

The CATSKILL CANISTER

Volume 58 - Number 4
October-December 2025





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The Catskill Canister

Volume 58 - No. 4 | October - December 2025

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The Catskill Canister is published quarterly by the Catskill 3500 Club, Inc., a registered 501(c)3 non-profit organization. P.O. Box 294, West Hurley, NY 12491. For more information about the club please visit www.catskill3500club.org

President's Column by Michael Bongar



Every year, sometime in late August, as I'm driving down Route 28, I'll catch a glimpse of a red or orange leaf tucked into a hillside of green. My first thought is always, "*No, it can't be that time already.*" But sure enough, it's the gentle reminder that summer is winding down, and fall is right around the corner.

As I step into my third year as President of the Catskill 3500 Club, I want to pause to thank you for your support. It's been an

honor to serve, and I truly believe the Board exists to serve you — our members. Together we're shaping the future of this Club, and I'm grateful to be on this journey with you. I'm also fortunate to have Vice President Lori Herpen by my side. Lori brings tremendous skill and passion, and I know she'll help guide us with fresh energy and insight.

Of course, our shared love of hiking is at the heart of all we do — but so is our responsibility to protect the mountains we love. Recently, the NYS DEC released a Visitor Use Management (VUM) Plan aimed at addressing the increased traffic and wear on the Catskills' formerly trail-less peaks. After careful discussion, your Board voted unanimously to support these efforts. As the plan unfolds, there will likely be opportunities for volunteers to play a role in putting it into practice. It's a chance for us not only to enjoy these trails but also to give back in a meaningful way.

I also want to give a big thank you to our editor, Jack Walker. Every issue of the *Canister* brings in such positive feedback, and this one is no exception. Inside you'll find wonderful contributions from Lorraine Anderson, Harold Oakhill, Dick Sederquist, and Ken Posner — four members whose stories will both inspire and resonate with you. I even found myself in new territory this issue: writing my very first book review! (No spoilers here, but I hope you'll take a look.)

Looking ahead, we're starting to make plans for Winter Weekend, so stay tuned for details.

In the meantime, please enjoy this issue of the *Canister*. Let it remind you of summer adventures and inspire you for the hikes still ahead this fall. And as always, don't hesitate to reach out with questions, ideas, or if you'd like to get more involved.

See you on the trails!

Michael Bongar

On the cover: Giant Ledge and Slide from Panther. Photo courtesy of Steve Aaron #3199

Protect, Preserve & Inspire

Why Give to the Club?

Because Together, Our Impact & Efforts Make a Difference!

Leading Hikes and Welcoming All: Through our official club hikes, we strive to create an inclusive community where everyone is welcome. Whether you're a seasoned hiker or a first-time explorer, the Catskill 3500 Club maintains an active hike schedule that provides opportunities for all to explore, learn, and enjoy the beauty of the Catskills together.

Preservation and Conservation: In 2024, the Club funded two special projects; one supporting Bicknell's Thrush research and another supporting the Bramley Mountain Fire Tower restoration project. Your donations allow us to make impactful contributions to important projects that benefit the mountains.

Stewardship Programs: Thanks to your generosity and the graciousness of many volunteers, our Trailhead Steward Program has grown, educating hikers about Leave No Trace principles and protecting fragile ecosystems. With your help, we can continue to expand this program to be even more effective in the coming years.

Connect and Inspire: From an upgraded newsletter, The Catskill Canister, to enhanced social media outreach, we are connecting with more members than ever, sharing the joy and responsibility of Catskill hiking. Your gift helps us tell the Catskill 3500 Club story far and wide.



Your support means MOUNTAINS to us!
Please consider making a tax-deductible gift to the club and help sustain all these important initiatives.

ONLINE DONATION

Scan the QR code to make an online donation. Payments will be processed through Paypal.



BY CHECK

Checks can be made out to: Catskill 3500 Club, Inc.
and sent by mail to:
P.O. Box 294, West Hurley, NY 12491

Does your employer offer a match for charitable donations? If so, please apply for a match through your employer, or your employer's foundation's, web portal.

As a 501c3 organization, all contributions to the Catskill 3500 Club, Inc are tax deductible to the full extent allowed by law.

Mission Statement

The Catskill 3500 Club, founded in 1962, continues to uphold the following principles for its members:

- Foster interest in hiking;
- Provide on-going education on outdoor skills;
and
- Engage in public service, stewardship, and responsible conservation of our region's natural resources.

Value Statement

We value and celebrate those who have ascended, on foot, the 33 highest peaks on public lands in the Catskill Mountains, as well as those who have additionally hiked these mountains in winter.



Camp Catskill owner, Ryan Penny (left) with outgoing Secretary Colin DeVries



Trailhead Stewards Karen Bischoff #4281 and Linda Betancourt #4282 with Hike Leader of the Year Christopher Garibian #3881 W1474



Membership Chair David White welcoming the Clubs newest members



Annual Meeting and Awards Ceremony

CELEBRATING COMMUNITY at the 59th ANNUAL DINNER

By Michael Bongar

On Saturday, July 26, the Catskill 3500 Club gathered at the Ashokan Center for its 59th Annual Dinner. With perfect summer weather, and a lawn full of friends, the evening was a true celebration of our mountains and our members.

The night began with warm greetings from **Siu Yuen** and **Colin DeVries** at reception and live music by **Fred Gillen, Jr.**, whose songs set the tone for fellowship. **Eric Adams**, our event photographer, captured the spirit of the event, while behind the scenes **Lisa Whitaker** and **Mike Doehring** of the Dinner Committee, along with **Tom DeSimone** our production assistant, kept everything running smoothly.

Ryan Penny represented **Camp Catskill** with a wonderful selection of merchandise from the store. **David** and **Carol White** had their books and club stickers and patches available while **Christina DePinto** and **Tom Rankin** our esteemed member/authors had books available. Tom's fifth edition of **Catskill Trails** and Christina's wonderful children's book **Emma's First Hike**.



Special musical guest Fred Gillen, Jr.



Brad Sayer & Jake Haisley of SAR - annual quilt raffle

Members stood to welcome the Class of 2025, recognize the Board of Directors, and applaud new Board members **Maria Orchard** and **David Oliver**, while thanking outgoing Secretary **Colin DeVries** for his dedicated service. Our slate of officers and board members was approved by a vote from membership. Thanks to our members, your participation is important.

A moving highlight of the evening came when **Larry Leslie** and **The Rippers** honored **Jim Gebhard** for his years of selfless dedication to the Club and to trail maintenance. Larry presented Jim with a unique framed keepsake, drawing a heartfelt standing ovation from the membership.

The program also featured remarks from Trailhead Stewardship leader **Colleen Hardcastle**. Outings Co-Chairs **Sharon Klein** and **Roger Green** presented the Hike Leader of the Year award to **Christopher Garibbean**, before David White closed the evening by presenting awards to the Class of 2025.

Finally, no recap would be complete without mentioning the meal: **Chef Bill and his staff** outdid themselves, delivering an excellent dinner.

The Annual Dinner was more than an event—it was a reminder of the friendships, shared goals, and love for the Catskills that unite us all.



Ron Roberts #2238 W892 and Larry Leslie #208 W131



Tom DeSimone #2798 W1730 with Michael Bongar and David White



Jim Gebhard #1794 W720 receives a special honor for his dedication to the Club and his decades of trail maintenance in the Catskills.



Board Members L to R: Jim Bouton, Mike Doehring - Director Emeritus, Jack Walker, Lori Herpen - Vice President, David Oliver, Maria Orchard, Jake Haisley, Sherri Goffman - Secretary, Chris Hummel - Treasurer, Julie McGuire, Michael Bongar - President, Colleen Hardcastle, Chris Adams, Maria Bedo-Calhoun, Lourdes Sonera (not pictured), David White (not pictured), Bill Winterbottom (not pictured)



Jim Gebhard (left) with the "The Rippers"

All photos courtesy of Eric Adams



View from Twin. Photo courtesy of Siu-Samantha Yuen #2894 W1311

TRAIL MAINTENANCE & ADOPT-A-HIGHWAY

Lourdes Sonera - Trail Maintenance Chair



Fall Into Action!

Two chances to roll up your sleeves and give back to the land that gives us so much:

Trail Maintenance – October 18

Join us on the Peekamoose/Table Trail for our fall maintenance event in one of our parks most beloved paths. Whether you're a seasoned volunteer or just want to learn some trail maintenance skills, your help will keep this trail safe and stunning.

Adopt-A-Highway – October 26

Let's clean up our stretch of road and show pride in our community. Bring your gloves, we provide the bags, and good vibes! Location: Route 214

SIGN-UP: www.catskill3500club.org/events



MEMBERSHIP NEWS

David White - Membership Chair

Processing data from the online tally entry has been very time consuming for the last couple of years. Stepping up to the plate to help me last spring was **Cynthia Chan**, member #2351 988W. Not only did she reformat the data into an attractive printable document, but also sequenced the hikes chronologically to help me write a recap of the member's journey.

The fillable PDF had a column for order # which could have saved all this work but the space for remarks was limited. Last month, another member, **Tom DeSimone** #2798 1730W created a Google Sheet from that same online entry data. It looks like the traditional tally with that order # column. For multi peak days, the same two or more order #'s were inserted in that cell for each of the peaks. If the remarks said, for example for the Burroughs Range, "from Woodland Valley". I could change the order #'s to make Wittenberg the lower of the three. Also, if it was discovered that a wrong date was entered for a peak, messing up the order # for all peaks after that, after fixing the date, the order #'s could be recalculated.

This has been a great help. For hikers that will be submitting their peak tallies, the starting trailhead would be useful information as would be whether the hike was an out and back, a traverse, or a loop.

IN MEMORIAM



In Memory of
David Klein #2139 W876

November 1, 1966 – July 22, 2025

3500 Club Member • Trail Companion • Source of Inspiration

David Klein's love for the outdoors ran deep, woven into every trail, stream, and summit he explored. His presence in the Catskills was powerful, marked not by titles, but by the way he brought people together and encouraged them to find joy in nature and enjoy the journey of becoming a Club Member.

He led with heart. Whether spotting wildlife, sharing stories, or simply walking beside you, David made each journey feel meaningful. He helped others discover and rediscover their connection to the land, and to each other.

When faced with his final challenge, David met it with the same strength and grace that carried him to all 35 peaks. His thoughts weren't on fear, but on legacy: leaving behind something good, something lasting. And he did. His energy, kindness, and leadership continue to guide us.

David didn't just hike trails, he lit them. And now, we walk forward in the glow of that light.

TRAILHEAD STEWARDSHIP

The 3500 Trailhead Steward Program Wraps Up another Stellar 5th Season



As summer winds down, we're thrilled to celebrate the incredible impact of the Trailhead Steward Program's fifth season. From Slide to Woodland Valley, our dedicated volunteers have once again shown what's possible when passion meets purpose.

SEASON HIGHLIGHTS

As of August 30

2,081
VISITORS

1,028
VOLUNTEER HOURS

83
SITE-SPECIFIC VOLUNTEERS

34 SLIDE MOUNTAIN | **39** WOODLAND VALLEY

10 SUPPORTING SPECIAL EVENTS



2,081 visitors served, hikers welcomed, questions answered
lots of mapping and route questions.

1,028 volunteer hours by members, a testament of the
members commitment and passion to educate and preserve
the park for future generations.

83 site-specific volunteers:

- 34 at Slide Mountain
- 39 at Woodland Valley
- 10 supporting special events

Whether volunteers greeted early-morning hikers, shared Leave
No Trace tips, or helped newcomers navigate the trails, their
presence made a difference.

**The program runs through October 13 so there is still time to
volunteer.**

Thank you to all who support this program, your time, energy,
and spirit continue to shape the Catskills experience for
thousands and generations to come!



