

The Catskill Canister
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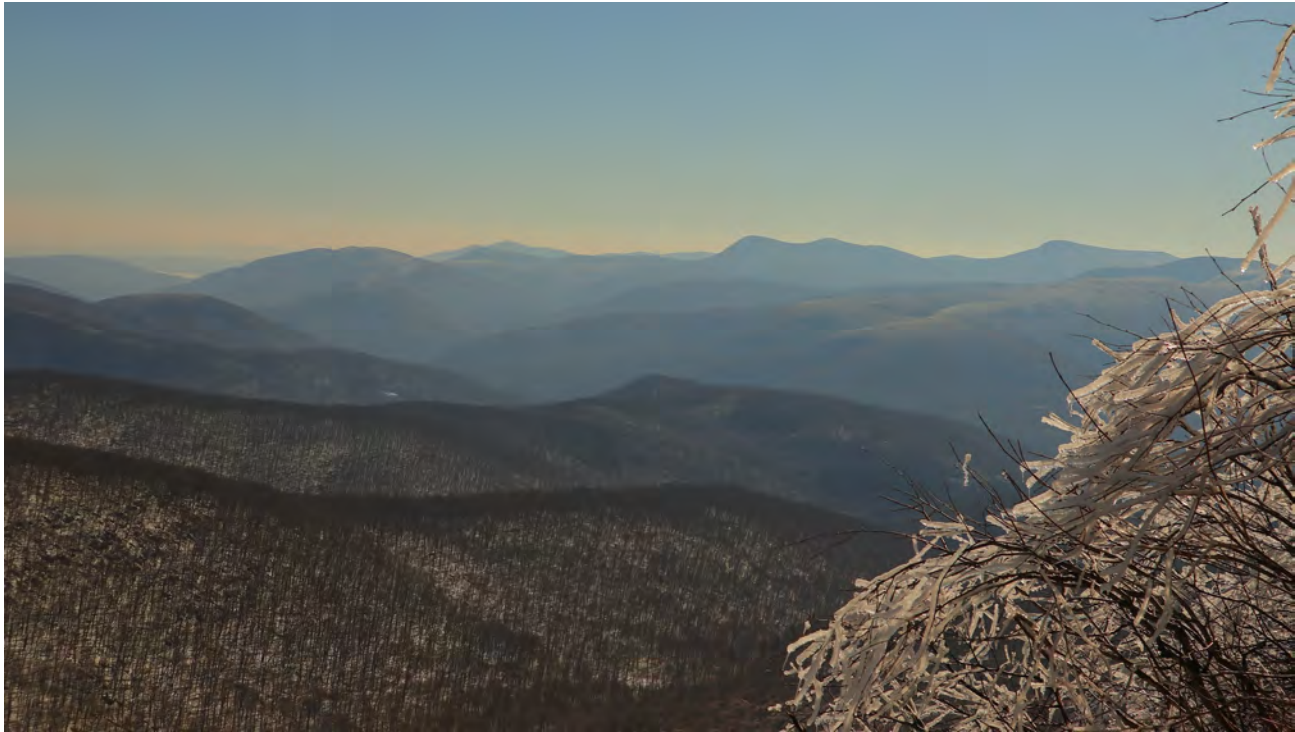


View from Panther. Photo by Siu Samantha Yuen #2894 W1311

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Sherrill view after an ice storm. Photo by Tony Versandi #1488 W637

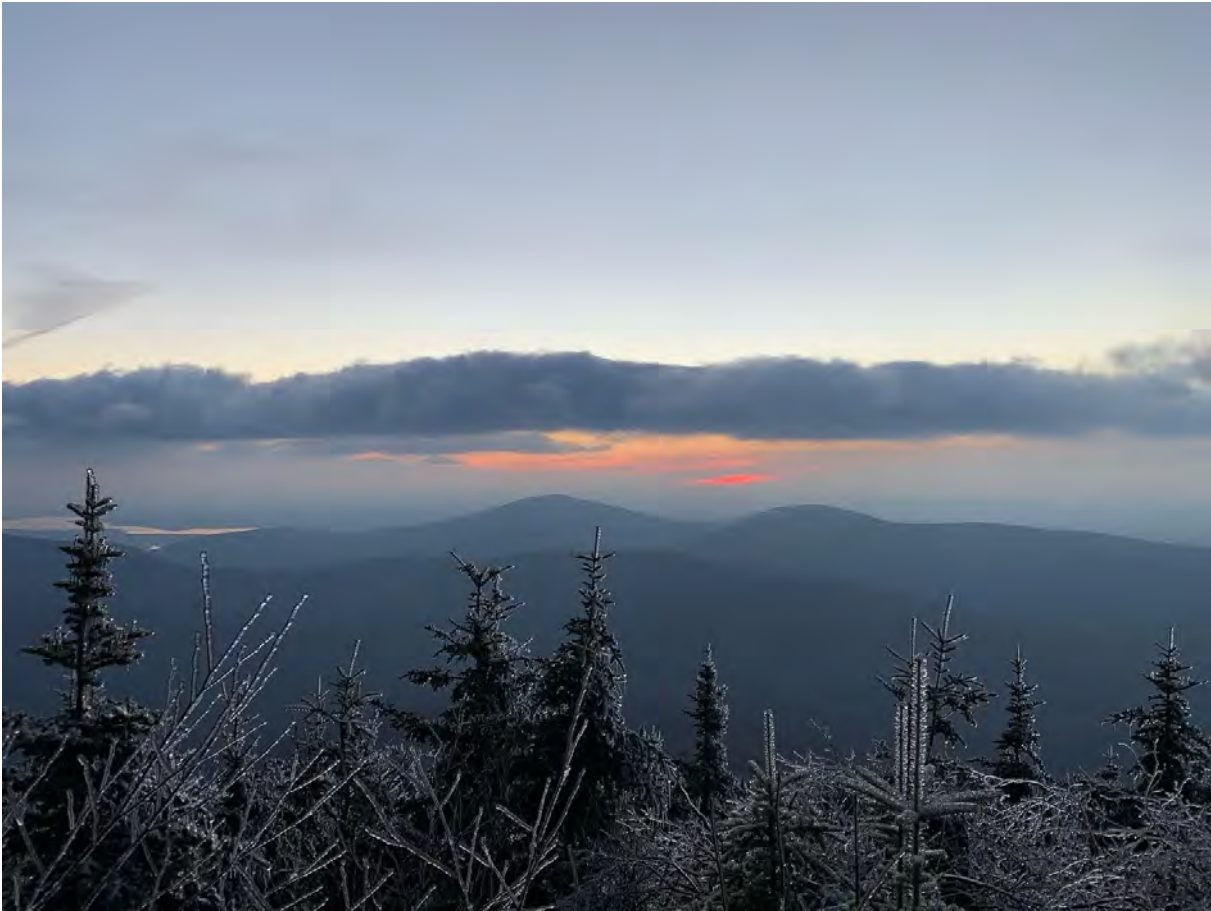
Summit Views

The President's Column by Lisa Gizzarelli-Drago

If you didn't get a chance to watch the collaborative webinar with speakers from the DEC, Catskill Mountainkeeper, NY Natural Heritage Program, and the USGS on the informal trails on the trailless peaks, it is worth watching. You can find it [here](#).

My first Catskill peak was in 1989 as a camper at summer camp, and it was a truly trailless peak. Yes, I was lucky enough to hike these mountains before the trailless peaks had informal trails and before GPS technology was readily available to hikers. Times have changed so much since then. While it is exciting to me that so many people are now sharing my love for the mountains and my passion for hiking, the mountains will never be the same because of it. Informal trails now exist on all of the trailless Catskill 3500 Club peaks and many of the peaks have several of them. With impact being so widespread on all of these peaks, the damage is very evident. The once-pristine summits are now mazes of herd paths with large open spaces on many of them. The flora and fauna that are home in these unique, high elevation forest habitats, which often have spruce and fir trees, are seeing habitat destruction. Further research is needed to determine exactly how much of a negative impact this has caused to the species that live there. This unique habitat must be protected from further human impact.

The DEC is set to release its recommendations for these trailless peaks very soon. The Catskill 3500 Club recently released our public statement that, for now, we recommend using the most evident herd path for each mountain approach to confine impact to one certain area and allow the rest of the mountain to heal. When the DEC releases its recommendations, we may alter this statement to support its goal. Our statement can be read in its entirety here: [Statement on Condition and Future of Trailless Peaks.pdf](#) The mountains have changed and to be good stewards of these mountains, we must be open to change our behaviors too, so that future generations can continue to relish in their beauty.



Sunrise on Peekamoose. Photo by Philip Vondra #3088 W1284



Trail Mix: News and Notes from the Club



Winter Weekend

We are happy to announce that the social portion of Winter Weekend will return in 2023 and will be held the weekend of January 21-22. The Catskill Seasons Inn will be again offering rooms for the weekend (Friday and Saturday nights) and space for an evening gathering on Saturday, January 22nd. Room rates are being discounted 20% for the 3500 Club attendees and the rate includes an enhanced continental breakfast (not hot).

Saturday night's get together will begin with a cash bar at 4:30 pm. An a la carte menu will be available from 6:30-8:00 pm. The menus can be viewed on [the website](#). Reservations can be made and more information obtained by calling 845-688-2505 from 9 am to 5 pm or online at www.Catskillseasonsinn.com. Our coupon code is 2023Catskill3500. We only ask that one credit card per room is used. If you'd like to share the cost with fellow members, please make arrangements between yourselves.

Please contact [Bill Chriswell](#) with any questions about the event.

By: Bill Chriswell, Winter Weekend Chair



Dues News

Dues are now payable in your anniversary month. If you became an aspirant or member in 2022, your renewal date has been set to that month. Earlier aspirants and members were on a calendar year renewal. We will work with you all individually if you want

to choose your renewal month.

Contact [David White](#), [Chris Adams](#) or [Jake Haisley](#) to confirm your status. Forms and rates are on the [membership page](#) of the Club website. You may use PayPal at the [Club site](#) or renew by mail and/or order additional member items using [this form](#). Please make checks payable to the Catskill 3500 Club.

By renewing your membership (or becoming a [life member](#) for a one-time fee of \$200), you help us support our mission of being the stewards of the Catskills and help us give back to the mountains. We appreciate your continued support!

Note: With the 3500 Club's new 501c3 status, all life memberships and donations are tax deductible.

By: Dave White, Membership Chair and Jake Haisley, Aspirants Chair

 **Treasurer's Report for 2022** 

As we wrap up 2022 as a proper 501c(3), our focus remains the same. We will always fight for and strive to promote conservation and stewardship in and around the Catskills. For this year, we continue to support advocacy and trail work with the [Adirondack Mountain Club](#), one of the oldest organizations that we support. Locally, we continue to support the [Friends of Bramley Mountain Fire Tower](#), [Michael Kudish Natural History Preserve](#), and fire departments such as Pine Hill and Napanoch. We support protection of the region via [Catskill Mountainkeeper](#) and we support our youth via the [Student Conservation Association](#) as well as [Team Wilderness](#). It's not just lands and people, but animals, as well, as we continue to support the [Friends of the Feathered and Furry Wildlife Center](#) mission to rehabilitate the area's non-human inhabitants. Our donations for this year total more than \$10,500 and are made possible by contributions from all of you. For 2023, which will be our first full year as a registered 501c(3), we hope to increase our donation drive to broaden our advocacy and continue to support the Catskills in any way possible. Please check out these organizations to see where your money goes to. Thank you all for the support.

