

Finger Lakes Trail Conference - 2013 Fall Camp-Out

Thursday, October 3 to Sunday, October 6, 2013

Girl Scout Camp Amahami, 434 Page Pond Rd, Sanford NY 13754, in the foothills of the Catskills

Hosted by the Triple Cities Hiking Club from Binghamton, NY

Questions ???

Please contact:

Larry Blumberg, lblumberg@stny.rr.com (607-797-0912) and/or Roy Dando, rdando@verizon.net (607-785-3141)

Schedule of Events

Thursday, October 3

4:30 pm Registration opens
6:30 pm Dinner, available till 8 pm

Friday, October 4

7:00 am Breakfast and pick up trail lunches, available till 8:30 am
7:30 am Morning Hike departures begin
12:30 pm Afternoon Hike departures begin
5:30 pm Social hour - *you may bring alcoholic beverages*
6:30 pm Buffet Dinner
7:30 pm Ice cream social & Hikers Trivia Contest w/ "DJ" Mike Gaston of Select Sounds

Saturday, October 5

7:00 Breakfast and pick up trail lunches, available till 8:30 am
8:00 am Hike departures begin
5:30 pm Social hour - *you may bring alcoholic beverages*
6:30 pm Buffet Dinner
7:30 pm Evening program and guest speaker - "Globe Trotting with Latitude", Jack VanDerzee travels from the Arctic Circle (Iceland and also Alaska) to the equator (Tanzania). Jack is from Trumansburg, NY, a two-time FLT end-to-ender, and a retired math instructor from Ithaca College.

Sunday, October 6

6:30 am Sunrise nature walk
7:00 Breakfast and pick up trail lunches, available till 8:30 am
9:00 am Hike departures begin
9 am - 1 pm FLTC Board of Directors meeting
3 pm Camp closed

Directions - Camp Amahami is near Deposit, NY, approximately 35 miles east of Binghamton, NY. Approaches are from Binghamton via NY 17/I-86 (McClure Exit #82) or from Bainbridge via I-88 (Bainbridge Exit #8). For GPS, use "434 Page Pond Rd, Sanford, NY" as an approximate street address.

* From NY 17/I-86 (McClure Exit #82) - Turn north on NY 41

Go 3.7 miles, turn right onto N Sanford Rd (may not be a sign for N Sanford Rd)

Go 0.5 miles, continue to the left on N Sanford Rd

Go 0.9 miles, turn left onto Page Pond Rd/Camp Amahami, proceed 2.0 miles up long hill to the camp. Park in the main lot to the left, Fletcher Lodge (registration) will be to the right.

* From I-88 (Bainbridge Exit #8) - Turn east on NY 206

Go 5 miles, turn right onto Cty Rte 20 at sign for Oquaga Creek St Pk.

Go 4.5 miles, turn right onto Eaton Rd (there will be a sign for Oquaga Creek St Pk)

Go 0.4 miles, turn left onto N Sanford Rd

Go 6.1 miles, turn right onto Page Pond Rd/Camp Amahami, proceed 2.0 miles up long hill to the camp. Park in the main lot to the left, Fletcher Lodge (registration) will be to the right.

All cars are to be parked in the camp's main lot, please do not park in front of Fletcher Lodge.

Hike Schedule

Notes:

- Hikes meet in front of Fletcher Lodge, if needed e-mail Lblumberg@stny.rr.com to arrange for alternate locations
- Hike descriptions are written from west to east, at the leader's discretion hikes may run in the opposite direction

Friday, October 4:

Hike A1: Catskill Mtns, Alder Lake to Balsam Lake Mtn Parking Area

FLTC Maps M31 (eastern tip) & M32 (west half) / very strenuous / 8.1 miles / Leaders: Jill McConnell, Ken Morgan

Meet 7:30 am at Fletcher Lodge

Welcome to the Catskill Mtns ! Hike begins at Alder Lake at the far east end of Map M31, before moving on to Map M32. Alder Lake was a boy scout reservation in the 1960's and 1970's, but in the early 1900's it had been Samuel Coykendall's mansion and fishing preserve, the remains of which are still visible today. The trail passes by the Beaver Meadow Leanto and climbs 1520 feet, steeply at times, to the summit of Balsam Lake Mtn where one of the few remaining Catskill fire towers affords a spectacular view. A steep 1200 foot descent then follows down to the Balsam Lake Mtn parking lot.