Volunteer Appreciation Celebration

This year, thanks to the
Park and Trail grant we are
excited to host a Volunteer
Appreciation Celebration.



We invite all stewards to come
together to honor what you've made possible
and enjoy each other's company.

Expect food, great company, and a chance to
reflect on the impact you are making and our
legacy in the Catskill Park.



Guardians of The Catskill High Peaks: THE 2025 SUMMIT STEWARDS

by Myra Romano #3621

High above the hollows and notches, on the windswept ledges and rugged peaks of the Catskills, a dedicated team of Summit Stewards works to protect the region's most fragile and beloved landscapes. From Slide and Wittenberg to Giant Ledge and North Point, the Blackhead Range, and a new location for 2025, Windham High Peak, these stewards are a welcoming presence for hikers while safeguarding the unique ecosystems found at higher elevations in the Catskill Forest Preserve.



*The 2025 Catskill Summit Steward team, from left to right: Caroline Flynn, Katelyn DeWitt (Crew Leader), Myra Traves, Emily Brown, and Ashton Rice.
Photo courtesy of Caroline Flynn*

Each weekend and holiday from May through October, the New York-New Jersey Trail Conference's Catskill Summit Stewards meet visitors on the trail to share the story of these mountains. They offer guidance on route planning, explain how high-elevation wildlife and vegetation survives in harsh conditions, and encourage Leave No Trace principles that keep these areas wild and beautiful. Conversations often range from the location of a nearby spring or campsite to the significance of the Bicknell's Thrush, a rare bird that nests in the Catskill high peaks.

Their work extends beyond friendly trail chats. Summit Stewards remove illegal fire rings, brush in social trails to prevent erosion, carry out litter, and monitor campsites for compliance with DEC regulations. They collaborate regularly

with DEC Forest Rangers and Assistant Forest Rangers, assist lost or injured hikers, and model safe, low-impact recreation. As of August, stewards have encountered 7,081 hikers, educated 2,808 visitors, carried out 91 bags of litter, and dismantled 45 unauthorized fire rings – tangible results that highlight the importance of their presence on the trail.

The 2025 team brings diverse backgrounds, from New York, Massachusetts, Michigan, Kentucky, and Georgia. All share a deep commitment to conservation. Each steward completes rigorous preseason training, including an orientation on DEC rules and regulations,



STEWARD ENCOUNTERS

7,081 HIKERS

2,808 VISITORS
EDUCATED

91 BAGS OF LITTER
CARRIED OUT

45 DISMANTLED
UNAUTHORIZED
FIRE RINGS



*The stewards cleaning up litter and maintaining a designated fire ring
Photo courtesy of Katelyn DeWitt*

Wilderness First Aid/CPR certification, Leave No Trace Level 1 Instructor training, and site-specific orientation to the Catskill Forest Preserve's ecology and management practices. This preparation ensures that every interaction on the trail is not only welcoming but also informed and impactful.

For hikers, meeting a Summit Steward can be a turning point, transforming a simple day hike into a deeper understanding of the Catskills' ecology and the shared responsibility to protect it. And for the stewards, each weekend is a chance to make sure that these peaks, with their sweeping views and delicate habitats, remain unspoiled for generations to come.

For more information about the Catskill Summit Steward Program, contact Myra Romano, Trail Steward Program Coordinator, at mromano@nynjtc.org.

This program is a partnership with the New York State Department of Environmental Conservation. Funding was provided from the Environmental Protection Fund as administered by the New York State Department of Environmental Conservation



Myra Romano

Trail Steward Program
Coordinator and Leave No
Trace Level 2 Instructor

**New York-New Jersey
Trail Conference**

ATTENTION SHOPPERS!!!

**\$10 ANNUAL
MEMBERSHIP**

**\$10 ASPIRANT
MEMBERSHIP**

**\$200 LIFETIME
MEMBERSHIP**

There's a special item offered in Aisle Three. That is, the membership page on the Catskill 3500 Club website.

You can purchase your annual memberships and your aspirant memberships. You can purchase them for a yearly renewal or you can purchase them with automatic renewal.

Oh yes, and if you are feeling your immortality or if you are just a big shot and a swell person, you can get a lifetime membership too....

Visit: catskill3500club.org/dues

or scan the QR code



A Navigational Adventure in the Northern Catskills

by Kenneth Posner #2573 W1108

The Catskills off-trail regime requires the ability to problem-solve while managing cognitive load, especially when technology fails.

The other day I was out bagging peaks in the Northern Catskills. After 4 miles on the Long Path, I reached the shoulder of Richmond Mountain (3,227 feet), which was one of my objectives.

The Long Path does not cross Richmond's summit, but rather contours around the mountain's flank. To bag this peak, I would need to step off the trail and bushwhack through the forest. I wasn't expecting a difficult operation – the off-trail movement was roughly one-quarter mile long, entailing a climb of a couple hundred feet. At least this is what I recalled from a cursory glance at the map before setting out.

Still, one doesn't leave the trail casually. Not in the Catskills, where the vegetation is so thick it's hard to see much past the foliage in your face. Moreover, the Northern Catskills see little traffic. I'd been out this way the weekend before and seen only a single person. Today, not a soul. Putting aside safety considerations, there were still several miles to go to reach my evening destination, and I didn't want to waste time wandering in the woods. To keep things safe and simple, I pulled my phone from my trousers pocket to consult the AllTrails app, which is popular navigational tool with a digital map.

I tapped in the PIN, but the screen did not unlock.

I tapped the four digits again. Nothing registered on the screen. Feeling slightly exasperated, I tapped harder. Nothing.

I put the phone back in my pocket and considered options. If the device had truly malfunctioned, then practically speaking, my hike was over. There was an intersection ahead where I

would leave the Long Path and head onto an alternate trail. But I hadn't studied the map carefully enough to remember where it was. Without consulting the phone, I wouldn't know which way to go.

What a shame. I'd been hoping to bag several peaks this weekend.

Richmond's summit lay somewhere above me, cloaked in a mottle of sunlit forest and shadow. The slope was covered in grass and ferns. Farther up there was a band of waist-high hobblebush, and then a crowd of beech saplings. The bushwhack to the top was a pretty simple operation, but without the phone to check my location, the risks had just ratcheted up a notch. If I were to get disoriented, I might not be able to find my way back to the trail. That would not be a good outcome.

I pulled the phone out of my trousers pocket and tried again. And again. And then a third time. Nothing registered as I rapped away. Until strangely the phone started beeping at me. As if the device thought I was trying to dial an emergency phone number. Then the display began to flicker around the edges. Which did not inspire confidence. Feeling a mix of contempt and disgust, I shoved the device back in my pocket.

Glancing at my GPS watch, I got an idea. The display read 4.3 miles, which was the distance I'd walked already. Now I decided to give myself another 0.2 miles to reach the summit, meaning once the display read 4.5 miles, that was it – adventure over, return to trail. This plan would give me the chance to bag at least this peak, before ending my weekend early, while limiting the risk.

Then I remembered the compass tucked into a pocket of my pack. I pulled it out and saw the black arrow pointing north toward the summit. Although the sun was hanging over the



summit, too, which didn't make sense because typically around noontime the sun would be in the south. Later I remembered that the black arrow points south. Talk about a rookie error. Honestly, my mind was preoccupied with the question how I'd log on to work Monday morning without a functioning phone to conduct the required multi-factor authentication – and would I have time to replace it before then?

The climb was steep. I switched back and forth, hunting for lines that offered level footing. Passed through a glade of ferns. Then a band of hobblebush. Soon I was ducking through clusters of young beech trees with long wavy branches hanging at chest height.

After a couple of minutes of work, I found myself cresting the ridge. To my right, the ground continued rising. Now my watch displayed 4.45 miles – leaving 0.05 miles to go before I'd reach my self-appointed limit. I turned to the right and made my way through thick forest, stepping over a short sandstone ledge about a foot tall and then across a fallen trunk. Further ahead, the ground dropped off, suggesting I'd reached the top, but in

the thick foliage I couldn't be sure. Perhaps the true summit lay in that direction a little farther off. Should I keep going?

After a moment's thought, I decided to stick to plan. If this was not the summit, I'd return to bag Richmond some other time. Probably with a new phone. Part of my mind was trying to remember where was the closest store.

On a whim, I decided to give the phone a final try. I pulled it out of my pocket and tapped in the PIN, and it came to life. The GPS-enabled AllTrails map showed that I was standing right on Richmond's summit.

Well, this was good news. I could continue my hike. Although it would be important to pay attention to that tricky intersection up ahead, where I'd leave the Long Path for a different trail – in case the phone died again.

Phone back in pocket, I retraced my steps. First there was the 0.05-mile stroll along the crest. Then I turned to the left and headed down the steep slope. Weaved through young beech with long thin branches. Passed through a patch of hobblebush. High-stepped through some ferns. This seemed like familiar terrain, although to be honest, most of the Catskills looks like this.

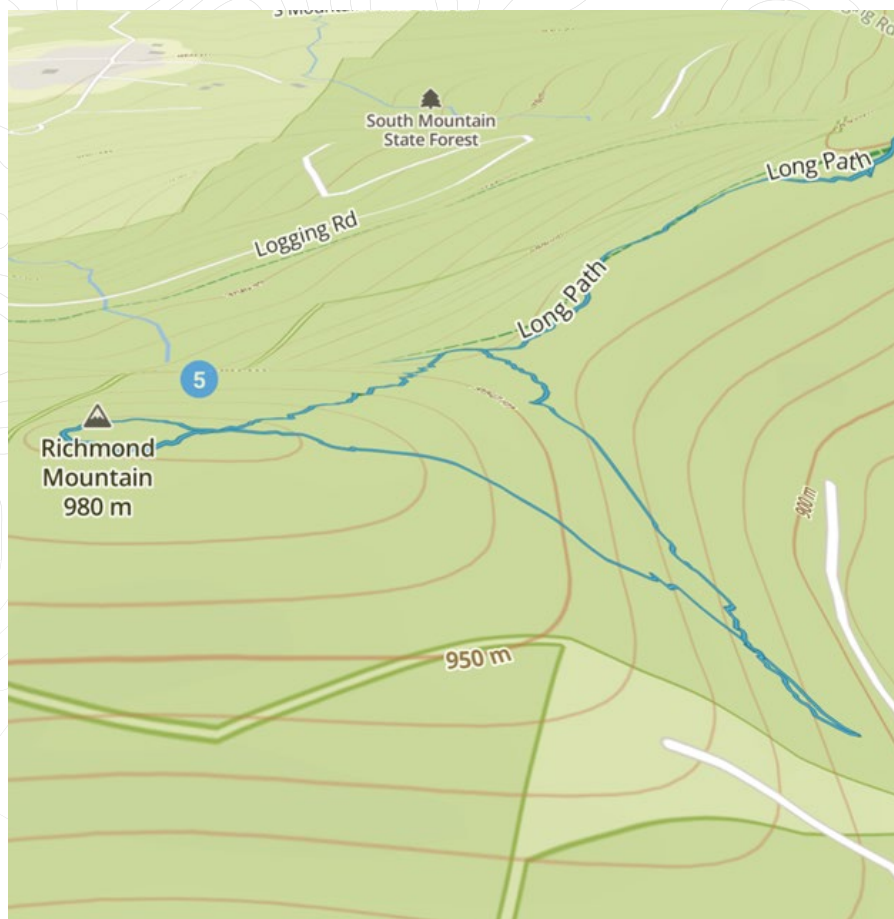
I felt like maybe I was drifting to the left. So I steered a little to the right, sensing that the trail lay that way.

After another minute or two, I saw 4.70 miles on the read-out. Which meant I should be standing on the trail. Or within a step or two. But there was no sign of it.