By: Jay Hui, Treasurer

 **Congratulations to the Latest 3500 Club Service Award Recipients** 

The Club, besides recognizing hiking accomplishments, also acknowledges members who give back to the Club and the Catskill Forest Preserve. The purpose of this award is to recognize service to the Club by its members. The award is open to any member in good standing who accumulates seven points by participating in various [volunteering activities](#).



We would like to acknowledge the following most recent 3500 Club Service Award qualifiers: Jim Bouton (#1539 W614) and Anne Rubin (#3832 W1507).

Thank you everyone for your dedication, stewardship and commitment to the Club! If anyone is interested in joining the volunteer list to stay up to date with the future trailhead stewardship, trail maintenance and road clean-up opportunities, please contact [Colleen Hardcastle](#).

 **Search and Rescue Update** 

It's been a busy fall for the Catskill Mountain Search and Rescue (CMSAR) team. In September, we completed a two-day ropes training with the nationally accredited Mountain Rescue Unit of New Jersey Search and Rescue. They are always generous with their time helping us to develop basic rope skills.

New York State has not had a DEC Crew Boss training in several years. This class certifies SAR members in multiple skills so that DEC Rangers can hand over volunteer searchers to a Crew Boss, give the Crew Boss tasks and send them out to the field with untrained volunteers. This is a valuable “force multiplier” for the DEC Rangers in searches.

Captain Brad Sayer is an active part of the New York State Federation of Search and Rescue Teams (FEDSAR) committee that worked with the DEC to get another class up and running. Chief Winterbottom and Captain Sayer had to submit qualifications and applications, eventually getting chosen for the small class at the Department of Homeland Security in Oriskany, NY. FEDSAR is working with the NYS SAR coordinator to centralize the process for callouts for searches with both the DEC and emergency services in New York State. The Crew Boss class is a vital first step in this process. FEDSAR also coordinates responses to out of state searches, as most SAR teams help out on a mutual aid basis where they are needed.

Captain Sayer put his training to good use in October on a callout for a search in New Jersey. He was assigned to a task with a group of law enforcement officers. None of them had experience in searches and asked him to coordinate their assignment. One of the members of this team found the missing elderly male, lying in mud by a log due to a back injury. He had already spent one night out in the cold. He was evaluated and transported to a local hospital for further treatment.

SAR members were called out September 9th to assist the DEC with a search in Hyde Park, NY for a missing adult male with autism. Local law enforcement enlisted the aid of the DEC after they needed to search a larger area. Our team worked with one of the DEC Rangers to cover a large wooded area. Six CMSAR members attended the all-day search. On September 10th, CMSAR was requested to assist with standby duties for the annual SRT endurance race. One member attended. On September 23rd, CMSAR was put on standby for a search in Flemington NJ for a 61-year-old female with mental illness. Five members were on standby to respond the next day. The search was called off after the female was located.

Four CMSAR members who are also wilderness first aid instructors taught a two-day WFA/CPR course on October 15th and 16th at the Pine Hill Firehouse. The class was opened to 3500 Club Members and was full at 18 students. CMSAR members assisted with the second day of the class acting as subjects for the students to practice their skills on medical scenarios. It was an intensive two days of classroom and practical work, with students putting their all into learning and practicing how to treat injuries and recognize illnesses. As a bonus, we were able to raise over \$1,100.00 after expenses.

An important part of the WFA class is learning how to improvise with what equipment you have at hand. Students were given information on what they should carry in their pack for emergencies. A little more than a week after the class, one of the WFA students was injured on a hike. They had all the necessary equipment in their pack to improvise stabilization of the injury and were able to instruct the hikers they were with on how to stabilize the injury. A great job that illustrates the value of learning basic first aid wilderness skills!



By: Annmarie Spiciarich, SAR Committee Chair



Shop Online and Support the Catskill 3500 Club



Do you shop on Amazon? Are you familiar with their AmazonSmile program? AmazonSmile is a simple way for you to support your favorite non-profit organization every time you shop, at no cost to you. And now that we have the 501c3 status, the Catskill 3500 Club qualifies to be one of these designated organizations! AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice. To shop at AmazonSmile, simply go to smile.amazon.com on your web browser or activate AmazonSmile on your Amazon Shopping app on your iOS or Android phone (found under settings on your app). You will be

ADOPT-A-HIGHWAY CLEAN-UP

13 dedicated volunteers met early in the morning of October 16th, at the Devil's Tombstone Campground, to participate in the Catskill 3500 Club Adopt-a-Highway clean up. We are seeing a reduction in litter from previous years, but still collected enough to fill several bags.

Our gratitude goes to: Bob Nuzzo, Jen Seekamp, Hudson Seekamp, Johnny Witter, Monica Harrington, Roger Green, Michele Kaminsky, Al Davis, Anne Rubin, Mel Cooksey, Judith Estok, John Estok and Lourdes Sonera.

DENNING BRIDGE

During our last trail maintenance event we reported to Ian Dunn of the DEC the unsafe conditions of the bridge on the East Branch of the Neversink River off of the Peekamoose-Table Mountain Trail. He quickly reacted and a DEC crew scheduled the repairing of the bridge just in time for winter hiking.

The DEC Operations Crew drove in the materials from the Denning Road Trailhead to the junction of the Phoenicia-East Branch Trail and the Peekamoose-Table Trail and a call was made for volunteers to help carry the supplies the remainder of way to the project site (about 1/3 mile). Four dedicated volunteers quickly responded and, along with the DEC forestry crew members, carried 70 boards of lumber on November 18, 2022!

Thank you Sue Hall, Tom Grossman, Johnny Witter and Steve Johnson for showing up big time!



Make volunteering part of your New Year's resolutions. Email [Colleen Hardcastle](mailto:Colleen.Hardcastle). to get on the volunteer list.

By: Lourdes Sonera, Trail Maintenance Chair



New Facebook Group - Official Catskill 3500 Club Community



Don't get left out in the cold, join the conversation on the new [Catskill 3500 Official Facebook page](#).

Since the group was established back in July, we have grown to over 1,000 members.

It's easy, just come on the page and agree to our simple rules and get in on the stimulating discussions.

This is a portal to get involved with stewardship and trail maintenance, learn about Catskill history, trade ideas about gear, and discuss Leave No Trace and the future of our mountains, and to just share your experiences. All are invited.

By Michael Bongar, Vice President



New Website and Merchandise Store Update



The new website and merchandise are expected to go live at the beginning of February 2023. The merchandise will be on-demand items. The performance clothing and prior inventory of merchandise will not be available right away. It will be set up soon after. Thank you for your patience.

Patches and stickers ARE still available and can be ordered through [David White](#), the Membership Chair.



Slide viewpoint. Photo by Kelsey Fenimore #3898

Catskill 3500 Club Trailhead Program 2022 Season Update

Text by: Lourdes Sonera #2525 W1075 and Colleen Hardcastle #2990 W1416

Two years ago, the 3500 Club was the first volunteer-based organization to partner with the DEC to [Adopt-a-Trailhead](#). The Adopt-a-Trailhead program supports the rapid increase of visitors to the Catskills Park, by educating those looking to explore the outdoors.

The Club's Trailhead Steward program completed its second successful year at Slide Mountain trailhead in October. We have received positive feedback from visitors, hikers, and DEC staff, and the program strengthens the collaboration with NYNJTC Summit Stewards. Based on data collected, and the reports from the stewards of their visitor assistance, we see the tremendous impact the stewards are making at Slide Mountain trailhead, and the need to expand our program.

Volunteering is about giving, and we're thrilled to have a dedicated group of stewards who care and support the mission of the Club and make a difference in the outdoors.

Stewards, may your generosity return to you many times over.



3500 CLUB TRAILHEAD REPORT

Active Stewards: **30**

Total visitors
counted: **2662**

Total Volunteer
hours: **717**

Days covered: **38**

Holiday weekend counts:

Indigenous Person's Day-
405 visitors over 4 days
covered

Labor Day - 248 over 3
days covered

Memorial Day - 242 over
3 days covered

Independence Day - 132
over 3 days covered



Successes:

- Volunteers had a positive experience at the trailhead.
- No known rescues on days stewards staffed the trailhead.
- Buoyed hikers doing loop.
- Information about: Leave No Trace, DEC regulations, and history of the park was welcomed by visitors.
- Transported an injured hiker to Woodland Valley.
- Transported a family of backpackers at the wrong parking lot to Woodland Valley.
- Most dogs were on leash.
- Observed hikers and backpackers carrying out their trash.

- Backpackers offered feedback on their overnight experience and reported illegal activities.
- Shared map information with hikers.
- Offered alternative hikes and point of interest to many visitors.

Karen Bischoff, Aspirant
Jim Bouton, 1539 W 614
Bryan Burnham, 3455, W 1373
Samantha Cash, 3440
Lindsey Clark, Aspirant
Richard Cole, 3752
Colin DeVries, 3382
Mark Evans, Aspirant
Victoria Ferreira, 4014
Joseph Ferri, 2223 W 945
Lisa Gizzarelli-Drago, 1368 W 1063
Sheryl Goffman, 3950
Jake Haisley, 2488 W 1065
Colleen Hardcastle, 2990W 1416
Lori Herpen, Aspirant
Pat Johnson, 3284 W 1392
Steve Johnson, 3798
Michele Kaminsky, 2804 W 1305
Yana Levchinsky-Grimmond,
2814 W 1222
Erica Miranda, 3934
Izzy Miranda, 3636
Ruby Rainbow Miranda, 3937
Sarah Oakhill, 3795
Tracy Rakin, 3961
Anne Rubin, 3832 W 1507
Stash Rusin, 2829
Jeff Schoenfeld, Aspirant
Lourdes Sonera, 2525 W 1075
JD "Bear" Szalla, 3935



Thank
You

Making a difference is a collaborative effort and we are thankful for the support of Ian Dunn, Region 3 Forester, McCre

Burnham, DEC Catskill Park Coordinator, and Laurie Rankin, Adirondack 46er Club President for sharing their expertise and supporting the program. Thank you to all the DEC staff for stopping by to check in with the stewards, and to the NYNJTC Summit Stewards with whom we share our vision that the most effective way to advance change is through users' education, public participation, and sustainable, on-the-ground solutions.

Please consider becoming a steward for the 2023 season. Training is available virtually. Please reach to [Lourdes Sonera](#) or [Colleen Hardcastle](#) to get you started.

It takes all of us to protect and preserve the mountains.



Sunset on Hunter. Photo by Yana Levchinsky-Grimmond #2814 W1222

Recommendations from the Stewardship Committee

Text and Photo by: Jim Bouton, Stewardship Committee Chair

The DEC will soon be announcing changes to some of the Unit Management Plans (UMPs) in the Catskills. There will be a comment period before it does this. As a club dedicated to stewardship, it is important that the Catskill 3500 Club has questions and a list of what we would like to see done. These master plans are sometimes in place for 20 years or more before they are next reviewed, so any changes occurring in the new UMPs would be long term.



The 3500 Club Stewardship Committee has come up with several problems that we feel need to be addressed, as well as suggestions for improvement of the Wilderness areas. These include, but are not limited to, further regulation of camping and fire usage (see [Fall 2022](#) issue of *The Canister* on this topic), as well as drone usage, placing signs on the summits to identify them and leash laws to protect wildlife and dogs, alike. Solutions for future herd path usage and trail building are discussed elsewhere.

