ATIS ADULT PROGRAM CALENDAR

Date Updated: August 5, 2026

August 2026

Contact Jill Yeomans for more information: 832-578-6965
email: adult_program@ATIStrail.org

SUN	MON	TUES	WED	THURS	FRI	SAT
2	**3** **Upper Lake circuit trail** 7:45 -5:15. Lunch at Stillwater with swim at Shanty Brook if time permits. Call/txt Heather Raker 518-962-4975	**4** **Tenderfoot Pools** 10am - 2; 5 miles RT Meet KCS parking lot Karen Doman 215-534-3206	**5** **Vanderwhacker Mt.** - fire tower peak 8am-4pm; 6 mi RT. Meet: Ausable Club Tony Goodwin 518-524-5655	**6** **Bike Ride - ADK Rail Trail** Come explore the new bike bath. Bike rentals @ High Peaks Cyclery; Annie Janeway 413-374-0988	**7**	**8**
9	**10** **McNaughton** 7:00a to ~4:00p 15 challenging miles up the 47th 46er. Call or text Mike Schloat for details (413-772-9004)	**11**	**12** **Rattlesnake Knob** - 9:30-Noon, easy ~3 mile hike with beautiful views. Meet: Adirondack Mountain Coffee Cafe in Upper Jay, Linda Shuster 304-376-7754	**13** **Landscaping with Ferns** 11am-12; Meet at KV Library Courtyard Mandy Ticknor 918-576-9869 mhtick@gmail.com	**14** **Rock Climbing** Beginner +; 9:30-3 Meet at the ATIS hut 6 people max Zack Floss 585-802-0671	**15** **Mount Inez Morning Hike** 9:00 to ~ noon; 3 mi RT Meet at the trailhead parking lot: 406 Ray Woods Rd, E-town; Richard Weis - rcweis@gmail.com 413 588-1652
16	**17** **Paddle South Creek to Lower Saranac Lake** thru the lock; 7-8 mi; 9am-5pm; Caroline Hoffman 203-249-9321; meet at Haystack Mt. parking lot on Rt 86	**18** **Sawteeth**, scenic route, from Lower Lake; Take 8:00 am bus. Nancy Sinkoff & Gary Dreiblatt. 646.784.2247 Park/carpool, ATIS lot	**19** **ATIS Picnic**	**20** **Plein Air Painting** 9:30 - 1:30 43 Dunham Ln KV "The green cottage" Bettyann Dixson 631-456-9104	**21** **Barn Rock** - Lake Champlain paddle (5 mi) and hike (1 mi) 9am-4pm Meet: Ausable Club Tony Goodwin 518-524-5655	**22**
23	**24**	**25** **Indian Head** via the Gill Brook trail; 10am Bus to trail head; 2.8 mile hike up; return by bus or walk out; meet on AC porch; call/text Joanna Smith 832-578-6889	**26**	**27** **Shanty Brook** 9 am bus; paddle the Lower Lake with short walk to Shanty Brook; Meet: Ausable Club Karen Doman 215-534-3206	**28**	**29**

EQUIPMENT NEEDED: Good hiking shoes, wool or synthetic socks & jacket, raingear, filled water bottle, insect repellent, lunch, day pack, swimwear where appropriate.
****Lifejacket REQUIRED for all canoe trip participants****

The Adult Program Calendar changes throughout the season. Please check www.atistrail.org for the **latest adult program calendar**.

Call/text the trip leader directly to sign up (or cancel) for trips at least 24 hours before the trip is scheduled to take place.

ATIS requires that all participants sign an **Adult Program participation waiver** and that volunteer trip leaders sign an Adult Program trip leader volunteer waiver.

We kindly request that Adult Program leaders and participants **make a 2026 membership donation** at www.atistrail.org/donate