Navigating off-trail in the Catskills is never a casual affair. Over the years, I've never had a safety issue, although I've made plenty of mistakes. Mistakes can be quite aggravating. They can waste a lot of time.

Now I thought ahead to the lean-to where I planned to spend the night, and how I'd like to get there before bad weather moved in. I pulled out the phone to check the map, typed in the PIN, and saw, to my surprise and consternation, that I had gone down the wrong side of the mountain. Almost exactly the wrong way, meaning further away from the trail, instead of back towards it.

This wasn't a disaster, merely 0.2 miles in the wrong direction, meaning there was now



AllTrails navigational app display, showing the author's track down the wrong side of Richmond Mountain



View from the lean-to on Huntersfield Mountain. Photo: Ken Posner

0.4 miles between me and the trail. Call it 2,000 feet. Six or seven football fields worth of thick forest. But a quick glance at the steep slope I'd just descended elicited a groan of dismay. I really didn't want to climb back up again.

And then I couldn't help but wonder — what would have happened if the phone had not come back to life? Or if it had died again?

In those scenarios, there would have been little choice but to head downhill until I hit a road.* Then I would have had to beg a ride from someone who might not be eager to pick up a dirty barefoot hiker. And it would be hard to tell them which way to take me, since I would have no idea where I'd emerged and also didn't remember the name of the road I'd parked on.

In any case, I made it back to the trail, checking the phone frequently, and then I made it out to the lean-to, arriving as a cold wind barreled in from the north, beating the rain there by ten minutes.

The next day, I retraced my steps from the lean-to. As I neared Richmond, this time coming from the other direction, I decided to bag it once again. Once I'd scrambled up the ridge, I recognized the summit from the short sandstone ledge and the fallen trunk. Well, now here was my opportunity to learn from the mistake the day before. Here was my chance to show that I could find my way back to the trail without veering off down the wrong side of the mountain. I stowed phone in trouser pocket and walked a short distance down the ridge, glancing at my watch until it had clicked off 0.05 miles. So far, so good. Then I turned to the left and headed straight down.

There was only 0.15 miles to go, but I wasn't in a mood to waste time; after a short distance, I checked my phone again. To my dismay, I saw that I'd made exactly the same mistake as the day before. Once again, I was headed down the wrong side. Feeling angry and stupid, I banked hard left and marched down the hill with phone clutched in hand checking my location with every other step.

The moral of this story is that navigating off-trail in the Catskills is a complex operation which can create significant cognitive load, even when you are utilizing multiple navigational devices. The errors I made are also a reminder of the considerable difference between navigating uphill in the mountains and down. Moving uphill is usually straightforward, as your feet naturally prefer going straight up, rather than moving at a slant, and uphill must eventually lead to some kind of summit. Going down, your feet will also tend to follow the easiest and most level path,

but depending on the mountain's shape, that could take you in any direction. Which is what I think happened to me. On a positive note, since this adventure my phone's been working fine.

*My watch has a display option showing a track of my route. If the phone had malfunctioned again, either at the top of Richmond or as I was descending the wrong way, I could have used this display option to follow my tracks backwards to the summit and thence the trail. Hopefully, in that scenario, I would have thought of this option.



*Kenneth Posner is a lifetime Catskills 3500 Club member. His new book *Chasing the Grid: An Ultrarunner's Physical and Spiritual Journey in Pursuit of the Ultimate Mountain Challenge* chronicles his completion of the Catskills Grid. Connect with Ken at www.barefootken.com*



BOOK REVIEW

CHASING THE GRID

An Ultrarunner's Physical and
Spiritual Journey in Pursuit of the
Ultimate Mountain Challenge



by
Michael Bongar
President, Catskill 3500 Club

When I picked up Ken Posner's *Chasing the Grid: An Ultrarunner's Physical and Spiritual Journey in Pursuit of the Ultimate Mountain Challenge*, I knew I was in for a story about endurance. What I didn't expect was a deeply personal reflection that blends Catskill Mountain lore, the spirit of exploration, and the timeless questions of how we measure ourselves against both nature and our own limitations.

For those of us who are members or aspirants of the Catskill 3500 Club, the Catskills are not just mountains—they are companions, teachers, and, at times, adversaries. Posner's account resonates because it captures the familiar: the sight of red trillium above 3,000 feet, the icy winds whipping across Panther's summit in January, the mix of exhilaration and exhaustion on long bushwhacks. But it also reaches beyond the familiar. This is not just the story of a hiker checking off summits; it is the journey of a man testing his physical limits, confronting failure, and seeking spiritual meaning.

Ken Posner, a former Army Ranger and successful Wall Street financial analyst, is not the typical Catskill peak-bagger. His athletic pursuits started with marathons and evolved into ultrarunning feats, including the grueling Badwater Double in California and a record-setting time on the Long Path. But the heart of this book lies in his return to the Catskills, where he attempts to best Ted "Cave Dog" Keizer's legendary record of summiting all 35 peaks in a single push. Injuries, work, family obligations, and life itself repeatedly get in the way. And yet, Posner keeps coming back. His story unfolds over years, with each chapter reflecting not just physical progress but spiritual growth.

One of the most captivating aspects of *Chasing the Grid* is the way Posner ties his Catskill experiences to larger traditions of thought. He draws on John Burroughs and John Muir, Emerson and Thoreau, even the ancient Greek practice of Askesis— a rigorous training for physical, spiritual development that takes on endurance, resistance to the elements and depriving oneself of sustenance. When he experiments with barefoot hiking—a practice that becomes central to his Catskill journey—he recalls Burroughs's musings on the "barbarian in the parlor," the sight of a barefoot figure shocking Victorian sensibilities. For Posner, going barefoot is not only about changing form and gait; it is about returning to first principles, finding intimacy with the forest floor, and humbling oneself before nature.

His humility is a consistent theme. As President of the 3500 Club, I must admit that Ken's brand of endurance—racking up 2,400 training miles by mid-July, pushing through torn tendons, or attempting the infamous "Quad" from Badwater Basin in Death Valley to the summit of Mt. Whitney and back twice—is not something I would ever dream of undertaking. And yet, his writing draws

me in so completely that I feel as though I am with him on each step, as invested in his success as in my own quiet climbs of Slide or Hunter.

The book also brims with details that every Catskill hiker will recognize. Posner captures the disorientation of subtracting instead of adding for declination on a compass, the relief of a sudden clearing atop Slide that mirrors Burroughs's century-old description, or the frustration of uttering the words no hiker wants to hear: "I lost my car keys." He encounters Club members, familiar trail characters, and even the "Can Man," Jim Bouton, who counsels him with the simple wisdom that "there's no hurry." These moments ground the book in the shared culture of Catskill hiking.

But Posner is also unflinchingly honest about the costs. He writes of skipping a Christmas dinner with family to hike, where he first learns of "the grid"—the challenge of climbing each Catskill high peak in every month of the year. (While we as a Club don't promote or encourage grid-chasing, Posner embodies the spirit of embracing challenge as a path of personal discovery.) He details mistakes we all can relate to, from packing too little gear to pushing too hard despite injury. His minimalist approach—sometimes eschewing adequate water—may not be one I endorse, but his willingness to wrestle with the spiritual implications of simplicity is inspiring.

Perhaps the most poignant sections of *Chasing the Grid* are when injury forces him to slow down. Hiking with photographer Steve Aaron teaches him to see more and rush less. His Labradoodle Odie, a constant companion, reminds him of joy and loyalty. In quieter moments, he recognizes that what matters is not only summiting but also observing, being present, and learning. In these reflections, Posner echoes Thoreau's reminder that "the saunterer is no more vagrant than a meandering river."



Author, Will Fortin, and Dustin Smith on the shoulder of Kaaterskill High Peak. June 4, 2018.

The narrative builds toward epic attempts—sometimes successful, sometimes not. Posner is candid about watching Cave Dog's Catskill speed records fall not to himself but to

Mike Siudy,* or seeing his Long Path record eclipsed by Dustin Smith and Will Fortin. He accepts this with grace, reminding us that the mountains are larger than any single hiker's ambitions. His closing ascent of Kaaterskill High Peak, described as "transcendent," encapsulates the dual meaning of the word: to climb and to move beyond.



Mooki Schmaltz being rescued. Photo credit: Yanina Levchinsky-Grimmond.

For Club members, the book's appendix of observed plants and animals is a delightful bonus. But the real gift is Posner's ability to make us see the Catskills anew. He reminds us that even as we chase lists, finish rounds, or simply seek the solace of the trail, we are part of a continuum that stretches back to the 19th-century naturalists and forward to whatever challenges the next generation of hikers invents.

Ultimately, *Chasing the Grid* is about more than ultrarunning or peak-bagging. It is about endurance as a spiritual practice, about learning when to turn back, about humility before the natural world. For some readers, Posner's extreme challenges will be unimaginable. For others, they will be inspiration. But for all of us, his story is a reminder that the Catskills offer not only rugged climbs and stunning vistas, but also a path—sometimes hard, sometimes humbling—toward understanding ourselves.

I wholeheartedly recommend *Chasing the Grid*. Whether you are a veteran of all 35 peaks or just beginning your aspirant journey, you will find in Ken Posner's story echoes of your own. His words will take you back to those crisp winter summits, those sudden bursts of wildflowers in spring, and those moments of doubt and determination that define hiking in these mountains. More than that, they will challenge you to reflect on why we climb, what we seek, and how the mountains shape us.

Ken Posner has written a book that belongs on every Catskill hiker's shelf. It is both a mirror and a window: a mirror that reflects our own struggles and joys on the trail, and a window into the extraordinary journey of a man who dared to chase something as elusive and demanding as "the grid."

**Since the publication of this book, Jeff Adams has set the record for completing all of the Catskill High Peaks in a single hike.*

WHERE DID THE DIRT GO?

by Dick Sederquist #905 W349

My son and I have climbed the New England 100 highest and 97 (including the Adirondack 46ers and Catskill 3500s) of the hundred highest in New York State. Bad knees and back prevented me from our last three, Sawtooth 1, 2, and 3. These are the reflections of this 87-year-old previous bushwhacker and the impact he has made on forest and mountain trails. You will find a version of this story in my fourth memoir, *Taking a Walk: Stories and Reflections on Pathways Old and New*, Dick Sederquist (2022). It's an alternative view of lowering our impact on the environment and still enjoying the outdoors.

After a western road trip of 6400 miles in September 2013, I found myself asking the same persistent question, "Where did all the dirt go?" The answer has to do with both the natural effects of time and erosion of the land and the unnatural effects of mankind's over-use of the natural world and resources and its capitalist pursuit of destroying and filling up empty spaces.

As a hiker, I love dirt! Dirt fills in the cracks and smooths things out. I've seen the effect of overuse of established hiking trails and faint herd paths. The trails, once soft and springy under foot with fine dirt, sand, gravel, compacted leaves, spongy moss, and soil have been eroded by boot traffic down to boulder and root hopping minefields. Vague openings through the forests, once route finding and bushwhacking opportunities, often develop through over-use into ugly ruts through the undergrowth. Excess boot traffic opens the land to the natural forces of erosion by flowing water, freezing, and thawing and the accelerating impact of boot traffic. The dirt disappears, is washed away; rocks and roots are exposed. Those once soft and hidden paths are now described by the euphemism of "non-maintained trails." The terrain I explored 40 and 50 years ago now makes me sad to see. The pristine places I used to love have been worn down, eroded, and rutted by too many visitors. Popularity is a death sentence to a new hiking route. The expression "It's not the destination but the

journey that counts" is altered when the journey is marred by a superhighway through the woods. You might as well put up billboards.