One area of major concern is the boreal zone, which most of the 3,500'-plus peaks contain in one form or another. As our climate changes, fire has become more of an actuality for what has always been considered the "asbestos" forest. Presently the DEC only bans fires above 3,500'. Camping now is not allowed above 3,500' except for the winter months. In the past several years, there has been an increasing amount of camping in the backcountry, with illegal fires doing damage on several peaks. There is evidence of camping and campfires on all of the high peaks.

The boreal zone is often classified as that area above 3,500', with predominant spruce/fir forest. Soils are thin and mostly organic in composition. Plants and wildlife are different, with several rare and unique species being found there, including the Bicknell's thrush, the unofficial 3500 Club mascot. The boreal forest is habitat for the snowshoe hare and bobcat. Several species of smaller mammals as well as diverse insect species also make their home in these forests. It takes thousands of years to create a boreal forest and a fire can destroy that in minutes. It is a highly fragile area.



There are many areas below 3,500' in the Catskills that contain the same characteristics as the above-3,500' boreal zones. Glacial erosion and post-glacial repopulation of plant species, as well as exposure, weather, snow, rainfall and wind can produce boreal-type forests as low as 2,000'. These "lowland" boreal forests often contain the same plants, animals, soil composition and fragility of the higher areas. The western Catskill peaks that are not predominantly spruce/fir, but instead a mixture of northern hardwood with scattered spruce and fir, have many of the same traits as the spruce/fir peaks of the eastern Catskills.

For this reason, we feel the boreal zone definitions should be reevaluated and a focused, scientific study on areas containing these spruce/fir forests, soils and wildlife that are found at elevations below 3,500' be conducted. This should be determined by foresters and scientists familiar with these forests. This would determine if camping, with or without fires, should be prohibited there. Until a study is done, we feel that a temporary ban on fires should be placed on these areas by the local foresters when conditions warrant it.

Drone usage in the boreal zone is becoming an increasing concern. Presently, drones are prohibited in the Wilderness Areas. However, narrow corridors of Wild Forest areas were created along the routes to fire towers for maintenance. Drones are allowed in these corridors. Drone usage could be affecting breeding populations of the Bicknell's Thrush in these areas, as well as other species. A focused, scientific study should be conducted to determine this. A temporary ban on drone usage on these peaks and along the Wild Forest corridors during breeding and nesting season should be made effective until a thorough study is completed. This would also promote more of a wilderness experience for those traveling these corridors.

Leash laws for the boreal zone, Wilderness Areas and Wild Forests should be instituted until a study can be done. This is controversial and will create a flurry of protest. The recent increase in hikers has also seen an increase in dogs in the Wilderness Areas, including the boreal zones. Some are leashed, but many are not, especially off trail. Birds as well as small and large animals' nest and raise their young on or close to the ground in these areas. The Bicknell's Thrush nests in the low branches of balsam and spruce. All are easy targets for predators, both wild and domestic. Countless dead small animals and birds are often found on or along trails, including fawns, Ruffed Grouse, Northern Saw-whet Owl, long tailed weasel, chipmunks, mice and shrews. We feel that the DEC should create a leash-only period to protect these young during the critical spring season, until a further, focused and scientific study is conducted.

Other suggestions:

- Signs placed on all trailed summits to let people know "they are there" and prevent wandering off trail in search of the true summit. Plateau, Panther, Sugarloaf, Indian Head, the Blackheads are examples of mountains where people wander off trail to look for the true summit.
- Building new trails, bridges and lean-tos as well as rebuilding and maintaining existing trails, bridges and lean-tos.
- Improvement of trail signs, with more accurate information such as distances and destinations.
- Create, maintain and/or recut existing viewpoints.
- Install better, simpler messages at trailhead kiosks, with larger maps and a few guidelines, not pages of regulations and rules.



Frost crystals on Mill Brook Ridge. Photo by Harold Oakhill #283 W1244

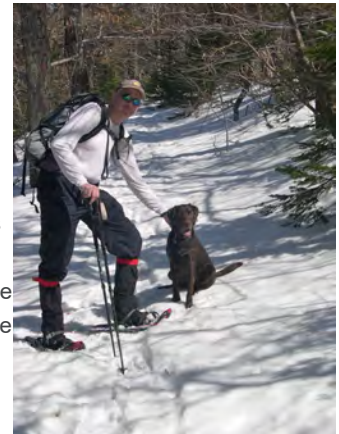
A Catskills Bookshelf

Text and Photos by: Alan Via #429 W174

People sometimes wonder what Catskill trail guides and books they should own. This led me to consider whether some *Canister* readers might be interested in what's on one Catskill enthusiast's bookshelf.

When I first discovered the Catskills, I had little interest in the flora, history, people or anything else about our little corner of the mountain world. All I wanted to know was how high were the peaks and how to hike them. My narrow focus was on the maps, trails and 'whacks. Many years passed before I discovered what I'd been missing. I credit my friend, botanist Mike Kudish to helping open my eyes to the forest around me. Another friend, cartographer Liz Cruz, pointed me to John Burroughs's writings and a discovery of other books I never knew existed. Some of those volumes would appear in my mail, gifts Liz thought I would enjoy.

For purposes of this article, I organized titles in four categories: Guides, General Catskills, Others, and Maps. Titles are alphabetical, the ones in bold I believe are of particular interest or importance. You may have to do some hunting to find ones that may be out of print or difficult to locate. Due diligence – I'm the author of two of these books so feel free to discount what I've written about those titles.





Guides

50 Hikes in the Catskills – Derek Dellinger and Matthew Cathcart

Well-organized with color photos. Each hike has a topo map, mileage and hike rating. High peaks and many other interesting destinations. Very handy, well done and deserves attention.

Catskill Day Hikes for All Seasons – Carol and Dave White

A very nice, and thinner companion to their *Catskill Trails* guidebook. Nice to pick up, spot a hike, and go.

Catskill Mountain Guide – Peter Kick

Nice small pocket guide with accompanying map. Worth a look to compare with *Catskill Trails*.

Catskill Trails – A Ranger's Guide to the High Peaks – The Central Catskills – Edward Henry

A different kind of guide, with an emphasis on geology and forestry. With black-and-white topo maps and photography.

Catskill Trails – A Ranger's Guide to the High Peaks – The Northern Catskills – Edward Henry

See above.

Catskill Trails – Carol and David White

For years, the standard in Catskills guidebooks. Each successive edition improved on its predecessor. Former 3500 Club President Tom Rankin is responsible for the next edition. It would be a delight if the photos in the new edition are in color vs black and white, which would make this excellent guidebook even more appealing.

Doghiker – Great Hikes with Dogs from the Adirondacks Through the Catskills – Alan Via

From the publisher: "Much more than a guidebook showing readers great places to hike with their canines, it's a dog owner's operating manual and tool kit." All color photos and custom topo maps. Reviewers comment that it's a great hiking guide even if you don't have a dog.

Guide to the Catskills – Arthur Adams, Roger Coco, Harriet Greenman, and Leon Greenman

Published by Walking News, 1975 with maps. It contains the original list of 3,000 foot peaks and a marvelous gazetteer with explanations of place names. Among the Catskill luminaries who contributed or verified information are Alf Evers, Ed Smiley, Peter Fish, and Father Ray Donahue who established the original list of 3,000 foot peaks. Long out of print, hope someone leaves you a copy in their will.

Hudson Valley Waterfall Guide – Russell Dunn

If you're a fan of waterfalls, this guide spans the distance between the southern Adirondacks, Hudson Highlands and Palisades. Charts, maps and black and white photography.

The Catskill 67 – A Hiker's Guide to the Catskill 100 Highest Peaks under 3500' – Alan Via

Here I go again, one of my own. From the back cover: "It's not often in this day and age that an author gets to introduce a whole new group of mountains.....provides a wealth of information on a previously overlooked group of peaks." If you have a copy, hang

onto it as the second edition has sold out and is out of print.

General Catskills

A Guide to Woodstock – Michael Perkins

A skinny, quirky little pocket book for fans of Woodstock. The author provides keen-eyed descriptions of the streets, literary and the social vibe of the village.

Another Day, Another Dollar– The Civilian Conservation Corps in the Catskills – Diane Galusha

Everything you ever wanted to know about the CCCs. Deeply researched and filled with photos, a great look-back at the hard work done to help build the Catskill infrastructure we continue to enjoy.

Catskill Mountain Bluestone – Alf Evers, Robert Titus, Tim Weidner

Slim, 47pp volume that tells the story of bluestone quarrying.

Catskill Peak Experiences – Mountaineering Tales of Endurance, Survival Exploration and Adventure from the Catskill 3500 Club – Edited by Carol Stone White

If you hike or just like to read about the Catskills, it belongs on your bookshelf. Sections include marathon hikes, misadventures, wildlife encounters, wild weather, winter, navigation, being lost and much more. A must have publication, one of my favorites.

Catskill Rambles – Kenneth Wapner

A variety of 18 essays that range from looking for wild ginseng, fishing the Esopus and treks around Woodstock with a land surveyor.

Catskill Tales and Trails – In Search of the Peripatetic Porcupine – Ralph Ferrusi

Ralph formerly wrote a column for *The Canister* entitled Peripatetic Porcupine. Filled with stories of hiking each of the 35. Funny and insightful, relating what it was like to climb the peaks well before the big crowds arrived.

Firetowers of the Catskills – Their History and Lore – Martin Podskoch

THE book about the Firetowers. It opens with a chart showing each, with height, in-service dates and more. A chapter is dedicated to each tower, illustrated with photos, location and anything else you could possibly want to know.

In the Catskill Mountains – A Personal Approach to Nature – Walter F. Meade

Photos, black and white and color of birds and other critters scattered among stories of growing up in the Catskills. So many interesting photos, hard to decide which are favorites.

In the Catskills – John Burroughs

Selected writings by the master with black-and-white photography. Should be in every bookcase if you want to know about Catskill history.

Kudish in the Kaatskills – Michael Kudish

A collection of articles written over the years by Dr Kudish for *Kaatskill Life Magazine* and the Catskill Forest Association. Terrific photography with many of his hand-drawn maps. It's beyond my ability to decide which of these articles are my favorites.

Lost Villages – Historic Driving Tours in the Catskills – Mary Robinson Stone

It opens with information about the old cemeteries, lost and current villages throughout Delaware county. Much of the county is largely unknown to many peakbaggers. This is a good start.

Old Stone Walls Catskill Land and Lore – Norman J. Van Valkenburgh

Narratives by one who roamed the woods looking for lost corners and boundary lines, finding people, vistas, and experiences worth remembering.

Out Of the Catskills and Just Beyond – Literary and Visual Works by Catskill Writers and Artists – Edited by Bertha Rogers

Poetry, photos, stories. Lots to like even if you pick and choose which you'd like to read.

Reservoir Year – A Walker's Book of Days –Nina Shengold

The author walks the path along the Ashokan Reservoir every day for a year. She describes the weather, clouds, surrounding

peaks, eagles, deer, storms, people and the water itself. My advice, read it each day on the same day the author describes. I was sorry when the year was over.

Running the Long Path – Kenneth Posner

Whether you've hiked sections or all of The Long Path, read what it's like to cover all 350 miles in nine days. Catskill hikers will recognize places, though likely at a slower speed. Each day has its own map. Very interesting read.