Hike A2: Catskill Mtns, Beech Hill Rd to Alder Lake

FLTC Map M31 / very strenuous / 7.2 miles / Leaders: Jack VanDerzee, Kevin Normile

Meet 7:30 am at Fletcher Lodge

Welcome to the Catskill Mtns ! Hike begins at the DEC parking area on Beech Hill Rd and immediately begins a steep climb up the 2970 foot Cabot Mtn where one is rewarded with a gorgeous viewpoint. A steep descent is followed by a moderate climb of 2760 foot Touch-Me-Not Mtn before dropping down to Big Pond Rd. Don't worry, there will be some more ups and downs as you make your way over to the endpoint at Alder Lake. The entire hike is within the Middle Mt Wild Forest.

Hike A3: NY Rte 8 to Cannonsville Reservoir Cty Rte 27

FLTC Map M27 (eastern half) / strenuous / 5.2 miles / Leaders: Rick Heinrich, Jack Sexton

Meet 12:30 pm at Fletcher Lodge

Trail begins with a steady climb and descent down to Steam Mill Rd, followed by a similar climb and descent to Dry Brook Rd. In another half mile you'll come to Dry Brook Leanto, a great spot to grab a snack. Soon you'll reach a high rocky ridge (great rock formations) before finishing up the hike with a long, steep downhill to the reservoir parking area.

Hike A4: Oquaga Creek St Pk Cty Rte 20 to NY Rte 8

FLTC Map M27 (middle) / easy moderate / 5.9 miles / Leaders: Barb Nussbaum, Warren Johnsen

Meet 1:00 pm at Fletcher Lodge

This hike begins at Oquaga Creek State Park, follows the blue spur trail past Clark's Pond to its intersection with the FLT, and then turns east, past the Cold Spring Leanto and down to NY Rte 8. The entire hike is within the Arctic China State Forest.

Hike A5: Getter Hill Rd to Shear Rd

FLTC Map M27 (northern half) / moderate / 5.9 miles / Leaders: Karen Goodman, Donna Coon

Meet 1:00 pm at Fletcher Lodge

This hike starts where the trail leaves Getter Hill Rd outside of Masonville. It climbs steadily in Beales Pond State Forest before levelling off as it passes by the new Getter Hill Leanto on its way to Shear Rd. Turn onto Shear Rd to hike the final 0.3 miles.

Hike A6: Boy Scout Camp Tuscarora

Non-FLT hike / moderate / 3 to 4 miles / Leader: Herb Haake

Meet 2:00 pm at Fletcher Lodge

Located on the other side of NY Rte 17 from Amahami is Boy Scout Camp Tuscarora which also has an attractive network of trails worth checking out. This hike will take you around the camp's swimming and boating lake, up and over the hill to a remote camping site used for special camp programs, and across the NY/Pa border and down to some Pennsylvania Game Lands where an old marshy area is slowly filling back in.

Hike A7: Biking -- Approx 25 miles / Leaders: Kathy Cronin and Scott Lauffer

Meet 2:00 pm at Fletcher Lodge

Take an afternoon bike ride starting right at the camp, bike up to and around Oquaga Creek State Park along the rural roads surrounding Camp Amahami.

Hike A8: A Walk around Camp Amahami

Non-FLT hike / easy / 2 to 3 miles / Leader: Donna Miller-Zajac

Meet 3:00 pm at Fletcher Lodge

See the sights of Camp Amahami and learn your way around the grounds ! We'll walk around the lake, visit Amahami's Outpost Leantos, see the various cabin and tent sites used for Amahami's summer and winter programs, and then take a hike up to Amahami's own Page Pond Fire Tower

Saturday, October 5:

Hike B1: Campbell Mountain Rd to Holiday & Berry Brook Rd

FLTC Map M30 (west half) / very strenuous / 8.6 miles / Leaders: Jeff Oliveri, Luanne Vallese

Meet 8:00 am at Fletcher Lodge

Welcome to the Catskills ! Hike route lies totally within the Delaware Wild Forest and traverses several very scenic ridges, including Brock Mtn at 2760 feet. Enjoy the spectacular viewpoint at Split Rock Lookout near the end of the hike. Car shuttles can be difficult in this part of the state, so be prepared for a fairly lengthy one. Want a shorter option ? If enough interest, a group can hike 6.3 miles from NY Rte 206 to Holiday & Berry Brook Rd (select "B1-short")

Hike B2: Downsville to NY 206

FLTC Maps M29 (east half) & M30 (west half) / strenuous / approx 6-7 miles / Leaders: Rick Roberts, Jill McConnell

Meet 8:30 am at Fletcher Lodge

Starting in downtown Downsville at the Covered Bridge, this hike will follow a new reroute (spring 2013) that bypasses the Campbell Brook Rd / Campbell Mtn Rd roadwalk and replaces it with a trailered hike to where it rejoins the original FLT just west of the Campbell Mtn Leanto. The hike then continues downhill along a beautiful stream to NY 206.