As a visitor and tourist, I love the charm of those quaint little towns that haven't yet been discovered. I remember when my children were young, North Conway, New Hampshire, and the soul of the White Mountains until they put in the discount factory outlet stores and malls. Fifty years ago, we visited Moab, Utah, a sleepy place where we went out for a morning jog and encountered scorpions on the side of the road. We ate breakfast at a place called Milt's off the main drag in a residential area. We stopped in Moab, Utah, on our more recent 6400-mile western road trip. It was wall-to-wall, mile-by-mile congestion, businesses, and motels without an available room to be had. The space and dirt between the structures of forty years ago was gone, covered over by urban sprawl. The soul of these towns in New Hampshire and Utah had been sold out to entrepreneurs. We passed up the adjacent and beautiful Arches National Park as a bad idea as a place to seek solitude. Popularity and success have its downside. We opted for the more distant and quieter Capitol Reef National Park.

Erosion, a la nature, produces spectacular displays. Jumbles of house sized rocks on the sides of canyons, exposed by erosion of the surrounding dirt and softer stone, perch precipitously above the road. Some boulders, defying wind, and gravity, stand on eroding slender columns of softer sandstone. The base of canyon walls looks like rows of elephant's feet. Flowing ancient water created arches and caves, some occupied by ancient Native Americans thousands of years ago.

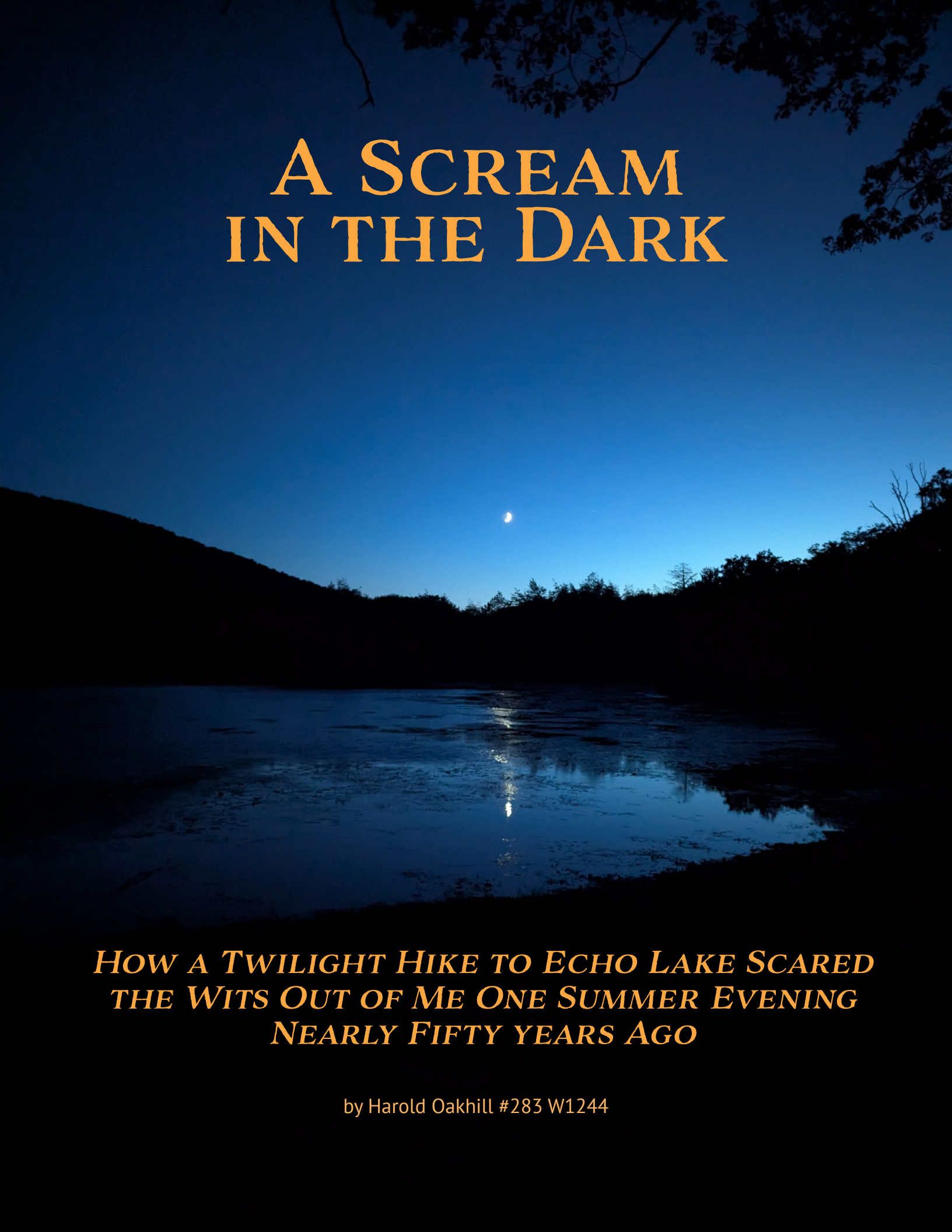
Human traffic hastens the natural erosion process, breaking through the natural crust or protective vegetation. Once the process starts, the natural crust is forever destroyed and erosion accelerates, taking years to undo what nature took tens and hundreds of thousands of years to accomplish. Population growth and the proximity of natural or man-made



attractions puts enormous pressure on towns and cities. The dirt, which binds things together, is the first victim to progress. Wash it away. Cart it away. It's dirty! "Put in a parking lot."

The problem is that I am part of the problem. I'm living and hiking longer, part of the crowd that made these places popular. I visited and propped up the local economies when they were just hanging on. My passage created the beginnings of new herd paths through sacred places. My personal solution is to stay away from the popular haunts, seek the out of the way places, and not tell anybody about them, limit my presence to the popular trails to wintertime snowshoeing when they are softened and protected by deep snow, and the

crowds are home sitting by their fireplaces. If I were in charge, I would periodically shut down and decommission popular trails and allow them to regenerate with new vegetation. This is not a new idea, but it is not done often enough to prevent creating a new deep rut in the landscape. I guess I've given up hope with the cities. They have turned me off. Maybe enough people will be turned off that their growth will asymptote and level off from the reduced demand. I do know that I don't want to take up more space and own property, a burial plot, after I die. I choose cremation and the scattering of my ashes to help those forests regenerate. I'd like to add to the dirt, ashes to ashes, dust to dust. I love dirt!



A SCREAM IN THE DARK

*HOW A TWILIGHT HIKE TO ECHO LAKE SCARED
THE WITS OUT OF ME ONE SUMMER EVENING
NEARLY FIFTY YEARS AGO*

by Harold Oakhill #283 W1244

From time to time in hiking circles and on social media chat boards, someone will ask about ghosts in the Catskills, haunted trails, or other unexplainable sights and sounds in the mountains. I don't put much stock in such things as I believe there is a rational explanation for nearly everything. However, I did have one experience in the Catskills that left me thinking that there was "something out there" that defied explanation.

THE SETTING

One Friday afternoon in the summer of 1977 I headed to Echo Lake for a solo overnight camping trip. Echo Lake had been my favorite Catskill destination for nearly ten years and I had been there many times with the Boy Scouts, family, friends, and by myself. I had loaded my backpack the night before and as soon as I got home from work I changed out of my kitchen whites and into what was considered usual hiking attire at that time for a teenage, low budget hiker; a polyester T-shirt, cotton bluejeans, and work boots. I hopped into the car and headed for Plattekill Clove, just 35 minutes away. My goal was to get to the lake before dark, which would be about 8:00pm on this clear, summer evening. I was hoping to get the lean-to, but I packed my tent just in case the lean-to was taken and I wanted

to get there with enough daylight to pitch it. My gear included a Rayovac flashlight powered by two big D batteries. (Hiking headlamps were virtually unknown at the time. Headlamps were big cumbersome things with external batteries used by coal miners and cavers, not hikers.)

THE SET-UP

As usual, I was running late and as I pounded up the trail from Devil's Kitchen my mental calculations were telling me that it would probably be dark by the time I got to the lake. When I rounded Codfish Point the sun was already behind Plattekill Mountain to my right. The Hudson Valley floor stretching out beneath me on the left was still clearly visible through the trees, but lights were beginning to come on here and there. The climb was behind me now and the trail leveled off into an old carriage road running along the Great Wall of Manitou. There was still enough light to move quickly without tripping and I opened the throttle another notch to make up for lost time.

As I focused on keeping up my pace a tingle suddenly shot up the back of my neck and I was overcome with the sensation that I was being watched. I stopped, turned my head slowly to the right, scanning the forest, studying the shapes and



Echo Lake and lean-to. Photo courtesy of Harold Oakhill ▲

◀ *Sunset on Echo Lake. Photo courtesy of Harold Oakhill*

shadows in the half-light of evening. And there it was. My heart skipped a beat as I stared at the black silhouette of a human figure leaning against a boulder about 40 feet up the slope. Broad shoulders, no neck, a large head coming to a rounded point at the top; by that time the image of Big Foot was part of the public consciousness. Everyone "knew" what it looked like. And now here it was, looking at me. Abject terror gripped my mind as I stared into the depthless void of that black silhouette.



sensation of being watched, and that image of the black human silhouette and the terror I felt in that moment was hard to erase. Moreover, experiencing suspicion, dread, terror, relief, and elation in the space of about five seconds had left me jittery. My senses were heightened now and I jumped a little at every sound. Every movement perceived out of the corner of my eye was met with a jerk of the head to the right or left. As the light faded, that image of the black human silhouette, and the fear of the unknown it evoked, kept popping into my mind.

My terror was instantly washed away by an overwhelming sense of relief as the figure turned its head to the left revealing a snout and the unmistakable profile of a black bear. It dropped to all fours and quickly ambled away up the slope. A bear! I had just seen my first bear in the Catskills! This was a big deal. The population of black bears in the region at that time had dwindled to fewer than a hundred animals. Catching a glimpse of one on a hike was a rare treat. And I had just seen one!

I had been set up perfectly for what was to happen next.

THE STING

I was still trying to make up time and was loath to stop for even a minute to dig out the flashlight. We don't let ourselves experience the dark anymore when we hike at twilight. With our LED flashlights and headlamps as bright as the headlight on a locomotive we light up the forest around us. But hiking without artificial light as a clear summer evening fades into night lets the eyes steadily adjust to the dark. I could see the trail in front of me well enough even as the light continued to fade. In the woods there is a moment at twilight just before everything goes black when whatever light is left seems to be coming from the forest itself. It is as if the trees are glowing softly. It was at that moment, as I was nearing the junction where the trail down to Echo Lake goes off to the right, moving as fast as I could in the gloom and wondering if I would be able to see the sign at the junction in the dark or if I should break out the flashlight, when I abruptly stopped. There was something on the trail in front of me.

A soft, fuzzy white orb, about the size of a volleyball, was hovering silently about four feet above the ground. It was about 20 feet in front of me and seemed to be glowing softly. I squinted, but couldn't get it into focus. There was nothing above it and nothing below it. It was just hovering. It moved a little to the left, then back to the right. What could it be? Suddenly the air was split by a loud, soul-piercing, woman-being-murdered scream! In the same instant the white orb shot straight up, arced to the left, fell beside the trail with a crash, bounced up to the left again and disappeared. And all was silent.

"WHAT WAS THAT!!" I screamed involuntarily.

With my heart pounding my mind whirled as I struggled to

“My heart skipped a beat as I stared at the black silhouette of a human figure leaning against a boulder about 40 feet up the slope.”