The Catskill Forest: A History – Michael Kudish

Anyone with more than a slight interest in the Catskills should own this. Originally published in 2000, it had two paper reprints. Sections include First Growth, Man's Impact, Mountain Ranges, Forest Industries and much more. With maps drawn based on Dr Kudish's research. I review this book before or after hikes as do many others that I know. The most important book on my Catskills bookshelf.

The Catskills – A Geological Guide – Robert Titus

Wonder about the rock formations and occasional fossils we sometimes come across? If you're curious about the rocky landscape, this is a must.

The Catskills – Arthur Adams

Definitive work on Catskill history, people, places and legends. Wonderful gazetteer. This one belongs on the shelf of anyone interested in the Catskills.

The Catskills – From Wilderness to Woodstock – Alf Evers

The 800pp Bible of the Catskills. Photos, essays, drawings, etchings and stories. You really can't say you've got a Catskills book collection unless this is part of it.

The Catskills – T. Morris Longstreth

Reprinted from the 1918 original. Stories and tales from the early days of the last century, written in the style of writing from the time. An interesting look back on places familiar and unfamiliar to us today.

The Heart of the Catskills – Bob Steuding

An interesting history of the people and places.

Time Wearing Out Memory – Schoharie Country – Steve Gross and Susan Daley

Large format black and white photo book set in Schoharie County. Gorgeous photos of old barns, homes and other buildings.

Too Wet to Plow – The Family Farm in Transition – Jeanne Simonelli and Charles Winters

Each season has a wonderful essay about the hard work and inspiring surroundings. Second half has seasonal, black-and-white photos.

Trails with Tales – History Hikes through the Capital Region, Saratoga, Berkshires, Catskills and Hudson Valley – Russell Dunn and Barbara Delaney

Covers trails in different regions, with 10 sections in the Hudson Valley.

Treasure of Watchdog Mountain – The Story of a Mountain in the Catskills – Alf Evers

A beautifully illustrated children's book with a fictionalized version of what happened to Overlook Mountain.

Walking Woodstock – Michael Perkins and Will Nixon

Not really walking around Woodstock but set in the Catskill peaks, trails and forests. Full of humor, keen observations and wonderful writing. Pulling this off the shelf to review for this article reminds me that it's time for another read. Do yourself a favor and pick up a copy.

Where Did the Tracks Go in the Catskills? – Michael Kudish

What little I know about railroads I learned from hiking with the author or from reading this volume. Expect detailed information and meticulous research. Looking at the magnificently hand-drawn maps and descriptions, it fills in a lot of blanks for those who aren't railroad buffs.

The Ashokan Way – Landscape's Path into Consciousness – Gail Straub

The author's descriptions of the mountains and seasons from her home best described by the first chapter "High Point: My Living Mountain." The author merges the surrounding images with the faith that sustains her.



Others

Forest Forensics – A Field Guide to Reading the Forested Landscape – Tom Wessels

A packable field guide for anyone who walks in the woods. Wonderful.

Landscape with Reptile – Rattlesnakes in and Urban World – Thomas Palmer

Set in western Massachusetts, it has great relevance because of the population of timber rattlers in a variety of Catskill locations. A great resource for people who fear these peaceful creatures or those fascinated with their beauty and endangered scarcity.

Reading the Forested Landscape – A Natural History of New England – Tom Wessels

A masterpiece from the founder of the master's program in Conservation Biology at Antioch University. Though the title reads New England, it's a walk through the forest, explaining and describing what's around. The etchings and illustrations are spectacular.

The Quarry Fox and Other Critters of the Wild Catskills – Leslie T. Sharpe

Written by an expert birder, naturalist, and capturer of the world in and around the western Catskills. Read and marvel why it took you so long to read it.

Timber Rattlesnakes in Vermont and New York – Jon Furman

Anyone who knows me, knows I love snakes. I used to work with boas in a zoo during college and love to see the Timbers on Overlook and elsewhere. A lot to learn about these beautiful and misunderstood creatures.

Maps

Appalachian Mountain Club – Catskill Mountain Trail Map – Compact, double sided, light-weight paper good for reviewing at home but won't hold up in the field or be useful to navigate.

National Geographic Catskill Park – Excellent double-sided map. Its two deficiencies are 50ft contours and too much of the map footprint wasted with cautions, warnings, organizational details and other items that more properly appear at the end of a guidebook, not wasting valuable map space. This issue also afflicts the ADK's Guide to the Adirondack High Peaks, where the map data originated.

New York – New Jersey Trail Conference – The Cadillac of Catskill maps. Its only deficiency is the maps are part of a set. You can download a combined version to your phone or device at Avenza. A contour interval of 20' instead of 50' would make the paper maps larger but spectacular. The brand new 2022 edition is available on Avenza and soon in paper form.

Venture Out - Double sided, waterproof, tearproof. If they hadn't gone out of print, they'd be the Rolls Royce of Catskill maps. Worth looking around to find a copy.

Alan is the author of *The Catskill 67 - A Hiker's Guide to the Catskill 100 Highest Peaks under 3500'* and *Doghiker - Great Hikes With Dogs From the Adirondacks Through the Catskills*, as well as numerous hiking related articles in wide variety of publications. Alan has been a member of the ADK and Catskill 3500 Club for too many years to remember. He's also a member of the Catskill Mountain Club. An ADK 'Distinguished Volunteer' he's led hikes for decades and was Outings Chair for Albany ADK for 14 years. Alan loves hiking and dogs, and especially enjoys going way off the beaten path on his hikes. He's working on two new books. One is a photo book of dogs doing outdoor pursuits all over the world. The other is a Catskills bushwhacking guide. Alan can be reached by [email](#).

Alan's photo with Toby is by Joanne Hihn #1745.



Cloud inversion on Kaaterskill High Peak. Photo by Mike Siudy #1728 W695

Ursus Americanus Peak Bagger

Text by: Brian Hoody #3805

I had gotten an early start out of Woodland Valley trailhead and the cold, damp morning gave way to a nice October day. The seemingly never-ending ledges that made up Wittenberg's mastiff finally succumbed to the wonderful, grassy, wind swept summit. A fairly stiff breeze was indeed raking the summit, but the view of the Ashokan Reservoir and the surrounding environs were well worth the climb. A beautiful fall day indeed, but the siren call of Cornell was ringing in my ears as I shouldered my pack and began the brief descent off of Wittenberg.



Navigating a few smaller slabs on the way down and I was on my way towards Cornell. Making my way towards Cornell Mountain I noticed a number of broken branches in and beside the trail, along with some orange berries. Closer examination and my limited knowledge of trees was that the branches and berries were that of the mountain ash. Further along the trail more branches and berries were down. I thought back to the wind on the summit of Wittenberg and while it was strong, it was certainly not branch breaking strength.

The path along the ridge towards Cornell was beautiful and I could spy glimpses of the Ashokan through the trees. Then around a bend in the trail there it was in the middle of the path – a giant pile of fresh bear scat full of half-digested orange berries. Once more I spied more mountain ash berries and branches scattered along the trail and nearing the Cornell Crack there was another pile of scat. I stopped and reflected for a moment – wasn't this area known as the Bruin's Causeway?! It was certainly turning out to be an aptly named feature...

A few more minutes of moderate hiking and I came upon the aforementioned crack. Up and over to the nondescript summit of Cornell I lingered briefly before making my way to the view point. I had a date with civilization, so I was not continuing onwards toward Slide. But I had to wonder about the peak bagging bear – as long as the mountain ash held out I'm sure they were headed to the summit of Slide Mountain...

Brian spent his formative years wandering around the Adirondacks, but in recent years has taken to wandering about the Catskills, which he finds historical, challenging and immensely beautiful. Currently Brian is enjoying revisiting the peaks during the winter (and all the other seasons as well). Brian can be reached by [email](#).



Twisty yellow birch on Southwest Hunter. Photo by Yana Levchinsky-Grimmond #2814 W1222

The Rich History and Uncertain Future of the Bicknell's Thrush

Text by: Jillian Liner, Director of Conservation, Audubon Vermont

Snow has fallen in upstate NY and most of the birds who spend the summer here have headed south for the winter. One of those “summer” birds, the Bicknell’s Thrush, is likely in the Dominican Republic right now or possibly Haiti, Jamaica, Puerto Rico, or Cuba. If you are not familiar with the Bicknell’s Thrush, it has a rich history in the Catskill Mountains, but its future here is uncertain. It is a bird worth adding to your Catskill “must see” (or hear!) list.

In June of 1881, an amateur ornithologist named Eugene Bicknell was birding on Slide Mountain when he heard a song that sounded like a Veery. Common for that time, he collected a specimen and the bird appeared to be a Gray-cheeked Thrush. However, an ornithologist at the American Museum of Natural History declared it a new subspecies of the Gray-cheeked Thrush and named it *Hylocichla aliciae bicknelli*. In 1995, after further examination with DNA analysis, the American Ornithologists’ Union acknowledged full species status to the Bicknell’s Thrush (*Catharus bicknelli*).



Today, the Bicknell’s Thrush is a species of conservation concern due to its very small population, restricted range, and numerous threats, including climate change. The Catskill Mountains are the southern-most part of the Bicknell’s Thrush breeding range, which includes the Adirondacks, as well as the mountains of Vermont, New Hampshire, Maine, and southeastern Canada. They nest only in spruce-fir forests in the northeastern United States and southeastern Canada, preferring patches that are regenerating after disturbances. In New York, it is restricted to high elevation forests and is rarely found below 3,500 feet in the Catskills and 2,800 feet in the Adirondacks. In 1997, the Catskill Peaks were identified by Audubon New York as an Important Bird Area because the region supports a significant proportion of the state’s Bicknell’s Thrush in addition to other members of the sub-alpine bird community such as Swainson’s Thrush, Blackpoll Warbler, Yellow-bellied Flycatcher, White-throated Sparrow, and Magnolia Warbler.

Although high elevation habitats in the Catskills are protected by New York State and relatively secure, Bicknell’s Thrush are

threatened by climate change, effects of acid deposition on sub-alpine habitat, predation, and habitat loss. Climate change and warming temperatures are pushing the montane habitat that Bicknell's Thrush depend on off mountains and their population is expected to shift north. Members of conservation groups, including the International Bicknell's Thrush Conservation Group led by the Vermont Center for Ecotudies (VCE), study the Bicknell's Thrush and are working to protect the places the species needs now and in the future. For more information on what is being done, visit International Bicknell's Thrush Conservation Group's [website](#).

With the future of Bicknell's Thrush in the Catskills uncertain, next spring, if you are hiking at elevation in the early, early hours of the morning, listen for the flute like sound of the Bicknell's Thrush, which is described as having a whirly quality. You can learn more about the Bicknell's Thrush including its song using the following resources: [Audubon's bird guide](#), [All About Birds](#) or download the Merlin app—all are excellent resources. If you are so lucky to hear or even better see the Bicknell's Thrush, you too can be a part of its remarkable history.



Did you know that the Bicknell's Thrush...

...is listed as a species of Special Concern in New York and is ranked as the Nearctic-Neotropical migrant of highest conservation priority in the northeast?

...is an insectivore and frugivore?

The Bicknell's eats mainly insects and other arthropods during breeding season, but during migration it regularly eats wild fruits. In the winter, it forages primarily for arthropods, but may feed on fruits too.

...adults are preyed upon by Sharp-shinned Hawks, long-tailed weasels, and Northern Saw-whet Owls? Red squirrels prey upon the eggs and young.

...is so closely related to the Gray-cheeked Thrush and is most easily distinguished by its song?

