co-Leader: Kathy Countryman – 315-269-7866

Meet At: Key Bank, Mapledale

Paddle from Indian Lake Islands boat ramp to John Mack Bay. Dock, don your boots and trek up, then down to John Mack Pond. Great backcountry hiking.



HIGHLAND FOREST VIA NCT

H

Sun. Jul 21 **10:00AM** **Hike # 6892**
HD: 7 mi. **DD: 28 mi.**

Difficulty: Moderate

Leader: Bobbie Scarpino – 315-269-4099

Co-Leader: Jim Wasielewski – 315-736-7425

Meet At: Madison Central School, Rt. 20, Madison

A shuttle is required. Starting our hike on Dam Rd. adjacent to DeRuyter Reservoir, we will begin hiking up switchbacks on the NCT. As we enter the county park, the trail becomes relatively level. After lunch at a park pavilion, we will continue on a hilly portion of the trail system and take the NCT out to Cowles Settlement Rd. From there it is all downhill on the road to cars parked at Bardeen Rd.

JBL WEEKEND

H

Fri. Jul. 26-Sun. Jul. 28 **7:00AM** **Hike # 6893**
HD: 3.5+ mi. **DD: 100 mi.**

Difficulty: Varies

Leader: Carolyn Eastman – 315-525-0366

Co-Leader: Tom Schenck – 607-423-5413

Meet At: Key Bank, Mapledale

Stay at Johns Brook Lodge nestled in Keene Valley. There is a 3.5 mile hike to the lodge and then there are several options for your hiking pleasure, or just relax at the lodge. Call Carolyn Eastman for reservations, 315-525-0366.

DEERFIELD WILDERNESS PARK

H

Sat. Jul 27 **9:30AM** **Hike # 6894**
HD: 3.5 mi. **DD: 0 mi.**

Difficulty: Easy/Moderate

Leader: Dianna Morris – 315-768-3145

Co-Leader: Madonna Fellows – 315-736-2564

Meet At: Deerfield Wilderness Park, 6329 Walker Rd, Deerfield

One-mile level loop to start. Then the option exists to hike the hilly trails in the park for more mileage.

BRANDY LAKE

H

Sun. Jul 28 **10:00AM** **Hike # 6895**
HD: 5 mi. **DD: 25 mi.**

Difficulty: Easy/Moderate

Leader: Kathy Countryman – 315-269-7866

Co-Leader: Francis Roy – 315-351-6158

Meet At: Key Bank, Mapledale

Pleasant hike into a scenic lakeside lunch spot and back out the same way. Parking at the trailhead along Rt. 28 is limited. Please carpool from Mapledale.