I smiled as I resumed my quick walk through the fading light. I was elated at having seen a bear, and I laughed at how scared I was when I first saw it. I had been taught that I had nothing to fear from a Catskill black bear. They were shy, timid creatures who generally wanted nothing to do with humans. But the



rationalize what had just happened. Animal? Geological? Meteorological? Spiritual? Poltergeist? A ghost? Ball lightning? Swamp gas? An alien? Nothing in my experience, nothing I had ever read, heard about or even imagined could explain what I had just seen and heard. Nothing! Flashlight out now, I ran the remaining three quarters of a mile to Echo Lake. I shone the light right, left, back, up, yelling at every shadow. If there was anything else out there it was gonna hear me comin'!

I found the lean-to empty and was grateful that I would have three walls and a roof around me leaving just one flank to watch. The thought of being cocooned in a tent with no visibility as to what was outside was not appealing.

THE LONG SLEEPLESS NIGHT

I laid out my sleeping bag and settled in. But sleep was impossible. The feeling of being watched, the black, featureless human silhouette, the bear, the glowing white orb, *that scream*; it all kept replaying over and over in my mind, looking for resolution and finding none.

But it wasn't just my overwrought imagination that was keeping me up. If I was looking for an opportunity to experience wildlife I had come to the right place.

First, I met the resident porcupine. At that time the Catskills were well populated with porcupines and *every* lean-to had a "caretaker" porcupine that lived under the floorboards. They feasted on the food scraps and other garbage left by thoughtless campers, and were known to go through unattended backpacks. But what they really loved was cans. Aside from the flavor of whatever had been in the can, they seemed to enjoy gnawing on them. The theory was that it helped sharpen their teeth, or perhaps they just liked the taste of metal. The porcupines would drag cans into their burrow under the lean-to and happily gnaw away at them, usually in the middle of the night right under your head while you were trying to sleep. (They also loved trail markers, which were painted aluminum disks at that time. The porcupines would gnaw them right down to the nail in the center of the disk. The rangers and trail maintainers couldn't keep up and on some trails you could hike quite a distance seeing nothing but nail heads with a little nib of chewed metal where trail markers had been.) The Echo Lake caretaker came out and took a look at me and my pack, clearly making note of the location of the pack so he could come back later when I was asleep. He then went back to the basement, selected a can, and settled in for a good gnaw.

At around midnight the Echo Lake United Soccer Club arrived for their nightly game. This consisted of two teams of field mice (I think they were field mice.) The lean-to floor was the pitch

and the fact that I was lying across the middle of it didn't seem to matter. They raced back and forth from one side of the lean-to to the other, skittering over me in my sleeping bag with each pass.

An owl began hunting around the lake, its hoots coming from one side of the lake, then the other, then far away at the other end, THEN RIGHT OVER HEAD!

Around 1:00am two more porcupines arrived, made a thorough inspection of the fireplace in front of the lean-to, then joined their buddy in the basement and helped him sort his can collection.



Sunrise on Echo Lake . Photo courtesy of Harold Oakhill

This went on for much of the night in a random cycle of skittering, gnawing, rattling, and hooting. Occasionally there was an unidentified sound from the forest in front of the lean-to and I would scan the darkness with the flashlight and give a yell hoping to frighten away whatever it was. There were also moments when everything was quiet. I would close my eyes, try to clear my mind and get to sleep. But just as I was about to doze off the glowing white orb and that scream would come crashing into my consciousness, my eyes would fly open and I would think, “*What was that?!*” I would look into the blackness outside the lean-to and know that whatever it was, it was still out there.

Around 2:00am, the owl, or perhaps some other predator, caught something. The poor creature screamed, a long, agonizing, gurgling scream that slowly faded away along with its life. I squirmed deeper into my sleeping bag and hoped I wasn't the next victim.

At 4:00am, as the first hint of light brought a glow back to the forest, the Dawn Chorus began. It was as if every bird in the Catskills had gathered at Echo Lake for choir practice. Softly at first, with individual calls and songs, it grew louder as the light grew brighter and more and more birds joined, growing to a crescendo with so many different calls, chirps, tweets, and songs it was not possible to tell them apart. It was loud, raucous, beautiful, and it made sleep completely impossible. The chorus gradually subsided as sunlight filled the valley, and a new day was at hand. I crawled out of my sleeping bag, grateful that I had survived the night, and as I thought about it, grateful for so many wildlife encounters. It had been a memorable night.

But I wasn't grateful for that THING that had terrified me. The memory of it haunted me for months. It *had* to be something natural, but what?

THE REVELATION

A year later I was 30 minutes into a solo climb of Friday Mountain on an early July morning, bushwhacking my way up through the open, hardwood forest above Moonhaw, when I heard a commotion ahead and to the left a bit. A white tail deer, a doe, came into view, gracefully loping through the trees. She was heading right toward me and getting closer with every bound. I stood and watched her coming closer, waiting for the moment when she would see me. “This will be fun,” I thought. “Let's see how she reacts.”

On she came, right toward me, getting closer.

“She's gonna see me,” I thought.

And closer.

“Any second now.”

And closer.

“Any second now.”

And closer.

“Any second...She doesn't see me!”

“HEY!!!” I yelled.

All four hooves dug straight into the ground and she came to a red-hot stop three feet away. Ears twitching, eyes bulging, nostrils flaring; she clearly hadn't seen me and was now petrified with fear, standing face to face with a two-legged



monster. We stood there blinking at each other for a moment and I was just about to try and touch her when she cut loose with a loud, soul-piercing, woman-being-murdered scream that took me straight back to the Echo Lake Trail a year earlier. In the same instant she shot straight up, turned 180 degrees in mid-air, hit the ground and bounded off in the direction from which she had come, her white rump looking like a fuzzy white orb bouncing through the forest. All the pieces suddenly fell into place. "It was a *deer!*," I blurted out loud. I now knew what had happened. Hustling, evidently rather quietly, along the trail in the fading light I had come up behind a white tail deer standing in the middle of the trail. In the gloom all I could see was its white rump, which appeared as a fuzzy white ball hovering about four feet above the trail. The deer must have turned and saw me, a two-legged monster, standing right behind it, and reacted in terror, which in turn caused the same reaction in me!

So it wasn't a ghost, or an apparition, or an alien, or ball lightning, or swamp gas, or any of the other bizarre notions I came up with to rationalize what I had seen. It was just a deer, doing what a deer does when it is startled. There was a perfectly rational explanation and everything was right in my world again. Except for one thing; my encounter with the bear was preceded by that undeniable feeling that I was being watched. We've all felt it, and I can't explain it.



Harold Oakhill, #283 W1244, has been hiking in the Catskills since a Boy Scout backpacking trip to Echo Lake in 1968.



CATSKILL MOUNTAINS IN VERSE

by Rhymer Climber

Eagle

*Setting foot into Fall's cooler 'clime'
Painting Hobble with colors sublime
Two good friends meander Haynes...
Sign Eagle's 'can' with no pains
Return to Rider to write down this Rhyme*

Sherrill

*Late August a friend's final Peak
Stinging nettles as high as your cheek
Sharped spiked raspberry flora
Sums up Sherril's true aura
Lets descend in the salve of the creek!*

Windham High Peak

*The mountain was Windham Peak
Seven hikers the summit did seek
Through fog, mud, wind and rain...
Ahh. Nature's lovely refrain...
Left a smile that spread cheek to cheek!*

Healing Myself **NATURALLY** Hiking the Catskill High Peaks

by Lorraine Anderson #3557 W1391



**“
I love to
experience
nature quietly,
with all my
senses, taking
in every ounce
of its beauty
into my soul”**

My love for nature began as soon as I could walk, it was a deep desire inside of me. My love of going out into the woods was an internal force that embodied me so fully that it called to me daily, years before I was old enough to go to school. I would venture out into the woods that surrounded our house, alone, only 2 years old, with my ‘Peanuts’ lunch box. Our house was surrounded by woods. I would say that I was ‘out of kisses’ and needed to go out in the woods to get more. This was a very happy time in my life and I remember it fondly. I did not live in the Catskills at the time, but in Putnam County. I was only able to enjoy the woods as a very little girl because the woods surrounding us were soon developed with other houses.



My life went by for decades without hiking. I tried to fit into the world I was born into. It wasn't until I met my boyfriend Kevin, 8 years ago, that my love for nature was reawakened and more fully than ever. I remember the first time he took me hiking in the Catskills, I loved it so much and he could tell it was huge for me. He sang to me as we hiked, ‘Rocky Mountain High’ by John



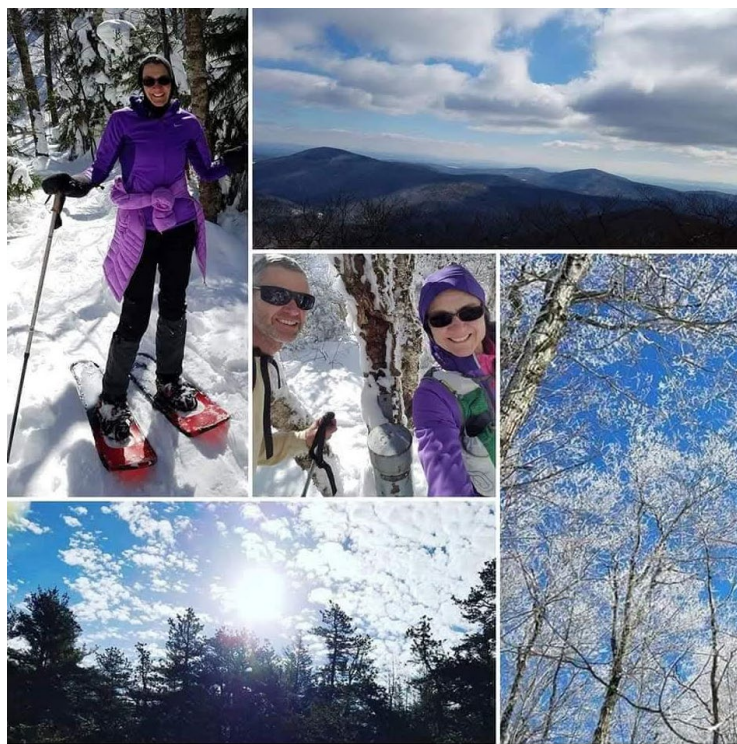
Denver, but changed the words for me, he sang, “She was born in the summer of her 50th year, coming home to a place she'd never been before. She left yesterday behind her, you might say she was born again, you might say she found the key to every door.”

I moved up to the Catskills in 2019.

In 2020, I was diagnosed with several severe medical diagnoses including Leukemia cancer, a rare type with a 5 year life

expectancy. Thankfully, I have been successfully healing myself naturally. My natural healing encompasses a lot more than just hiking in the Catskills, it's an entire lifestyle that I adhere to, but hiking the Catskills high peaks is an important piece of my natural healing.

I absolutely love hiking the high peaks. I find that the combination of challenging myself to get up the mountain as quickly as possible, along with enjoying nature with all my senses, and fully immersing myself in the experience is so important for healing. Way up high in the mountains, is where I find it to be particularly healing, more so than just hiking



somewhere else. I can feel the difference. I love to experience nature quietly, taking in every ounce of its beauty into my soul. I also enjoy hiking with friends because I really enjoy socializing with them, and that is an important part of healing too, but in a smaller way. The big gains in healing come mainly from hiking quietly, whether it's solo or with a friend. It's the process of allowing yourself to fully immerse yourself in nature and soak up all of its magical healing powers.

I encourage anyone who needs any kind of healing, whether it's physical or emotional, to enjoy nature quietly and use all your senses to allow the healing to seep into your soul and fill you up, especially where you may feel broken. You can heal naturally. You must believe that you can. Healing starts from within, in your thoughts. Your environment has the ability to help you heal, but it's your mindset that begins the process. Wishing you all the best always. Happy trails.