The song of the Bicknell's Thrush has a slight inflection at the end, whereas the Gray-cheeked Thrush song falls to lower frequencies. The song is described as *ch-ch zree p-zreeew p-p-zreee* and *chook-chook, wee-o, wee-o, wee-o-ti-t-ter-ee*. The call is a harsh, downward slurred whistle, the *Beer* call, which can be described as a *beer, veer, peert, queep, or quee-a*.

Jillian Liner is the Director of Conservation for Audubon Vermont. She started in this position in 2022 and before that spent the previous 20 years at Audubon New York—first as the Important Bird Area Coordinator, then Director of Bird Conservation, and most recently Director of Conservation. She is co-author of *Important Bird Areas of New York: Habitats Worth Protecting*, a reference book for groups looking to protect bird habitat, and spent most of her career advancing conservation initiatives helping the most at-risk birds. Jillian earned her B.A. in biology from Skidmore College and M.S. in ecological planning from the University of Vermont's School of Natural Resources. She also participated in the School for Field Studies' Wildlife Management program in Kenya and hopes one day to get back there. Jillian can be reached by [email](#).

Photo of Bicknell's Thrush is by Yana Levchinsky-Grimmond (#2824 W1222).

Editor's note: Although many members and aspirants already know this, it should still be acknowledged that the birth of the Catskill 3500 Club is closely tied to Bicknell's Thrush and this bird is our unofficial mascot. The list of the 3,500 feet peaks was compiled by naturalists Dan Smiley and Fred Hough, but not for the peak bagging reasons. Their list was a result of a study to identify possible Catskills Bicknell's Thrush habitat, which they believed would be found above this elevation due to presence of balsam firs. The study originally was published by the John Burroughs Natural History Society (*The Chirp*) and then in the New York *Conservationist* in 1961. When the Club's organizing committee met at the Mohonk Mountain House in 1962, Dan Smiley was charged with the official peak list, while his wife, Virginia, was tasked with the design of the Club's patch. Later on, Dan Smiley published a letter in the [autumn 1973 issue](#) of *The Canister*, where he was seeking help in confirming Bicknell's Thrush presence from Club's members on the peaks where he and Fred Hough have not observed them yet. If you want to read more about Club's history and formation, I suggest to read *Forest and Crag* by Laura and Guy Waterman (chapter 58) and *Catskill Peak Experiences* by Carol White.



Blackhead Mountain from Black Dome Mountain. Photo by Harold Oakhill #283 W1244

Hiking Essentials: How to Keep Your Hands Cozy in Winter

Text by: Ira Orenstein #415 W776

For the year-round hiker Catskill winters offer unobstructed views in an ever- changing, bug-free landscape. Winter is the time of year, however, that allows the smallest margin for error and requires proper preparation. This article focuses on handwear. With experience comes familiarity with how you react to cold and the opportunity to develop a personalized effective cold weather handwear system. Here are some tips on how:

Hand protection in cold winter conditions is best managed by ascribing to the same well-established layering principles used for the upper body.

BASE LAYER: Typically, the “base layer” consists of a very thin synthetic or wool glove liner. Some glove liners are touchpad-friendly and function by having a conductive material embedded into the fingertip, which activates capacitive touchscreens (as found in smartphones). When the finger contacts the screen, a change in electrical current is recognized at that location. Glove liners wick moisture and afford some protection from the cold without significantly compromising manual dexterity during short breaks when mittens are temporarily removed. Soon, however, hands will beckon for the protection they had just moments earlier.



INSULATING LAYER: Over the base layer goes the insulating layer. This is usually a fleece, wool or polyester puffy mitten (sometimes the mitten is a combination of materials) with loft that positively correlates with the degree of insulation it provides. Boiled wool mittens (i.e., Dachstein) are a classic form of insulation that are often seen in old mountaineering photos. Their usage is still favored by some hikers today as they provide one of the warmest insulating options available. Wool is known to absorb 30% of its weight in moisture before feeling wet due to the fibers' hollow core structure that draws water from its surface via capillary action. Also, because boiled wool is very dense, it won't lose substantial loft when the user grips hiking poles. A mitten made from all polyester puffy material would be vulnerable to immediate, as well as long-term loss of loft on the side that grips the poles. To mitigate this problem, some polyester mittens have an insulative layer that is made with fleece on the inner side of the hand, since fleece will maintain some of its loft under compression. Down insulative mitten layers are available but may not be very functional while hiking as it is extremely prone to loss of loft as the fibers compress when grabbing objects. Down will also gradually lose loft as it gets wet from sweat or outside moisture. Down may on the other hand (pun intended) be a nice accessory when sedentary (i.e., overnight camping).

OUTER SHELL: Finally, the outer shell layer, also known as the overmitt, is analogous to the waterproof/breathable layers worn on the upper and lower body. Mitten shells are usually made from windproof (typically nylon) and waterproof (usually breathable) or water-resistant materials that offer protection from the elements. Additional grippy, supple and durable leather or synthetic material and heavy stitching are usually added to the palm side to provide resistance to wear and facilitate grabbing objects without slippage. Mittens shells often come with gauntlet-like extensions up the forearms to add further protection. Wrist and gauntlet closures are often provided to seal out the external elements, further enhancing warmth by reducing convective heat loss. Some mittens come with adjustable wrist leashes that allow the user to remove the mittens and let them hang from the wrists to help prevent loss from wind or forgetfulness.

ALL-IN-ONE INTEGRATED VS. BI-COMPONENT MODULAR: Some, if not most mittens come as an all-in-one system with the insulation and shell integrated as one piece. This negates the need to properly orient a bi-component modular system and get it to fit comfortably without shifting. One-piece integrated systems possibly offer more dexterity than bi-component modular systems, but this comes at the expense of significant loss of versatility and increased drying time since the components cannot be separated to air out.

Examples of some of the warmest bi-component modular mitten systems include Alti-GORE-TEX[®] Mitts and Black Diamond[®] Mercury Mitts. If you wish to create your own modular system, examples of outer mitten shells include Outdoor Research Revel Shell Mitts and Ragged Mountain Equipment (a New Hampshire-based company with all of their brand items made on premises) Alpine Contour Mitten Shell and Armadillo Mitten Shell. Both companies and many others also sell fleece inner mittens (Ragged Mountain Equipment has fleece mittens in a variety of thicknesses).

GLOVES vs. MITTENS: Gloves offer increased dexterity when compared to mittens. Tasks like grasping pack and clothing zippers and buckles are thus more easily performed. This improved dexterity comes, however, at the expense of reduced protection from the cold. For a given amount of insulation, mittens will be warmer than gloves. Having the fingers of gloves separated from each other results in increased material surface area for radiative heat loss to occur (the same principle applies to why a sleeping bag will be much warmer than clothing made of the same amount and weight of material).

For me, aside from using thin glove liners, the warmth of mittens far outweighs the advantage of dexterity offered by gloves. During a typical hike with mittens worn, I can readily grasp my hiking poles or grab onto the occasional branch or rock to hoist myself up along the trail. On those brief occasions when I need to access my pack, I quickly remove my mittens to facilitate the task. Most zippers come with pull extensions that make them easier to grab and operate with handwear donned.

HAND WARMERS: Chemical hand warmers are an adjunct commonly used by winter hikers. They are lightweight (typically under 2 oz. per pair) and convenient to carry and typically provide 5-10 hours of heat. Disposable single-use hand warmers work by creating an exothermic (heat releasing) chemical reaction when exposed to air. The components are all contained in an air permeable packet. The greater the air permeability, the more oxygen that can get in and the faster the reaction. Toe warmers, for example, typically have packets with greater air permeability to make up for the lower oxygen environment inside a shoe. The user can make a hand warmer heat up faster (speedier chemical reaction) by shaking it. The hand warmer comes in an outer packaging that resists the entry of air and the evaporation of water. Since the seal is not a perfect one, hand warmers have a limited shelf life (typically 4 years), so it is worthwhile to check the expiration date when purchasing the product. It is also useful to feel for lumps or hardening of the warmers which are indications that they may have exceeded their useful life. Hand warmers can get hot enough that they should not be kept directly in contact with the skin. Rather, they should be positioned between the glove liner and the mitten.

During the course of a hike there may be times where the hand warmers are not needed. Their usage can be extended by “turning off” the chemical reaction by isolating them from the air. An easy way to do this is to place the warmer when not in use into a small zip-closure bag with the air squeezed out of it. Later in the day if there is a desire to re-deploy the warmers, the user simply removes them from the zip-closure bag. If they still have life in them post-hike, the aforementioned process can be applied to maybe get some use out of them during the next hike. Eco-friendlier reusable hand warmers are also available.

Hand warmers should never take the place of proper handwear. Rather, they should be viewed as an adjunctive measure for maintaining comfort and for use in an emergency.

BACK-UP: Handwear redundancy is of paramount importance in winter. Back-up protection should be carried in case your warm mitts suddenly disappear. There is also a good chance that during the course of a winter hike handwear may get soggy from falling snow or while grabbing onto snow-covered objects. Sweat from high output exertion can cause handwear to get progressively moist. Removal of the outer shell can increase breathability and minimize perspiration build-up but exposes the insulating layer to external moisture contamination from outside sources. My approach to dealing with this dilemma is to have an extra pair of light or medium-loft mittens to use during the climb that I expect will get wet and can then be exchanged for a dry replacement as needed. I try to avoid using my warm mitt system during the upward climb as I want them to stay dry for later in the day during descent. Of course, these are all general principles that are modified based on existing conditions.

A common scenario involves ascending a mountain and stopping to refuel and rehydrate. The moisture-laden mittens are removed to access the food and water. Upon resuming the hike, the mittens are donned but the previously toasty hands are now bitterly cold. The user may attribute this to the fact that stopping to take a break made him/her feel colder due to the reduced activity. While this is true, an additional factor is that the mittens, while off of the user’s hands, were exposed to the cold outside environment, affording the opportunity for the accumulated moisture from the uphill climb to freeze. The user is now wearing frozen mitts with resulting unpleasant consequences. This problem is best avoided by ensuring that removed handwear is temporarily kept close to the body away from the ambient cold.

EXTREMITY EXTREMES: As with other parts of the body, individuals have varying responses to how their hands react to the cold. At one extreme end of the spectrum some people live with Raynaud’s Disease (named after the doctor who first identified it). Primary Raynaud’s has no known cause and is usually mild. Secondary Raynaud’s (also known as Raynaud’s Phenomenon or Raynaud’s Syndrome) is caused by another condition, typically an autoimmune disease, and can be more severe. In both of these conditions, the blood vessels in the hands overreact to cold by constricting and thus restricting blood flow to the fingertips. These individuals need to be particularly conscientious about cold weather hand protection. Some folks at the opposite extreme are able to comfortably function with less hand protection under a given set of conditions and may do fine with gloves.

SCREAMING BARFIES: There is an interesting and not well understood phenomenon commonly experienced by ice climbers called the “Screaming Barfies” or “Hot Aches.” Typically, the ice climber has his/her arms extended above the head, often hanging from ice tools that are being firmly gripped. The overhead hand position and associated clenching of the tools results in reduced circulation to the hands. Upon topping out onto terra-firma, the happy climber naturally brings his/her hands down to the sides and is no longer clenching the ice tools. This results in a sudden gravitationally enhanced surge in blood flow to the hands, which makes them feel like they are on fire and results in screaming pain, nausea and sometimes vomiting. One causative theory is that toxins in the hands as well as nitric oxide (a chemical regulator of vasodilation) that accumulated when there was restricted circulation now enters the bloodstream. This increase in toxins triggers a pain response in the area of the brain that is also associated with the nausea response. Sooner or later most ice climbers will have experienced this odd phenomenon.