Hike B3: Bear Spring Wildlife Management Area (West Trout Brook Rd) to NY 30

FLTC Map M29 / strenuous / approx 8 miles / Leaders: Jack VanDerzee, Jack Sexton

Meet 8:30 am at Fletcher Lodge

The first half of this hike takes you downhill thru the Bear Spring Wildlife Management Area to the DEC parking lot, while the second half takes you on a new reroute (spring 2013) which connects the DEC parking lot to NY 30, at a point approx 1 mile west of Downsville.

Hike B4: NY Rte 10 to Bear Spring Wildlife Management Area (DEC parking lot)

FLTC Maps M28 (east half) & M29 (west half) / moderately strenuous / 9.3 miles / Leaders: Kevin Normile, Steve Welte

Meet 8:30 am at Fletcher Lodge

The first portion of this hike is along rural roads as you climb steeply up Houck Mountain Rd in order to reach Tower Rd, which takes you on into the Bear Spring Wildlife Management Area for the long downhill to the DEC parking lot at the intersection of W and E Trout Brook Rds. Watch carefully, you may well see a bear here !

Hike B5: Masonville NY Rte 206 to NY Rte 8

FLTC Map M27 / moderately strenuous due to distance / 11.5 miles / Leaders: Karen Goodman, Donna Coon

Meet 8:45 am at Fletcher Lodge

This hike starts at the Church St pedestrian bridge in Masonville, climbs steeply up Getter Hill Rd and beyond, levels off as it passes by the new Getter Hill Leanto, and then follows rolling hills as it continues past Cold Spring Leanto near the end of the hike at NY Rte 8. Immediately after leaving Masonville, the entire hike is within two State Forests - Beales Pond and Arctic China.

Hike B6: Oquaga Creek St Pk Cty Rte 20 to Cannonsville Reservoir Cty Rte 27

FLTC Map M27 (eastern half) / strenuous / 11.1 miles / Leaders: Matt Rose, Margie Stackhouse

Meet 8:45 am at Fletcher Lodge

This hike combines two of Friday's hikes, A3 and A4, into one single hike. It begins at Oquaga Creek State Park, follows the blue spur trail past Clark's Pond to its intersection with the FLT, and then turns east past the Cold Spring Leanto and down to NY Rte 8. From here you climb and descend to Steam Mill Rd, followed by a similar climb and descent to Dry Brook Rd. In another half mile you'll come to Dry Brook Leanto, a great spot to grab a late snack. Soon you'll reach a high rocky ridge (great rock formations) before finishing up the hike with a long, steep downhill to the reservoir parking area.

Hike B7: Cannonsville Reservoir Cty Rte 47 to Dryden Rd

FLTC Map M28 (western half) / moderately strenuous / 6.4 miles / Leaders: Barb and Michael Nussbaum

Meet 9:00 am at Fletcher Lodge

This hike begins at the Cannonsville Reservoir near the intersection of Cty Rtes 27 and 47 and then follows a new reroute (summer 2012) that takes the trail off Cty Rte 47. Trail climbs steadily up and over a high point before descending down to Dryden Rd near its intersection with Finch Hollow Rd.

Hike B8: Cannonsville Reservoir Cty Rte 47 to NY Rte 10

FLTC Map M28 (western half) / strenuous due to length / 12 miles / Leader: Scott Lauffer, Ken Morgan

Meet 9:00 am at Fletcher Lodge

This hike, along with hike B7, begin together at the Cannonsville Reservoir near the intersection of Cty Rtes 27 and 47. However, this hike will continue past Dryden Rd utilizing a new section of trail (summer 2013) which takes you to the intersection of NY Rte 10 and Chase Brook Rd, a couple miles shy of Beers Brook Rd.

Hike B9: Biking -- Meet 9:15 am at Fletcher Lodge

Approx 35 miles / Leaders: Roy & Laurie Dando and Kathy Cronin

Join TCHC bikers Roy, Laurie, and Kathy as you drive your bikes down to the Deposit area to embark on quiet roads for a scenic ride along the Cannonsville Reservoir shore-line. See if you can spot an eagle soaring overhead, it won't be difficult. Options exist for shorter or longer 'on your own' rides for those who are interested.

