

# Genesee Valley Hiking Club Newsletter

## Message from the President:

Larry O'Heron

As the President of our Genesee Valley Hiking Club, I am excited to let you know that our Executive Committee is planning a great lineup of hikes and events for the upcoming year.

Our hike scheduler, Derek, is committed to scheduling hikes at some of the most beautiful trails in the region, from easy nature walks to more challenging long-distance trips.

Our hike leaders will take us through mountains, forests, and along rivers, giving us the opportunity to experience the natural beauty of our area.

Our social committee of Iris and Ruth are already hard at work for 2023's special events. Given the easing of Covid restrictions, we hope to host picnics again.

Ryan heads up our "returning something to nature" effort. When you are looking to "pay it forward", contact Ryan and offer to help with trail maintenance. After all, it takes people to keep trails

clean, orderly and most importantly, safe.

I encourage all members to come out and join us for these exciting adventures, and to share their own ideas for future hikes.

Patty always has her eye on ways to let the public know that we are here. Whether it's participation in the annual St Patrick's Day Parade or representing GVHC at the Adirondack Mountain Club Outdoor Expo at Mendon Ponds Park, she remains committed to putting the club's best face forward.

I would be remiss if I didn't acknowledge the great work that Nina (Finance) and Michelle (Membership) do in order to keep the club humming smoothly.

The Executive Committee takes this opportunity to thank each and everyone of you for your attendance at our hikes, your good efforts at getting the word out and the thoughts and prayers that each of you send our way.

As a club, we are always looking for ways to improve and evolve, and we value the input of our members. Let's make this an unforgettable year with many memories to share.

## A Personal Story

2023 was an outstanding personal year for me in terms of hiking.

In June, my partner and I hiked 220 miles from Madrid, Spain to the city of Sahagun, located on the famous Camino Frances of northern Spain.

It was hot (temperatures often reached the 90's) with the sun shining down incessantly and dry, dry, dry.



**Route of the Camino Madrid, Spain**

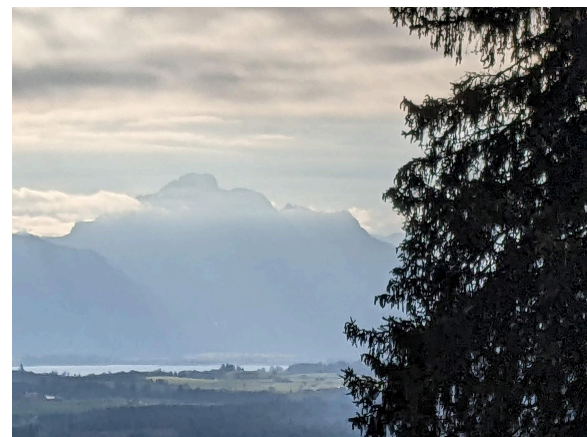
In August, my granddaughter, my son and I crossed Ireland's Iveragh Peninsula, tracing the route of the Kerry Way.

In five days of hiking, we covered just under 35 miles, crossing four mountains while surrounded by that famous verdant green of Ireland's countryside.



**Kerry Way, Iveragh Peninsula, Ireland**

And in December, I finally put to good usage my three years of German study. I landed in Munich at 7:00 am and the next day set off on the Munich Way of St James. In the next week, I explored the Bavarian countryside, walking through forests, alongside farmland and partaking of the hospitality of the Bavarian people who graciously suffered my fractured German with grace and kindness.



**Bavarian Alps**

I only ended the trip with three days to go due to deteriorating weather in the face of several steep ascents and descents. I had promised my granddaughter that I would not do anything "stupid". LOL

All I can say is "On to 2023!"

## ***Solo Winter Hiking Safety Concerns***

(Created with the assistance of ChatGPT)

Winter hiking can be a magical and rewarding experience. The crisp air, the snow-covered landscapes, and the peaceful silence make for a memorable adventure. However, it is important to be prepared for the colder temperatures and potential hazards.

One of the most important things to consider when planning a winter hike is the type of gear you will need. Layering is key to staying warm, so make sure to have a good base layer, mid-layer, and outer layer. A waterproof and breathable jacket is also essential, as well as waterproof pants. Winter boots with good traction and insulation, gloves, hat and a scarf are also “must have” items. Make sure to check the forecast and dress accordingly.

In the winter, trails may be icy and slippery, so it is important to have proper footwear with good traction. It's also a good idea to bring trekking poles to help with balance and stability. Additionally, it is important to be aware of the potential hazards such as hypothermia and frostbite.

Before heading out on your hike, make sure to let someone know your plans, including the trail you will be taking and when you expect to be back. It's also a

good idea to bring a map and compass, as well as a fully charged cell phone. If you are planning to hike in a more remote area, it is essential to have a way to call for help in case of an emergency.

Once you are out on the trail, take your time and enjoy the scenery. Winter hiking can be a slower and more strenuous activity than hiking in warmer months, but the views are often more dramatic. The snow-covered hills and forests are truly breathtaking. Make sure to take breaks and stay hydrated, even though you may not feel thirsty. The dry, cold air can dehydrate you quickly.

Finally, it is important to remember that hiking in the winter can be dangerous, so it's important to be prepared and use caution. But with the right planning and preparation, a winter hike can be a magical and rewarding experience. The silence and serenity of a winter hike make it a unique and memorable experience that is worth the extra effort.

In conclusion, hiking in the winter can be a beautiful and peaceful experience, but it's important to be prepared for the colder temperatures and potential hazards. Dress in layers, bring appropriate gear, and let someone know your plans. Remember to take your time and enjoy the scenery, but always be aware of the potential hazards and use caution.

## ***Yaktrax, Microspikes and Minispikes***

(Created with the assistance of ChatGPT)

Yaktrax, microspikes, and mini spikes are all types of traction devices that can be used for walking on ice and snow. Each type of device has its own advantages.

Yaktrax are a type of overshoe traction device that can be easily slipped on over a regular pair of shoes. They have a coil design made of rubber and steel that provides excellent traction on ice and snow. The advantage of Yaktrax is that they are easy to put on and take off, making them convenient for people who want to switch between regular shoes and traction devices.

Microspikes are a type of traction device that is designed to be worn over boots or other footwear with a high ankle. They have a chain and spike design that provides excellent traction on ice and snow. The advantage of microspikes is that they are more durable and provide more aggressive traction than Yaktrax. They are ideal for more challenging winter hikes and backpacking trips.

Nanospikes are similar to microspikes, but they are designed to be worn over shoes with a low ankle. They have a chain and spike design that provides traction on ice and snow. The advantage

of nano spikes is that they are lightweight and easy to pack, making them a great option for people who want to be prepared for winter weather but don't want to carry heavy or bulky gear.

In conclusion, each of these devices have their own advantages, Yaktrax are easy to put on and take off, Microspikes are more durable and provide more aggressive traction, and nanospikes are lightweight and easy to pack.

It depends on the type of activity and the terrain you expect to encounter.

It's best to assess your needs and choose the one that best suits your needs.

# ***Mendon Ponds 2021***







***End of Newsletter***