FINAL WORD: It is important to remember that cold extremities may be an indication that the hiker is not wearing enough insulation over the rest of the body (i.e., jacket layer, hat) or is not adequately nourished and/or hydrated. Cold hands may therefore be a warning sign that other essential factors need to be addressed. As always, listen to your body and...***Happy Hiking!***

Ira Orenstein is a member of the Catskill 3500 Club (#415 W776), The Adirondack Forty Sixers, The New Hampshire Four Thousand Footers, New England 4000 Footers and the Northeast 111. Ira currently leads hikes for the 3500 Club and previously served the Club as a merchandise coordinator, along with his wife, Karen Bloom (#1733 W776). He and his family enjoy spending time together in the outdoors. He can be reached via [email](#).



Frosty West Kill cave. Photo by Margaret McGrath #2009 W939

Live a Great Story: Member #2263 (Ryan Joseph Levesque)

Text and Photos by: Jennifer Levesque

Growing up in the Northeast there was no shortage of woods and outdoor adventure in Ryan's life. I believe that early exposure to the mountains is where his love for the outdoors, and his great story, began. He used to tell me that hiking was his favorite thing in the world to do. He felt at home in the woods. Confident and passionate about the process and the experience of setting out into the outdoors solo or with others.

Nature is my church

Love is my religion

That is who Ryan was and will always be.

In January of 2011 when he told me he wanted to start the journey to become a member of the Catskills 3500 Club I knew he would jump in with his whole heart. For the next three years I watched him keep at it—through rain, sunshine, and snow, through well-worn trails and buggy bushwhacking; through changing jobs and welcoming both of our children. I feel honored to have joined him on a couple of the hikes and grateful so many friends were with him on others. You couldn't help but feel happy when you were with him on the trail. His energy, and high fives and thumbs ups, were contagious. I imagine many of you feel the same. You don't find the time for the hikes; you MAKE the time. Making time to get out into the place that brings you peace and joy. Here are a few of his highlights of his time on the trail as he tracked his 3500 Club progress...





June 18, 2011- Windham High Peak

Companion: Lily (his parents' dog)

Attempted overnight but didn't find a good camping spot. Day hike only.

November 19, 2011- Balsam Lake Mountain

Companion: Jennifer (Me!)

Day hike. First hike after Colten was born. Firetower.

February 19, 2012- Friday Mountain

Companion: Broderick (childhood friend)

Did peak with Balsam Cap. Day hike, found the crashed B-25 bomber on the way down.

August 4, 2012- Hunter Mountain

Companions: Belfiore, Candice, Emma (college friends and their daughter), Jennifer, Colten (our son)

Day hike. First peak with Colten. The firetower was fun. Baby backpack was very uncomfortable.

March 9, 2013- Blackhead Mountain

Companions: Pete, Belfiore and Q (college friends)

Day hike. Great peak, amazing trail. Views were breathtaking. Way up was on a packed snow track. Way down was fresh snow, slid on our butts for the steep parts.

July 27, 2013- Wittenberg Mountain

Companions: Pete, Scott and Josh (college friends)

Overnight, with Slide & Cornell. Absolutely incredible views and amazing view spot. Might be my favorite peak.

February 8, 2014- Rocky Mountain

Companion: Dave (family friend)

Day hike. Burlly and long.

On July 28, 2018 he would go on his final hike. Not a peak, but likely the hike he'd been waiting a lifetime to take. The first hike, and overnight camp, we'd do as a family—Ryan and I and our two children. His energy was palpable that day. Such joy and excitement for being together on this adventure, but also the journey we were curating for our life. We entered the sunny Denning trailhead as a family of four and walked out, in the dark, just three. I will always say what a gift it was that he got to leave this physical world in the place he loved most, doing what he loved most, surrounded by those he loved most. Not many of us get that gift. Laying on the woodland floor together was the perfect, albeit heartbreaking, farewell.

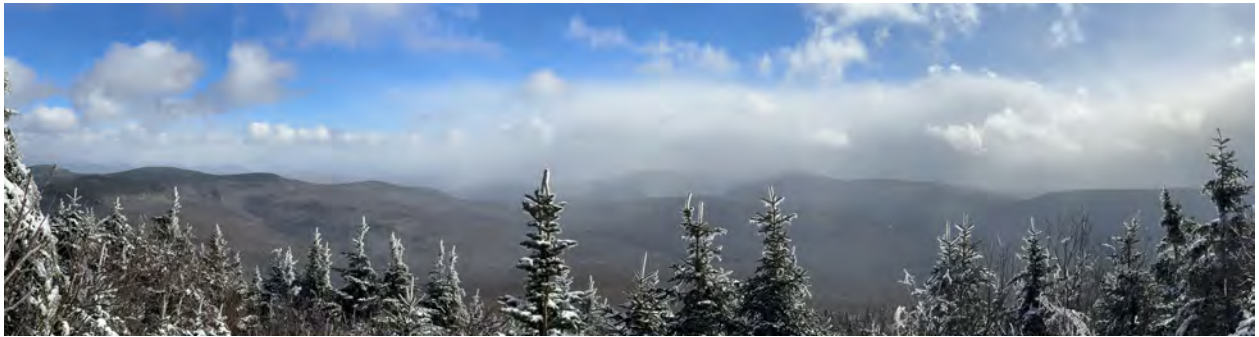
In the time since losing him, so many lives have been impacted. Not just in the loss of him, but in how we all are choosing to live our lives moving forward. Through the heartbreak we are choosing to live bigger, be more adventurous, find everyday joy and hug longer. Because of him we are all striving to live our own great story. Ryan's biggest mission was always to get more people out on the trail. To carry on that legacy, I now host an annual hike, every fall, to Huckleberry Point. Not a 3500 peak but one of his all-time favorites. We had our 5th annual hike in September, and it continues to be a favorite day of the year for all the friends and family that travel to be a part of it. Come join us in 2023!

One of Ryan's close friends put it best when he said- "Ryan was better at life than anyone I've ever known." Such a perfect statement of everything he was. He lived boldly. On top of a mountain, on a trail, laughing loudly, hugging tightly, pushing others outside of their comfort zone for what he knew would bring them joy. He lived a great story. The Catskills 3500 Club was such an

impactful chapter in that story. And this article is a way to continue adding to it. A way for him to live on. I am honored to get to share it and to carry on his legacy for all of my days.

What will **your** great story be? Life is short, so make it count. And while you're at it, give someone a thumbs up on the trail and say it's from member #2263!

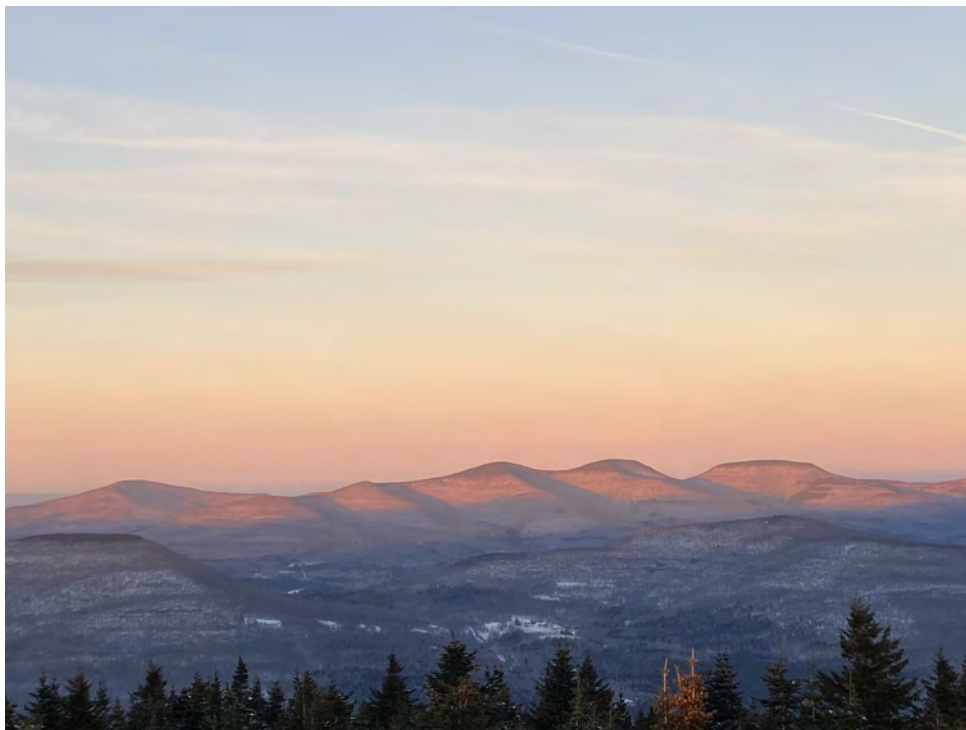
Jennifer Levesque was the wife of late Lifetime Catskill 3500 Club member Ryan Levesque, #2263. She lives in CT with their two children Colten (11) and Merritt (8) and puppy Harlow. Although not a 3500 Club Member, she loves being outdoors on a hike, a ski mountain, bike rides, lakeside or on the beach. When not at her job in the market research world, she is working on living her own great story through travel to new places and countries, enjoying good food and a hazy IPA or glass of wine, brave new adventures with family and friends and shining a light on the grief journey. She can be reached by [email](#).



Snow squalls on Peekamoose. Photo by Philip Vondra #3088 W1284

IN MEMORIAM

Jean Marie Dolen, #1000 W649, of North White Plains passed away June 23, 2022, at the age of 66. Throughout her life, Jean was active in many clubs. She was an officer in the Adirondack Mountain Club Mohican Chapter. She earned membership in the Catskill 3500 Club and repeated the requirements in the winter. She was finisher #49 to complete the Long Path.



Windham and Blackheads from Hunter. Photo by Yana Levchinsky-Grimmond #2814 W1222

Rambles and Brambles

Hike Schedule

January - March 2023

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 and 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: 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 winter kit. Ice and snow can come early and unexpectedly to these peaks. **Each hiker must bring snowshoes and full crampons 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. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion. **Winter in the Catskills is not to be treated lightly.**

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: All Club hikes are limited to 12 participants including the leaders. The DEC limits group size to 12 in the Wilderness Areas. Accordingly, all Club hikes allow no more than 12 participants.

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. See Club's website the [Catskill 3500 Club Hiking & Private Property guide](#).

Blaze Orange Alert: The hunting season is still here! Refer to this [DEC link](#) for the summary of hunting seasons. Wear orange, avoid white and remember the same for your four-legged hiking companions!



Howling Henry by the John Robb lean-to viewpoint. Photo by Mary Wolf

The calendar of the current hike schedule can also be found on the [Club site](#).

Club hiking schedule is subject to change.

Sun. Jan. 1 - INDIAN HEAD, TWIN, SUGARLOAF & PLATEAU

Distance: 13 mi. Ascent: 4700', Elevs: 3573', 3650', 3783', 3835'

Moderate pace trail with winter instruction. Experience using traction aids and snowshoes is required. Shuttle required.