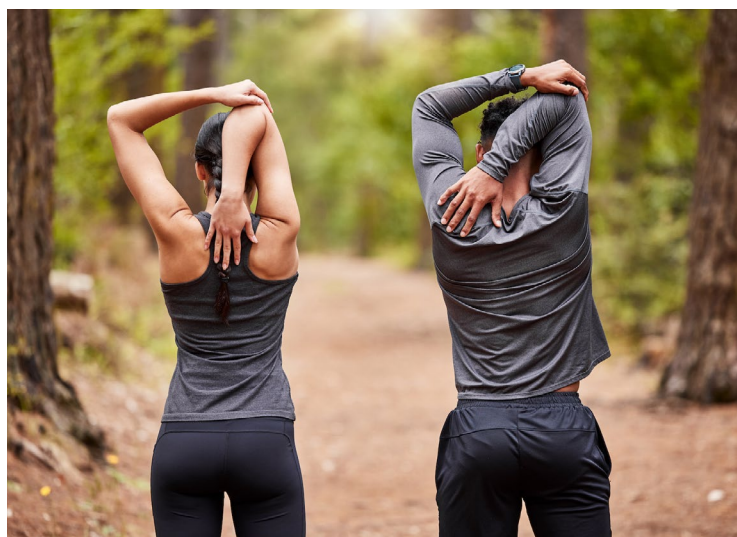


Nearby Colgate Lake

by Henry Dircks

*I'd have loved to dawdle,
in the meadow
by the trailhead,
long enough to identify
more than just
the ubiquitous asters,
goldenrods and
Queen Anne's Lace,
waist-high
and crowding the foot path...
were it not for
the ticks,
lying in wait.*





Trail Recovery: Simple Ways to Bounce Back After a Hike

by Scott Silverman of Soma Grove

Hiking is a demanding activity—your joints, muscles, and nervous system all put in a lot of work to carry you over uneven terrain. It's normal to finish a hike feeling sore, inflamed, or fatigued. Long days on the trail can also tax your nervous system, affecting coordination, energy, and overall well-being. Having some recovery tools and habits in place can make a big difference in how you feel afterward, and how quickly you're ready for your next hike.

Gentle stretching, staying hydrated, and eating well in the days leading up to a hike set a good foundation. On the morning of, a bit of movement—like leg swings, hip circles, or a short walk—helps wake up your muscles and nervous system. Afterward, light stretching, hydration, and nourishing food all support recovery. Keeping your body moving gently in the days following is also helpful.

Some people also incorporate therapies like cryotherapy and infrared saunas into their routine. These can reduce inflammation, relax muscles, improve circulation, and support the nervous system's ability to reset after physical effort. While not necessary for everyone, they can be useful tools for hikers looking to enhance recovery and resilience.

Scott Silverman, has a background in wellness and a special interest in how recovery practices can support both health and performance. He enjoys exploring ways that people can stay active, resilient, and ready for their next adventure. If you're curious to explore these kinds of therapies, Soma Grove offers recovery options in Woodstock—and Catskill 3500 Club members receive \$10 off any recovery protocol when booking online at www.soma-grove.com with the code **CATSKILL3500HIKERS10**.

CLUB THREADS!



This is your chance to show off your membership and pride in conquering all of the Catskill High Peaks with exclusive apparel that lets you wear your achievement with honor.

Discover a range of high-quality apparel, from moisture-wicking shirts and half-zips to cozy hoodies, wool sweaters, hats, and more — perfect for all your outdoor adventures. With a variety of fabrics, colors, and sizes to choose from—including apparel for our younger mountaineers—there's truly something for everyone!

And there's more good news: 15% of every purchase goes directly back to support the Catskill 3500 Club. Proceeds will help important programs like our Trailhead Stewardship Program, Trail Maintenance and Adopt-A-Highway efforts, conservation initiatives and support our all-volunteer Catskill Mountain Search and Rescue team.

Set the pace with flair and represent the Catskill 3500 Club in style.

As always, your support means MOUNTAINS to us. Thank you!

Shop the Store Now:

Visit catskill3500club.org and click on Club Apparel

Shop by QR Code:



CATSKILL 3500 CLUB MEMBERS - 2025 / 3Q

NUMBER	NAME	DATE	LAST PEAK
4687	Allison Defibaugh	06/08/2025	Wittenberg
4688	Anna Dvorak	06/08/2025	Windham
4689	Christian Tucker	05/17/2025	Kaaterskill
4690	Zuzana Bystrianska	06/01/2025	Twin
4691	Mark A Frodyma	06/13/2025	Peekamoose
4692	Matthew Chmil	06/19/2025	Sugarloaf
4693	Mark Felice	06/20/2025	Rocky
4694	John Loughlin	06/19/2025	Kaaterskill
4695	Derek Hunter	06/20/2025	Balsam
4696	J. Boulay	06/28/2025	Sugarloaf
4697	Ayisha Taylor	05/18/2025	Peekamoose
4698	Alexandra Boardway	06/26/2025	Rocky
4699	Skip Hoover	06/25/2025	Slide
4700	Matt O'Neill	07/01/2025	West Kill
4701	Nick Houselog	06/29/2025	Fir
4702	Michael Rabich	07/03/2025	West Kill
4703	Ewa Slowakiewicz	06/01/2025	Blackhead
4704	Anna Goyette	06/30/2025	Fir
4705	Christopher Austen	07/09/2025	Panther
4706	Jordan Thompson	06/20/2025	West Kill
4707	David Terner	06/03/2025	Rusk
4708	Angelo Pieros	11/11/2025	Balsam
4709	Thomas Burrell	07/03/2025	Plateau
4710	Ben Cournoyer	07/05/2025	Balsam Lake
4711	Youjin Hong	07/05/2025	Balsam Lake
4712	John Baranowski	07/12/2025	North Dome

NUMBER	NAME	DATE	LAST PEAK
4713	Brad Gawron	07/19/2025	West Kill
4714	Abe Uchitelle	01/19/2025	Slide
4715	James S Bourne	07/20/2025	Rusk
4716	Timand Bates	07/16/2025	Kaaterskill
4717	Derek DiGuglielmo	07/24/2025	Rocky
4718	Matthew Guzowski	07/24/2025	Panther
4719	Sydney Schupper	08/02/2025	Halcott
4720	Landon Cordova	03/07/2025	Blackhead
4721	Conor Callagy	08/07/2025	Friday
4722	Ronan Callagy	08/07/2025	Friday
4723	Megan Grosmark	08/10/2025	West Kill
4724	Steven Grosmark	08/10/2025	West Kill
4725	Brianna Duncan-Lowery	09/16/2025	Rusk
4726	Jeffrey Duncan-Lowery	09/16/2025	Rusk
4727	Tim Gillett	04/13/2025	Balsam Lake
4728	Kamil Dyrda	08/12/2025	Wittenberg
4729	Emily Carter	08/19/2025	Balsam
4730	Saule Juskelyte	08/19/2025	Balsam
4731	Carly Kennedy	08/23/2025	Balsam
4732	Jess Delaney	08/21/2025	West Kill
4733	Max Gruner	08/31/2025	Balsam lake
4734	Natalia Zotova	08/31/2025	Windham
4735	Lev Gorlov	08/31/2025	Windham
4736	Victor Gorlov	08/31/2025	Windham
4737	David Gutenmann	08/30/2025	Balsam Lake
4738	Nicole Baranowski	07/12/2025	North Dome

LIFE MEMBERS

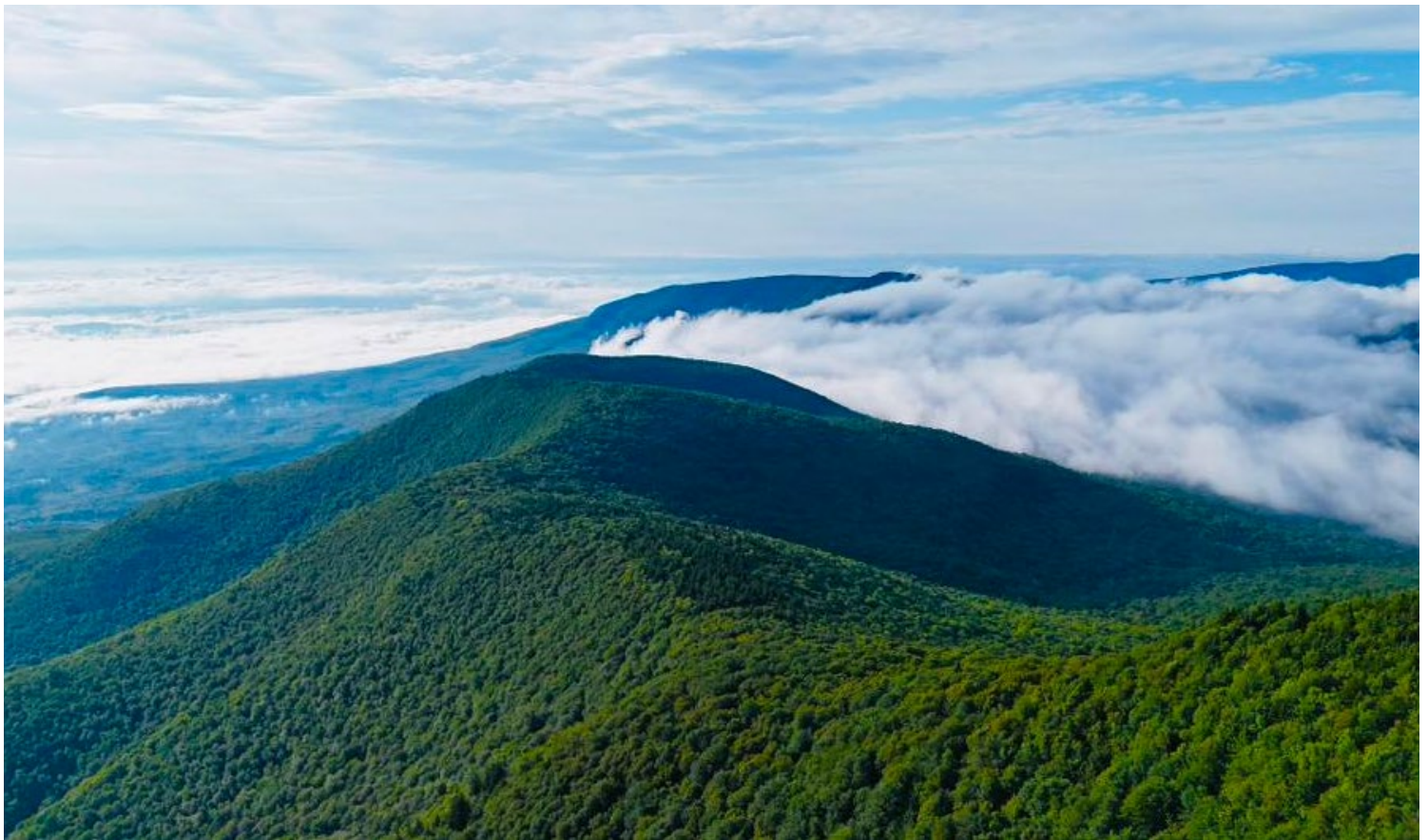
2310	Kellie Rossner	4691	Mark A Frodyma	4727	Tim Gillett	ASP	Paul Gregory
2489	Brian Reilly	4694	John Loughlin	4732	Jess Delaney	ASP	Frank Iannone
2601	Georg Budenbender	4696	J. Boulay	ASP	Timothy Mulvey		
2825	Nathan Wilson	4709	Thomas Burrell	ASP	Stewart Meyers		

NEW WINTER MEMBERS

NUMBER	NAME	REGULAR #	DATE	LAST PEAK
1730	Tom DeSimone	2798	02/22/2025	Kaaterskill
1731	Karyn Libretto	3899	03/02/2025	Big Indian
1732	Sean Kramer	3980	02/23/2025	Fir



Sunrise over Eastern Devil's Path, from Slide Mountain. Photo courtesy of Sebastian Seebacher #4645 W1720



Above the clouds. Blackhead - Black Dome - Thomas Cole. Photo courtesy of Georgios Alan

THE CATSKILL 3500 CLUB GROUP HIKE: PRINCIPLES & GUIDANCE



Familiarize yourself with the seven Leave No Trace Principles for all your hikes.