Hike B10: Camp Amahami / Page Pond Fire Tower

Non-FLT hike / easy / approx 4 miles / Leader: Larry Blumberg, Donna Miller-Zajac

Meet 9:45 am at Fletcher Lodge

We'll explore the hiking trails found on the Camp Amahami property, including a pleasant walk around the lake and a lunch-time visit to the Camp Amahami / Page Pond Hill Fire Tower.

Sunday, October 6:

Hike C1: Sunrise nature walk

Camp Amahami / easy / approx 1 to 2 miles (6:30 to 8 am) / Leader: Julian Shepherd, PhD

Meet 6:30 am at Fletcher Lodge

Join Binghamton University Associate Professor of Biological Sciences Julian Shepherd for a morning 'sunrise' nature walk on the grounds of Camp Amahami. Julian is nationally-known for his studies of diseases carried by mosquitos and ticks.

Hike C2: Tucker Rd to NY Rte 12

FLTC Map M24 (south) & M25 (west) / easy to moderate / 6.8 miles / Leaders: Kevin Normile, Ken Morgan

Meet 9:00 am at Fletcher Lodge

This hike begins in Ludlow Creek State Forest and quickly passes by the picturesque Ludlow Creek Leanto, be sure to go down to Ludlow Creek to take a look at the small falls and ripples. Then, take note of the 'rock piles' a ¼ mile beyond the leanto. A 1.3 mile road walk along the very rural Fred Wilcox Rd follows about 45 minutes later. The hike concludes with nice views looking down on Bowman Creek.

Hike C3: Walkers Corners (Cty Rte 27) to Cooper School House Rd

FLTC Map M25 (east half) / easy to moderate / 6.5 miles / Leader: Larry Lepak, Jenn Woltjen

Meet 9:00 am at Fletcher Lodge

Most of this hike traverses gently rolling terrain through Chenango County's beautiful Wiley Brook State Forest. Be sure to take the blue-blazed spur trail at the 4.7 mile mark of the hike to see the bivouac area next to a DEC-made pond.

Hike C4: Cooper School House Rd to Bainbridge Sunoco Station

FLTC Map M26 (west half) / easy to moderate / 7.1 miles / Leaders: Karen Goodman, Donna Coon

Meet 9:15 am at Fletcher Lodge

Hike a series of woods, streams, and farm fields with a nice view about mid-way through the hike. Near Bainbridge take the 2010 reroute which took the trail off busy NY Rte 206 to the west of Bainbridge.

Hike C5: Bainbridge Sunoco to Hauck Dr / Butts Rd intersection

FLTC Map M26 (center section) / moderate / 6.3 miles / Leaders: Scott Lauffer, Jack Sexton

Meet 9:15 am at Fletcher Lodge

Hike begins with a steep climb from NY Rte 206 high above the Susquehanna River (nice views) before leveling off and passing by the Bullthistle Club's "Welcome to Sidote Country" sign. Some rural road walking follows which provides more views over the countryside as you descend down to Butts Rd.

Hike C7: Bird Watching Seminar

Camp Amahami / easy / approx 1 to 2 miles (9:30 to 11 am) / Leader: Julian Shepherd, PhD

Meet 9:30 am at Fletcher Lodge

Join Binghamton University Associate Professor of Biological Sciences Julian Shepherd for a bird watching seminar covering how to choose equipment and field guides. Then discuss how to use binoculars and take a short walk to find birds and impart some pointers on identifying them.

Meals
NOTES:

*Meals are served buffet-style in Fletcher Lodge with vegetarian options available
We are not equipped to deal with food allergies, please identify concerns on your registration form
Coffee, tea, and hot chocolate will be available throughout the weekend*

Thursday dinner

Pizza / Salad / Dessert

Friday continental breakfast

Hot and cold cereals / Fruit / Toasted english muffins

Friday trail lunch

Soft bagels with peanut butter & jelly

Fruit / Trail mix and cookies

Friday dinner

Social hour - Cheese & crackers and other snacks (bring your own 'adult' beverages)

Baked Ziti / Meat Balls in sauce

Rolls and butter

Salad

Ice cream social, served during Hiker's Trivia Contest with live DJ

Saturday breakfast

Egg casseroles - vegetable and ham

Quick breads / Hot and cold cereals

Yogurts with choice of toppings

Saturday trail lunch

Make-your-own subs with choice of meats, cheeses, and condiments

Fruit / Trail mix and cookies

Saturday dinner

Social hour - Various soups and other snacks (bring your own 'adult' beverages)