Registration Period: Dec. 12 - 26

Leader: Russell Ley #2927 W1262

russell.buildingscience@gmail.com 518-370-3600

Sun. Jan. 1 - PLATEAU, SUGARLOAF, TWIN & INDIAN HEAD (Sunrise)

Distance: 10 mi. Ascent: 4350', Elevs: 3835', 3783', 3650', 3575'

Pre-dawn start to see sunrise from Plateau. Relaxed to moderate pace with challenging climbs and scrambles. Great views.

Shuttle required.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Mon. Jan. 2 - BALSAM & EAGLE

Distance: 9.35 mi. Ascent: 2180', Elevs: 3607', 3583'

Includes required winter peak (Balsam). Moderate pace from Rider Hollow. Beginners welcome.

Registration Period: Open

Leader: Sue Hall #2460 W1091

shall@catskill.net

Tue. Jan. 3 - NORTH DOME & SHERRILL

Distance: 6+ mi. Ascent: 2450', Elevs: 3605', 3558'

Moderate to quick pace bushwhack with steep cliffs. Shuttle required.

Registration Period: Open

Leader: Erica Pellegrino #3463 W1390

ericapellegrino71@gmail.com

Wed. Jan. 4 - BLACKHEAD, BLACKDOME & THOMAS COLE

Distance: 8.2 mi. Ascent: 2750', Elevs: 3940', 3994', 3953'
Includes required winter peak (Blackhead).
Moderate to quick pace.
Registration period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Thu. Jan. 5 - HALCOTT

Distance: 4 mi. Ascent: 1800', Elev: 3509'
Moderate pace bushwhack.
Registration Period: By Jan. 3
Leader: Ed Moran #2007 W950
edmoran@gmail.com 631-741-3765

Sat. Jan. 7 - BLACKHEAD

Distance: 5.2 mi. Ascent: 1720', Elev: 3940'
Required winter peak. Relaxed pace.
Registration Period: Dec. 29 - Jan. 5
Leaders: Shari Aber #2224 W944 & Joseph Ferri #2223 W945
shnaber@yahoo.com & newpaltz33@yahoo.com

Sat. Jan. 7 - SW HUNTER, HUNTER & RUSK

Distance: 12 mi. Ascent: 3200', Elevs: 3753', 4030', 3686'
Long, moderate to quick pace bushwhack and trail.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Jan. 7 - SLIDE

Distance: 6.5 mi. Ascent: 1920', Elev: 4184'
Moderate pace. Beginners welcome.
Registration Period: Jan. 1 - 5
Leader: Jake Haisley #2488 W1065
jacobhaisley@gmail.com

Sun. Jan. 8 - PANTHER

Distance: 6.6 mi. Ascent: 1900', Elev 3724'
Required winter peak.
Moderate pace. Beginners welcome.
Registration Period: Open
Leader: Christopher Leon Garibian #3881 W1474
christophergaribian@gmail.com

Mon. Jan. 9 - BALSAM LAKE

Distance: 5.9 mi. Ascent: 1150', Elev: 3729'
Moderate pace from Mill Brook Road. Beginners welcome.
Registration Period: Open
Leader: Sue Hall #2460 W1091
shall@catskill.net

Sat. Jan. 14 - BALSAM & EAGLE

Distance: 8.8 mi. Ascent: 2400 ' Elevs: 3607', 3583'
Moderately paced trail hike
Registration Period: Jan. 5 - 12
Leaders: Shari Aber #2224 W944 & Joseph Ferri #2223 W945
shnaber@yahoo.com & newpaltz33@yahoo.com

Sat. Jan. 14 - FRIDAY, BALSAM CAP, ROCKY, LONE, TABLE & PEEKAMOOSE

Distance: 12+ mi. Ascent: 4500', Elevs: 3692', 3608', 3487', 3700', 3825', 3819'
Long, challenging bushwhack and trail at moderate pace.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Jan. 14 - WITTENBERG, CORNELL & SLIDE

Distance: 10 mi. Ascent: 3600', Elevs: 3782', 3857', 4184'
Includes required winter peak (Slide). Moderate to quick pace with challenging scrambles. Shuttle required.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168

nmdange@live.com

Sun. Jan. 15 - PANTHER

Distance: 6.6 mi. Ascent: 1900', Elev 3724'
Required winter peak.
Moderate pace. Beginners welcome.
Registration Period: Jan. 9 - 13
Leader: Jake Haisley #2488 W1065
jacobhaisley@gmail.com

Sun. Jan. 15 - WINDHAM

Distance: 6.2 mi. Ascent: 1575', Elev: 3525'
Relaxed pace beginner-friendly hike.
Registration Period: Jan. 2 - 9
Leaders: Ira Orenstein #415 W777 & Karen Bloom #1733 W776
ksbiho@aol.com (preferred) 914-262-5816

Mon. Jan. 16 - BEARPEN & VLY

Distance: 6.5 mi. Ascent: 2060', Elevs: 3587', 3541'
Moderate pace unmarked trail from Rt.3/Halcott Center. Beginners welcome.
Registration Period: Open
Leader: Sue Hall #2460 W1091
shall@catskill.net

Tue. Jan. 17 - BALSAM LAKE & MILL BROOK RIDGE

Distance: 8.5 mi. Ascent: 2800', Elevs: 3729', 3465'
Easy trail to Balsam Lake and Mill Brook Ridge, then a short bushwhack down to Kelly Hollow at a moderate pace. Shuttle required.
Registration Period: Open
Leader: Erica Pellegrino #3463 W1390
ericapellegrino71@gmail.com

Sat. Jan. 21 - WEST KILL (WW)

Distance: 6.8 mi. Ascent: 1798', Elev: 3898'
Moderate pace trail. Beginners welcome.
Registration Period: Open
Leader: Harold Oakhill #283 W1244
hoakhill@gmail.com

Sat. Jan. 21 - BALSAM (WW)

Distance: 4.85 mi. Ascent: 1250', Elev: 3600'
Required winter peak. Moderate pace.
Registration Period: Jan. 4 - 18
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com 845-532-3922

Sat. Jan. 21 - LONE & ROCKY (WW)

Distance: 10 mi. Ascent: 2500', Elevs: 3700', 3487'
Moderate pace bushwhack from Denning.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Jan. 21 - BLACKHEAD (WW)

Distance: 5.2 mi. Ascent: 1700', Elev: 3940'
Required winter peak. Moderate pace trail with winter instruction. Experience using traction aids and snowshoes is required.
Advanced beginners welcome.
Registration Period: Jan. 2 - 16
Leader: Russell Ley #2927 W1262
russell.buildingscience@gmail.com 518-370-3600

Sat. Jan. 21 - PANTHER (WW)

Distance: 6.6 mi. Ascent: 1900', Elev: 3724'
Required winter peak.
Moderate pace via Giant Ledge with relaxed pace on climbs. Beginners welcome.
Registration Period: Open
Leader: Tonda Highley #1944 W857
Thighley1944@gmail.com

Sat. Jan. 21 - HUNTER (WW)

Distance: 6.3 mi. Ascent: 2080', Elev: 4030'

Moderate pace trail.

Registration Period: Jan. 9 - 17

Leader: Conor Gillis #3340

conor.gillis32@gmail.com

Sat. Jan. 21 - INDIAN HEAD & TWIN (WW)

Distance: 7.4 mi. Ascent: 2320', Elevs: 3650', 3573'

Relaxed pace.

Registration Period: Jan. 12 - 19

Leader: Michael Bongar #2173 W994

michael@bongarbiz.com

Sat. Jan. 21 - SLIDE (WW)

Distance: 6.7 mi. Ascent: 1780', Elev: 4180'

Required winter peak. Moderate pace trail via Curtis-Ormsbee. Beginners welcome.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com

Sat. Jan. 21 - North Dome & Sherrill (WW)

Distance: 7+ mi. Ascent: 2700', Elevs: 3605', 3558'

Relaxed pace, out & back bushwhack & trail with steep climbs. Beginners welcome.

Registration Period: Jan. 15 - 19

Leader: Bill Winterbottom #1904 W858

billw@usdsoftware.com

Sun. Jan. 22 - PLATEAU (WW)

Distance: 8 mi. Ascent: 1840', Elev: 3840'

Relaxed pace.

Registration Period: Open

Leader: Sharon Klein #3364

catsngunks@gmail.com

Sun Jan. 22 - WINDHAM (WW)

Distance: 7.4 mi. Ascent: 1700', Elev: 3525'

Moderate pace via the Escarpment trail. Beginners welcome.

Registration period: Open

Leader: Michael D'Angelo #2910 W1168

nmdange@live.com

Sun. Jan. 22 - PANTHER (WW)

Distance: 6.6 mi. Ascent: 1900', Elev: 3724'

Required winter peak.

Moderate pace. Beginners welcome.

Registration Period: Open

Leader: Harold Oakhill #283 W1244

hoakhill@gmail.com

Sun. Jan. 22 - BALSAM LAKE (WW)

Distance: 5.9 mi. Ascent: 1150', Elev: 3729'

Moderate pace with winter instruction. Experience using traction aids and snowshoes is required. Advanced beginners welcome.

Registration Period: Jan. 2 - 16

Leader: Russell Ley #2927 W1262

russell.buildingscience@gmail.com 518-370-3600

Sun. Jan. 22 - BALSAM (WW)

Distance: 5.2 mi. Ascent: 1600', Elev: 3600'

Required winter peak. Moderate pace from Rider Hollow. Beginners welcome.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com

Sun. Jan. 22 - SLIDE (WW)

Distance: 5.4 mi. Ascent: 1760', Elev: 4184'

Required winter peak. Relaxed pace trail. Beginners welcome. Shuttle required.

Registration Period: Open

Leaders: Tom Rankin #1503 W627 & Laurie Rankin #1337 W531

tomrankin7@gmail.com

Sun. Jan. 22 - VLY & BEARPEN (WW)

Distance: 6.5 mi. Ascent: 2060', Elevs: 3541', 3587'
Moderate pace unmarked trail hike.
Registration Period: Open
Leaders: Peggy Wissler #1499 W612 & Yanny Hecht #1868 W751
YannyHecht@gmail.com

Sun. Jan. 22 - BLACKHEAD, BLACK DOME & THOMAS COLE (WW)

Distance: 7.8 mi. Ascent: 2831', Elevs: 3940', 3994', 3953'
Includes required winter peak (Blackhead). Moderate to quick pace. Shuttle required.
Registration Period: Open
Leader: Erica Pellegrino #2463 W1390
ericapellegrino71@gmail.com

Tue. Jan. 24 - WITTENBERG, CORNELL & SLIDE

Distance: 10 mi. Ascent: 3600', Elevs: 3782', 3857', 4184'
Includes required winter peak (Slide). Moderate pace with challenging scrambles. Shuttle required.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Jan. 28 - WINDHAM

Distance: 7.8 mi. Ascent: 1800', Elev: 3525'
Relaxed to moderate pace with great views. Beginners welcome.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Jan. 28 - PLATEAU, SUGARLOAF, TWIN & INDIAN HEAD

Distance: 9.5 mi. Ascent: 4300', Elevs: 3835', 3783', 3650', 3573'
Four peaks of the Devil's Path. Moderate to quick pace. Shuttle required.
Registration period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Feb. 4 - KAATERSKILL

Distance: 7 mi. Ascent: 1900', Elev: 3652'
Moderate pace bushwhack & trail hike. Fun scrambles & great views.
Registration Period: Open
Leaders: Peggy Wissler #1499 W612 & Yanny Hecht #1868 W751
YannyHecht@gmail.com

Sat. Feb. 4 - PLATEAU, SUGARLOAF, TWIN & INDIAN HEAD

Distance: 10 mi. Ascent: 4350', Elevs: 3835', 3783', 3650', 3575'
Moderate pace with challenging climbs and scrambles. Great views. Shuttle required.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sun. Feb. 5 - INDIAN HEAD & TWIN

Distance: 6.9 mi. Ascent: 2298', Elevs: 3573', 3650'
Moderate to quick pace.
Registration Period: Open
Leader: Harold Oakhill #283 W1244
hoakhill@gmail.com

Sun. Feb. 5 - 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 unmarked trail. Hike one or both. Moderate to quick pace.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Feb. 4 - RUSK, HUNTER & SW HUNTER

Distance: 12.4 mi. Ascent: 3150', Elevs: 3680', 4030', 3753'
Moderate to quick pace trail and bushwhack.