- 1** Plan Ahead and Prepare
- 2** Travel and Camp on Durable Surfaces
- 3** Dispose of Waste Properly
- 4** Leave What You Find
- 5** Minimize Campfire Impacts
- 6** Respect Wildlife
- 7** Be Considerate of Other Visitors



THE CATSKILL 3500 CLUB'S HIKING CREDO INCLUDES THREE BASIC PRINCIPLES:

- 1** Follow the Rules
- 2** Use your Map & Compass
- 3** Know your Limitations

THE CLUB ALSO PROMOTES THE ADHERENCE TO THE HIKESAFE HIKER RESPONSIBILITY CODE.

hikeSafe encourages hikers to be prepared:



- ✓ with knowledge and gear
- ✓ to leave your plans
- ✓ to stay together
- ✓ to turn back for emergencies
- ✓ to share the hiker responsibility code with others

Assumed Risk

Cool Weather & Summer

Hiking involves certain inherent risks and persons participating do so at their own risk. In cool weather, hike participants should avoid cotton clothing, as it retains dampness and the resulting chill can result in hypothermia, which can lead to death. In summer participants should have available in their pack garments of wool or fleece and a headlamp, should one have to unexpectedly spend the night in the mountains. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion.

Cold Weather & Winter

Hiking involves certain inherent risks and persons participating do so at their own risk. In cold weather, hike participants should avoid cotton clothing, as it retains dampness and the resulting chill can result in hypothermia, which can lead to death. Instead, wear (and have available in your pack) garments of wool or fleece. Silk or polypropylene make the best base layers, as they tend to wick moisture away from the body. Hats, gloves and a headlamp must be part of the standard fall kit. Ice and snow can come early and unexpectedly to these peaks; if there is any doubt about the conditions that may be encountered, each hiker is strongly advised to bring traction aids to the trailhead; the leader may advise that these do not have to be taken on the hike, but be aware that while there may be bare ground at the trailhead, there is often very significant ice and snow as the elevation increases, which could result in those improperly prepared being sent back. The hike leader may specify required clothing or gear for a hike. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion. Fall in the Catskills is not to be treated lightly.

Hike Pace

Pace is indicated as one (or a range) of the following, based on the intended moving pace. It should be understood that for any particular hike, actual pace is usually slower in steep/icy/difficult terrain or while bushwhacking.

Relaxed (1 mph or less)
Moderate (about 1.5 mph)
Quick (about 2 mph)
Fast (faster than 2 mph)

Rating System

Please be advised that the hikes listed herein would most likely be rated more difficult by clubs who hike in non-mountainous terrains. Club hikes may be canceled at the hike leader's discretion if dangerous weather conditions exist. When in doubt (heavy rain, high winds, or other serious weather conditions), please contact your hike leader.

Group Size

Maximum group size is limited to **12 persons** including hikers and leaders, but a leader may specify a smaller groups size. During fledgling season (June 1-July 15), hikes on trailless peaks will be limited to **8 hikers. The minimum group size is 3.** The hikes listed here and on the online events calendar are official Catskill 3500 Club hikes. Any other advertised hikes to the 3500 peaks are private hikes and, while they can count for membership to the Club, the Club is not affiliated with those hikes.

Private Property

All Catskill 3500 Club hikes respect "No Trespassing" signs and the owners' wishes in such regards; leaders shall obtain permission to cross private property when so required. Identify private property via the NYNJTC Catskill Trail maps (2023 13th edition), and determine property ownership via online county tax maps.

Blaze Orange Alert

Please refer to this DEC link (<https://www.dec.ny.gov/outdoor/65231.html>) for the summary of hunting seasons. Wear orange, avoid white and remember the same for your four-legged hiking companions!

HIKE SCHEDULE - OCTOBER 2025

The Catskill 3500 Club hike schedule is developed and printed three months in advance. While we strive to provide accurate and up-to-date information, please be aware that hikes may be subject to change. Always check the Catskill 3500 Club website for the latest updates, including any additions, changes, or cancellations. Thank you for your understanding and flexibility.

Sat. Oct. 4 - WINDHAM - BAREFOOT HIKING INTRO w/ KEN POSNER

Distance: 6.1 mi. Ascent: 1525', Elev: 3525'

This is an intro to barefoot hiking with Ken Posner (Bring Your Hiking Shoes!)

Relaxed pace barefoot trail hike.

Registration Period: Open

Leaders: Michael Bongar #2173 W994 & Ken Posner #2573 W1108

posnerk@gmail.com

michael@bongarbiz.com

Tue. Oct. 7 - HUNTER & SW HUNTER

Distance: 10.3 mi. Ascent: 2275', Elevs: 4030', 3753'

A diversity saunter in the woods of biology, geology, history.

Relaxed paced hike. Beginners welcome.

Registration Period: Open

Leaders: Moe Lemire #2921 W1667 and Vicki Ferreira #4014

Moejlemire@gmail.com (508) 277-3172

Sun. Oct. 5 - SUGARLOAF

Distance: 7.1 mi. Ascent: 2070', Elev: 3783'

Relaxed pace. Target 1.1 to 1.4 mph

Registration Period: Open

Leader: Roger Green #2627 W1383

roggr5959@gmail.com - 914-388-2444

Sun. Oct 5 - HUCKLEBERRY POINT - Tree & Invasives Identification

Distance: 4.6 mi. Ascent: 1154', Elev: 2500'

Relaxed pace. Beginners welcome.

(Not required for 3500 Club membership.)

Registration Period: Open

Leaders: Mike Siatkowski #4134 & Maria Orchard #4120 W1584

MJOrchard21@gmail.com

Sun. Oct. 5 - FRIDAY, BALSAM, CAP, ROCKY, LONE, TABLE & PEEKAMOOSE

Distance: 12 mi. Ascent: 5000', Elevs: 3692', 3608', 3487', 3700', 3825', 3819'

Long, challenging bushwhack and trail hike.

Best suited for experienced hikers.

Will traverse at a slower pace and a shuttle is required.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com 201-669-9361

Tue. Oct. 7 - HALCOTT, VLY & BEARPEN

Distance: 3.5 mi. Ascent: 1700', Elev: 3509' (Halcott)

Distance: 6.5 mi. Ascent: 2100', Elevs: 3541', 3587' (Vly & Bearpen)

Short Steep Bushwhack followed by Moderate Bushwhack/

Trailed Hike. Hike one or both.

Registration Period: Open

Leader: Maple D'Angelo #2910 W1168

nmdange@live.com

Sat. Oct. 11 - WEST KILL, NORTH DOME, & SHERRILL

Distance: 12.0 mi. Ascent: 3900', Elevs: 3898', 3605', 3558'

Strenuous, very challenging trail hike and bushwhack at a moderate to quick pace. Shuttle required. Best suited for experienced hikers.

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Sat. Oct. 11 - PANTHER

Distance: 6.5 mi. Ascent: 1981', Elev: 3724'

Moderate paced trail hike.

Beginners welcome.

Registration Period: Open

Leader: Sean Boyle #4481

smbelectric72@yahoo.com

Sat. Oct. 11 - HALCOTT

Distance: 4 mi. Ascent: 1650', Elev: 3509'

Relaxed to Moderate Pace.

Registration Period: Oct 3-10

Leader: Lyn W. #2865 W1312

catskill35r@gmail.com

Sun. Oct. 12 - TABLE & PEEKAMOOSE

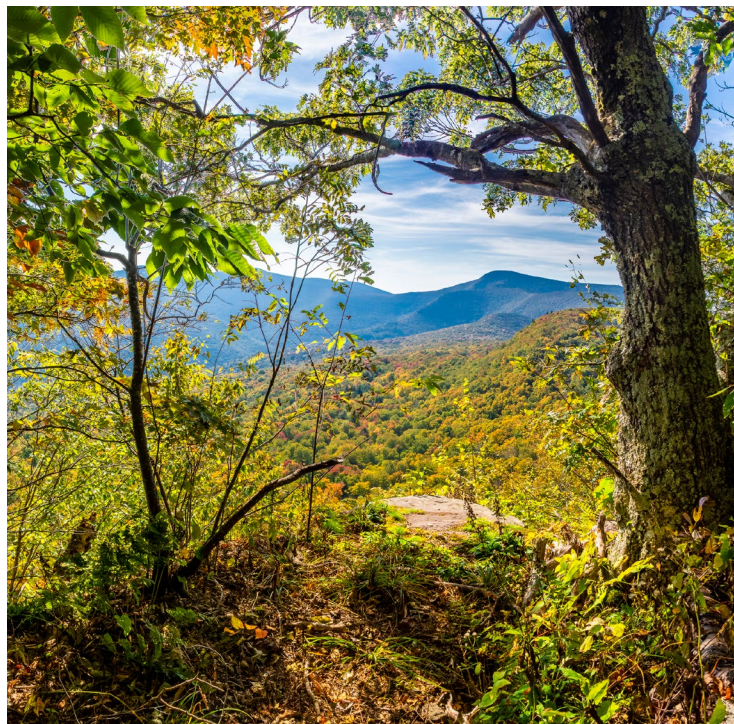
Distance 9.6 mi. Ascent: 2846', Elevs: 3825', 3819'

Relaxed pace. Beginners welcome.

Registration Period: Open

Leaders: Ira Orenstein #415 W777, Karen Bloom #1733 W776

ksbiho@aol.com (preferred) 914-262-5816



Slide from Panther. Photo courtesy of Steve Aaron #3199

HIKE SCHEDULE - OCTOBER 2025

Sun. Oct. 12 - BLACKHEAD, BLACKDOME, & THOMAS COLE

Distance: 8 mi. Ascent: 2800', Elevs: 3950', 3994', 3940'

Moderated paced trail hike with great views.

Car shuttle required.

Beginners welcome.

Registration Period: Oct. 5-11.

Leader: Tonda Highley #1944 W857

Thighley1944@gmail.com

Mon. Oct. 13 - MILL BROOK RIDGE & BALSAM LAKE

Distance: 9.0 mi. Ascent: 2200', Elevs: 3465', 3729'

Challenging trail hike to fire tower at a moderate pace.

Shuttle required (Alder Lake to Beaverkill Rd).

Beginners welcome.

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Thurs. Oct. 16 - DRY BROOK RIDGE via HUCKLEBERRY LOOP

Distance: 14.0 mi. Ascent: 3200', Elev: 3465'

Long, challenging trail hike at a moderate to quick pace. Best suited for experienced hikers. (Not required for 3500 Club membership.)

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Sat. Oct. 18 - SOUTHWEST HUNTER & THE FENWICK LUMBER CO. RAILWAYS

Distance: approx 7.5 mi. Ascent: 1653', Elev: 3753'

Bushwhack and trail hike at a moderate pace to explore the Fenwick Lumber Co. railways around the headwaters of the West Kill. We will also summit Southwest Hunter.

Best suited for experienced hikers.

Registration Period: Open

Leader: Harold Oakhill #283 W1244

hoakhill@gmail.com

Sun. Oct. 19 - NORTH DOME & SHERRILL

Distance: 7 mi. Ascent: 3100', Elevs: 3606', 3558'

Challenging and difficult hike. Best suited for experienced hikers.