Barbeque chicken / Potato / Vegetarian entree

Rolls and butter

Salad

Assorted desserts

Sunday breakfast

French Toast casserole

Quick breads / Hot and cold cereals

Yogurts with choice of toppings

Sunday trail lunch

Make your own wraps with choice of meats, cheeses, and tuna fish

Fruit / Trail mix and cookies

==> Drinking water is available in the kitchen, please bring your own 'refillable' water bottles ! <==

Accommodation option descriptions at Camp Amahami

All participants must provide their own sleeping bag, pillow, and towel !
(PLEASE NOTE - CELL PHONE SERVICE IS NOT AVAILABLE AT THE CAMP)

- For Thursday night (only), participants will be provided a mattress on the floor in the back room of Fletcher Lodge, which is the dining hall and weekend headquarters. Or, you may sleep in your own tent or camper/RV, or in one of the camp's summer tents. Please note the availability of an optional Thursday evening dinner, along with a quick Friday morning breakfast to get you out on the trails bright and early !

- For additional details on accommodations and reservations, please contact Larry Blumberg (LBlumberg@stny.rr.com), 607-797-0912

- **Rowe and Gladstone Troop Houses**, capacity = 34 (without using top bunks)
Large, dorm-style rooms with individual beds and mattresses
Electricity and lights
Shared bathroom / showers / small kitchen and refrigerator inside each Troop House

- **Explorer Cabin**, capacity = 8
Large one-room cabin with individual beds and mattresses
Electricity and lights
Bathroom located in nearby shower house building

- **Rustic cabin** complexes (Robin Hood and Pioneer), total capacity = 42
Seven one-room cabins, each with six individual beds and mattresses
No electricity
Bathroom located in nearby shower house building

- **“Summer Camp” Tents** provided by the camp, up to 8 tents are available
Each tent accommodates 1 to 4 people with individual beds and mattresses
No electricity
Bathroom located in nearby shower house building

- **Bring your own tent**
Set up your tent in main camp area on grassy lawn near bathroom / shower house building

- **Bring your own Camper or RV**
There will be an area set aside where Campers and RV's can be set up, they may use the bathrooms and showers in either the Troop Houses or in the shower house building. No hook-ups provided.

Other camping and lodging options:

Oquaga Creek State Park offers tent sites and cabins. See description and reservation info at <http://nysparks.com/parks/27/details.aspx>. Motels and bed and breakfasts can be found in the Deposit, Bainbridge, Sidney, and Binghamton areas.

Registration due no later than Friday, September 20, 2013 / Refunds handled on a case-by-case basis only

Register one of two ways:

* Hardcopy -- mail w/ check payable to 'Triple Cities Hiking Club' to TCHC, PO Box 22, Johnson City NY 13790

* On-line -- register and pay at www.fltconference.org

Name(s) _____

Address _____

City _____ State ____ Zip _____

Phone(s) _____

Email(s) _____

Emergency contact (name / phone) _____

Special needs we should be aware of ? _____

Registration Fee _____ x \$8 \$ _____

(Includes commemorative Map Set M24-31 & admission to Friday evening "trivia contest" / ice cream social !)

Meals:

Thursday
Dinner _____ x \$8 \$ _____

Friday
Breakfast _____ x \$5 \$ _____
Trail lunch _____ x \$7
Dinner _____ x \$10 \$ _____

Saturday
Breakfast _____ x \$7 \$ _____
Trail lunch _____ x \$7 \$ _____
Dinner _____ x \$15 \$ _____

Sunday
Breakfast _____ x \$7 \$ _____
Trail lunch _____ x \$7 \$ _____

Lodging (see descriptions, above)

Thursday night _____ x \$10 \$ _____

Friday / Saturday nights (one price covers both nights)
Troop House (*) _____ x \$40 \$ _____
Explorer Cabin (*) _____ x \$30 \$ _____
Rustic Cabins _____ x \$20 \$ _____
"Summer Camp" tents _____ x \$15 \$ _____
Bring your own tent / camper / RV _____ x \$15 \$ _____

(*) Please check for availability by contacting Larry Blumberg (lblumberg@stny.rr.com), 607-797-0912

TOTAL ENCLOSED \$ _____

Please indicate Hike # choice for each person registering:

Friday _____ Saturday _____ Sunday _____

Please read and sign:

Those persons enjoying the Finger Lakes Trail (FLT) and/or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well being, or, for the well being of a minor when acting in the capacity of parent or guardian. Further, users of the FLT accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to variations in weather and terrain conditions which may involve the risk of injury or death, and, that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities.

PRINT NAME _____ SIGNATURE _____ DATE __ / __ / __

PRINT NAME _____ SIGNATURE _____ DATE __ / __ / __