Will traverse at a slower pace.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com 201-669-9361

Wed. Oct. 22 - RED HILL FIRE TOWER

Distance: 4.0 mi. Ascent: 1200', Elev: 2990'

Easy trail hike to fire tower at a relaxed to moderate pace.

Beginners welcome. (Not required for 3500 Club membership.)

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Sat. Oct. 25 - MOUNT TREMPER FIRE TOWER

Distance: 10.0 mi. Ascent: 3600', Elev: 2724'

Challenging trail hike to fire tower plus extended hike via Warner Creek Trail at a moderate to quick pace. Shuttle required (Plank Rd to Notch Inn Rd). Best suited for experienced hikers.

(Not required for 3500 Club membership.)

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Sat. Oct. 25 - SLIDE, CORNELL & WITTENBERG

Distance: 10.2 mi. Ascent: 3800', Elevs: 3780', 3860', 4180'

Moderate paced shuttle trail hike.

Registration Period: Open

Leader: Sean Boyle #4482

smbelectric72@yahoo.com

Sat. Oct. 25 - WESTKILL, NORTH DOME & SHERRILL

Distance: 10+ mi. Ascent: 3853', Elevs: 3898', 3605', 3558'

Strenuous bushwhack and trail hike at a moderate to quick pace.

Shuttle required.

Registration Period: Open

Leader: Maple D'Angelo #2910 W1168

nmdange@live.com

Sun. Oct. 26 - BALSAM & EAGLE

Distance 9.4 mi. Ascent 2700', Elevs: 3607', 3583'

Relaxed-moderate pace.

Registration Period: Oct. 18 - 25

Leader: Lyn W. #2865 W1312

catskill35r@gmail.com

Tues. Oct. 28 - OVERLOOK MOUNTAIN FIRE TOWER

Distance: 11.0 mi. Ascent: 2200', Elev: 3140'

Long, challenging trail hike to Codfish Point, Echo Lake, & Overlook Fire Tower at a moderate to quick pace. Shuttle required (Platte Clove to Meads Meadow). Best suited for experienced hikers. (Not required for 3500 Club membership.)

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Sign up for a 3500 Club hike:

catskill3500club.org/hike-schedule

Or scan the QR code:



All Official Catskill 3500 Club hikes may not be republished without written consent from the Board of Directors

HIKE SCHEDULE - NOVEMBER 2025

Sat. Nov. 1 - FIR, BIG INDIAN, EAGLE, & BALSAM

Distance: 14.0 mi. Ascent: 3600'; Elevs: 3629', 3699', 3583', 3607'
Strenuous, very challenging bushwhack and trail hike at a moderate to quick pace. Shuttle required. Best suited for experienced hikers.

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Sat. Nov. 1 - BLACKHEAD, BLACKDOME, & THOMAS COLE

Distance: 8.3 mi. Ascent: 3153'; Elevs: 3940', 3994', 3953'

Relaxed pace trail hike; shuttle required

Registration Period: Open

Leader: Michael Bongar #2173 W994

michael@bongarbiz.com

Sun. Nov. 2 - TWIN & INDIAN HEAD

Distance: 7.5 mi. Ascent: 2320'; Elevs: 3650', 3573'

Relaxed to Moderate pace. Target 1.1 to 1.4mph

Registration Period: Open

Leader: Roger Green #2627 W1813

roggr5959@gmail.com - 914-388-2444

Wed. Nov. 5 - PANTHER

Distance: 7.0 mi. Ascent: 2000'; Elev: 3724'

Moderately challenging trail hike at a moderate pace.

Beginners welcome.

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Wed. Nov. 5 - NORTH DOME

Distance: 6 mi. Ascent: 1960'; Elev: 3605'

A diversity saunter in the woods of biology, geology, history.

Relaxed paced hike. Beginners welcome.

Registration Period: Open

Leaders: Moe Lemire #2921 W1667 and Vicki Ferreira #4014

Moejlemire@gmail.com (508) 277-3172

Sat. Nov. 8 - INDIAN HEAD & TWIN

Distance: 9.0 mi. Ascent: 2400'; Elevs: 3573', 3650'

Challenging trail hike with fun scrambles at a moderate pace.

Beginners welcome.

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Sat. Nov. 8 - PEEKAMOOSE & TABLE

Distance: 10 mi. Ascent: 2500'; Elevs: 3846', 3849'

Moderate paced trail hike.

Registration Period: Open

Leader: Sean Boyle #4482

smbelectric72@yahoo.com

Sat. Nov. 15 - PLATEAU & OLDERBARK

Distance: 8.7 mi. Ascent: 2548'; Elevs: 3835' and 3463'

Bushwhack and trail hike at a moderate pace.

Registration Period: Open

Leader: Harold Oakhill #283 W1244

hoakhill@gmail.com

Sat. Nov. 15 - PLATEAU, SUGARLOAF, TWIN, INDIAN HEAD

Distance: 9.5 mi. Ascent: 4300'; Elevs: 3835', 3783', 3650', 3573'

Trailed hike of 4 peaks of the Devil's path at a moderate to quick pace. Shuttle required.

Registration Period: Open

Leader: Maple D'Angelo #2910 W1168

nmdange@live.com

Sat. Nov. 15 - VLY & BEARPEN

Distance: 7.0 mi. Ascent: 2100'; Elevs: 3541', 3587'

Moderately challenging bushwhack and informal trail hike at a moderate pace. Beginners welcome.

Registration Period: Open

Leader: Stephen Tsang #4420 W1634

smtsang15@gmail.com

Sat. Nov. 22 - BALSAM & EAGLE

Distance: 9.5 mi. Ascent: 2700'; Elevs: 3607', 3583'

Long, challenging trail hike at a moderate pace.

Registration Period: Open

Leader: Sean Boyle #4481

smbelectric72@yahoo.com

Sun. Nov. 23 - RUSK, HUNTER & SW HUNTER

Distance: 12.4 mi. Ascent: 3150'; Elevs: 3680', 4030', 3753'

Relaxed pace via bushwhack and trailed sections, beginners

welcome with experience doing hikes over 10mi. previously.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com 201-669-936

Sun. Nov. 23 - BLACK DOME & THOMAS COLE

Distance: 6.2 mi. Ascent: 2200'+, Elevs: 3940', 3994'

Relaxed to Moderate paced trail hike.

Target is 1 to 1.3 mph overall (1.2 to 1.5 moving speed)

Leader: Roger Green #2627 W1813

roggr5959@gmail.com - 914-388-2444

Wed. Nov. 26 - FRIDAY & BALSAM CAP

Distance: 7.5mi. Ascent: 3100'; Elevs: 3692', 3608'

Steep bushwhack at a moderate pace

Registration Period: Open

Leader: Maple D'Angelo #2910 W1168

nmdange@live.com

Sat. Nov. 29 - BALSAM LAKE

Distance: 6 mi. Ascent: 1150'; Elev. 3729'

Relaxed paced hike. Beginners welcome.

Registration Period: Nov. 22-27.

Leader: Tonda Highley #1944 W857

THighley1944@gmail.com

HIKE SCHEDULE - DECEMBER 2025

Wed. Dec. 3 - HALCOTT

Distance: 3.5 mi. Ascent: 1800', Elev: 3509'
Short but steep, difficult bushwhack at a relaxed to moderate pace.
Beginners welcome.
Registration Period: Open
Leader: Stephen Tsang #4420 W1634
smtsang15@gmail.com

Fri. Dec. 5 - BEARPEN & VLY

Distance: 7.8 mi. Ascent: 2595', Elevs.: 3587' 3541'
A diversity saunter in the woods of biology, geology, history.
Relaxed paced hike. Beginners welcome.
Registration Period: Open
Leaders: Moe Lemire #2921 W1667 and Vicki Ferreira #4014
Moejlemire@gmail.com (508) 277-3172

Sat. Dec. 6 - PLATEAU & SUGARLOAF

Distance: 6.0 mi. Ascent: 2800', Elevs: 3835', 3783'
Very steep, demanding trail hike with scrambles at a moderate pace.
Best suited for experienced hikers.
Registration Period: Open
Leader: Stephen Tsang #4420 W1634
smtsang15@gmail.com

Sat. Dec. 6 - SLIDE

Distance: 5.6 mi. Ascent: 1734', Elev: 4184'
Trail hike at a moderate pace. Beginners welcome.
Registration Period: Open
Leader: Harold Oakhill #283 W1244
hoakhill@gmail.com

Sat. Dec. 6 - LONE & ROCKY

Distance: 10 mi. Ascent: 2500', Elevs: 3700', 3487'
Bushwhack at a moderate pace from Denning.
Registration Period: Open
Leader: Maple D'Angelo #2910 W1168
nmdange@live.com

Sun. Dec. 7 - BALSAM & EAGLE

Distance: 9.35 mi. Ascent: 2180', Elevs: 3607', 3583'
Moderate slow pace from Rider Hollow.
Beginners welcome.
Registration Period: Open
Leader: Christopher Leon Garibian #3881 W1474
christophergaribian@gmail.com 201-669-9361

Wed. Dec. 10 - BLACKHEAD, BLACK DOME, & THOMAS COLE

Distance: 8.5 mi. Ascent: 2700', Elevs: 3940', 3994', 3953'
Challenging trail hike at a moderate to quick pace.
Best suited for experienced hikers.
Registration Period: Open
Leader: Stephen Tsang #4420 W1634
smtsang15@gmail.com

Sat. Dec. 13 - WINDHAM

Distance: 7.5 mi. Ascent: 1800', Elev: 3525'
Easy-moderate trail hike at a moderate pace.
Beginners welcome.
Registration Period: Open
Leader: Stephen Tsang #4420 W1634
smtsang15@gmail.com

Sat. Dec. 13 - WITTENBERG, CORNELL & SLIDE

Distance: 10 mi. Ascent: 3600', Elevs: 3782', 3857', 4184'
Challenging hike with fantastic adventures and scrambles.
Best suited for experienced hikers.
Will traverse at a slower pace and a shuttle is required.
Registration Period: Open
Leader: Christopher Leon Garibian #3881 W1474
christophergaribian@gmail.com 201-669-9361

Sun. Dec. 21 - RUSK

Distance: 3.6 mi. Ascent: 1600', Elev: 3686'
Short but steep, difficult bushwhack at a relaxed to moderate pace.
Beginners welcome.
Registration Period: Open
Leader: Stephen Tsang #4420 W1634
smtsang15@gmail.com

Sun. Dec. 21 - BLACKHEAD

Distance: 5.2 mi. Ascent: 1772', Elev: 3940'
Relaxed pace. Target between 1.1 to 1.4 mph
Registration Period: Open
Leader: Roger Green #2627 W1383
roggr5959@gmail.com - 914-388-2444

Sun. Dec. 21 - NORTH DOME & SHERRILL

Distance: 8 mi. Ascent: 3100', Elevs: 3605', 3558'
Slow pace bushwhack.
Registration Period: Open
Leader: Michael Bongar #2173 W994
michael@bongarbiz.com

Sun. Dec. 21 - INDIAN HEAD & TWIN

Distance: 7.5 mi. Ascent: 2320', Elevs: 3573', 3650'
Moderated paced trail hike with views. Beginners welcome.
Car shuttle may be required.
Registration Period: Dec. 15-19.
Leader: Tonda Highley #1944 W857
Thighley1944@gmail.com

Sat. Dec. 27 - HUNTER & SW HUNTER

Distance: 10.6 mi. Ascent: 2300', Elevs: 4040', 3753'
Very steep, demanding trail hike to fire tower with an easy bushwhack at a relaxed to moderate pace. Shuttle required (Becker Hollow to Devils Tombstone).
Best suited for experienced hikers.
Registration Period: Open
Leader: Stephen Tsang #4420 W1634
smtsang15@gmail.com

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West Hurley, NY 12491

www.catskill3500club.org