Registration Period: Open
Leader: Christopher Leon Garibian #3881, W1474
christophergaribian@gmail.com

Tue. Feb. 7 - NORTH DOME & SHERRILL

Distance: 6+ mi. Ascent: 2450', Elevs: 3605', 3558'
Moderate pace bushwhack with steep cliffs. Shuttle required.
Registration Period: Open
Leader: Erica Pellegrino #3463 W1390
ericapellegrino71@gmail.com

Thu. Feb. 9 - BALSAM & EAGLE

Distance: 10 mi. Ascent: 2800', Elevs: 3607', 3583'
Includes required winter peak (Balsam). Moderate pace.
Registration Period: By Feb. 7
Leader: Ed Moran #2007 W950
edmoran@gmail.com 631-741-3765

Fri. Feb. 10 - WEST KILL & ST. ANNE'S

Distance: 7.95 mi. Ascent: 2148', Elevs: 3898', 3423'
Relaxed pace. Shuttle required.
Registration Period: Open
Leader: Tonda Highley #1944 W857
Thighley1944@gmail.com

Sat. Feb. 11 - FRIDAY & BALSAM CAP

Distance 7.5 mi. Ascent: 2905', Elevs: 3692', 3608'
Moderate pace bushwhack.
Registration Period: Jan. 25 - Feb. 8
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com 845-532-3922

Sun. Feb. 12 - BIG INDIAN & FIR

Distance: 10.0 mi. Ascent: 2200', Elevs: 3699', 3629'
Moderate pace bushwhack and trail.
Registration Period: Feb. 3 - 10
Leaders: Shari Aber #2224 W944 & Joseph Ferri #2223 W945
shnaber@yahoo.com & newpaltz33@yahoo.com

Sun. Feb.12 - BALSAM & EAGLE

Distance: 9.5 mi. Ascent: 2800', Elevs: 3607', 3583'
Includes required winter peak (Balsam). Moderate pace.
Registration Period: Open
Leader: Erica Pellegrino #3463 W1390
ericapellegrino71@gmail.com

Sat. Feb. 18 - NORTH DOME & SHERRILL

Distance: 7 mi. Ascent: 3100', Elevs: 3606', 3558'
Moderate pace with winter instruction. Experience using traction aids and snowshoes is required.
Registration Period: Feb. 2 -13
Leader: Russell Ley #2927 W1262
russell.buildingscience@gmail.com 518-370-3600

Sat. Feb. 18 - WEST KILL, NORTH DOME, & SHERRILL

Distance: 12 mi. Ascent: 3853', Elevs: 3898', 3605', 3558'
Strenuous bushwhack and trail at a moderate to quick pace. Shuttle required.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Feb. 18 - RUSK, HUNTER & SW HUNTER

Distance: 12.4 mi. Ascent: 3150', Elevs: 3680', 4030', 3753'
Relaxed pace trail and bushwhack.
Registration Period: Feb. 9 - 17
Leader: Michael Bongar #2173 W994
michael@bongarbiz.com

Sat. Feb. 18 - BLACKHEAD

Distance: 4.9 mi. Ascent: 1750', Elev: 3940'

Required winter peak. Moderate pace. Beginners welcome.

Registration Period: Open

Leader: Marcy Felter #3492 W1480

mjfelter@optonline.net 845-258-8240

Sat. Feb. 18 - BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 7.3 mi. Ascent: 2650', Elevs: 3940', 3994', 3953'

Includes required winter peak (Blackhead). Moderate pace with challenging climbs and great views. Shuttle required.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sat. Feb. 18 - TABLE & PEEKAMOOSE

Distance: 9.5 mi. Ascent: 2539', Elevs: 3825', 3819'

Moderate pace. Beginners welcome.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com

Sun. Feb. 19 - SLIDE, CORNELL & WITTENBERG

Distance: 9.8 mi. Ascent: 2623', Elevs: 4184', 3857', 3782'

Includes required winter peak (Slide). Moderate to quick pace with challenging scrambles. Shuttle required.

Registration Period: Open

Leader: Harold Oakhill #283 W1244

hoakhill@gmail.com

Tue. Feb. 21 - SW HUNTER & HUNTER

Distance: 10 mi. Ascent: 2100', Elevs: 3753', 4030'

Moderate to quick pace

Registration Period: Open

Leader: Erica Pellegrino #3463 W1390

ericapellegrino71@gmail.com

Fri. Feb. 24 - HALCOTT

Distance: 3.7 mi. Ascent: 1,771', Elev: 3509'

Moderate pace. Beginners welcome. Short, steep bushwhack.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com

Sat. Feb. 25 - BALSAM LAKE

Distance: 6.8 mi. Ascent 1600', Elev: 3729'

Easy trail at a moderate pace. Beginners welcome.

Registration Period: Open

Leader: Michael D'Angelo #2910 W1168

nmdange@live.com

Mon. Feb. 27 - WINDHAM

Distance: 6.6 mi. Ascent: 1784', Elev: 3524'

Moderate pace from Rt. 23. Beginners welcome.

Registration Period: Open

Leader: Sue Hall #2460 W1091

shall@catskill.net

Sat. Mar. 4 - BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 7.2 mi. Ascent: 2600' Elevs: 3940', 3994', 3953'

Includes required winter peak (Blackhead). Moderate pace with relaxed pace climbs. Shuttle required.

Registration Period: Open

Leader: Tonda Highley #1944 W857

Thighley1944@gmail.com

Sat. Mar. 4 - FRIDAY, BALSAM CAP, ROCKY, LONE, TABLE & PEEKAMOOSE

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

Long, challenging bushwhack and trail at a moderate to quick pace. Shuttle required.

Registration period: Open

Leader: Michael D'Angelo #2910 W1168

nmdange@live.com

Sat. Mar. 4 - KAATERSKILL

Distance: 7 mi. Ascent: 1900', Elev: 3652'

Moderate pace bushwhack and trail. Fun scrambles, plane crashes and great views. Shuttle required

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sun. Mar. 5 - BIG INDIAN & FIR

Distance: 10.0 mi. Ascent: 2200', Elevs: 3699', 3629'

Moderate to quick pace bushwhack and trail.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com

Mon. Mar. 6 - BALSAM & EAGLE

Distance: 9.35 mi. Ascent: 2180', Elevs: 3607', 3583'

Includes required winter peak (Balsam). Moderate pace from Rider Hollow. Beginners welcome.

Registration Period: Open

Leader: Sue Hall #2460 W1091

shall@catskill.net

Tue. Mar. 7 - WITTENBERG, CORNELL & SLIDE

Distance: 10 mi. Ascent: 3600', Elevs: 3782', 3857', 4184'

Include required winter peak (Slide). Moderate to quick pace with challenging scrambles. Shuttle required.

Registration Period: Open

Leader: Erica Pellegrino #3463 W1390

ericapellegrino71@gmail.com

Sat. Mar. 11 - INDIAN HEAD & TWIN

Distance: 6.9 mi. Ascent: 2298', Elevs: 3573', 3650'

Moderate to quick pace.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com

Sat. Mar. 11 - PANTHER

Distance: 6.6 mi. Ascent: 1900', Elev: 3724'

Required winter peak. Relaxed pace.

Registration Period: Mar. 2 - 9

Leaders: Shari Aber #2224 W944 & Joseph Ferri #2223 W945

shnaber@yahoo.com & newpaltz33@yahoo.com

Sun. Mar. 12 - FRIDAY, BALSAM CAP, ROCKY, LONE, TABLE & PEEKAMOOSE

Distance: 11.5 mi. Ascent: 4131', Elevs: 3692', 3608', 3487', 3700', 3825', 3819'

Long, challenging bushwhack and trail at a moderate to quick pace. Shuttle required.

Registration Period: Open

Leader: Harold Oakhill #283 W1244

hoakhill@gmail.com

Sun. Mar. 12 - FIR, BIG INDIAN, EAGLE & BALSAM

Distance: 14 mi, Ascent: 3700', Elevs: 3629', 3699', 3583', 3607'

Includes required winter peak (Balsam). Long, challenging bushwhack and trail from Biscuit Brook to McKenley Hollow at a moderate to quick pace. Shuttle required.

Registration period: Open

Leader: Michael D'Angelo #2910 W1168

nmdange@live.com

Mon. Mar. 13 - BALSAM LAKE

Distance: 5.9 mi. Ascent: 1150', Elev: 3729'

Moderate pace from Mill Brook Road. Beginners welcome.

Registration Period: Open

Leader: Sue Hall #2460 W1091

shall@catskill.net

Tue. Mar. 14 - BALSAM LAKE & MILL BROOK RIDGE

Distance: 8.5 mi, Ascent: 2800', Elevs: 3729', 3465'

Easy trail to Balsam Lake and Mill Brook Ridge, then a short bushwhack down to Kelly Hollow at a moderate pace. Shuttle required.

Registration Period: Open

Leader: Erica Pellegrino #3463 W1390

ericapellegrino71@gmail.com

Thu. Mar. 16 - BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 8 mi. Ascent: 2850', Elevs: 3940', 3994', 3953'
Includes required winter peak (Blackhead). Moderate pace.
Registration Period: By March 14
Leader: Ed Moran #2007 W950
edmoran@gmail.com 631-741-3765

Sat. Mar. 18 - LONE & ROCKY

Distance: 10 mi. Ascent: 2500', Elevs: 3700', 3487'
Moderate to quick pace bushwhack from Denning.
Registration Period: Open
Leader: Christopher Leon Garibian #3881 W1474
christophergaribian@gmail.com

Sat. Mar. 18 - WINDHAM

Distance: 6.0 mi. Ascent: 1412', Elev: 3525'
Relaxed paced trail.
Registration Period: Mar. 9 - 16
Leaders: Shari Aber #2224 W944 & Joseph Ferri #2223 W945
shnaber@yahoo.com & newpaltz33@yahoo.com

Sat. Mar. 18 - SLIDE

Distance: 6.9 mi. Ascent: 1835', Elev: 4190'
Required winter peak. Relaxed pace.
Registration Period: Mar. 10 - 17
Leader: Michael Bongar #2173 W994
michael@bongarbiz.com

Sat. Mar. 18 - PANTHER

Distance: 6.6 mi, Ascent: 1900', Elev: 3724'
Required winter peak.
Relaxed to moderate pace. Beginners welcome.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sun. Mar. 19 - HALCOTT

Distance: 4 mi. Ascent: 1400', Elev: 3509'
Moderate pace bushwhack.
Registration Period: Open
Leaders: Peggy Wissler #1499 W612 & Yanny Hecht #1868 W751
YannyHecht@gmail.com

Mon. Mar. 20 - BEARPEN & VLY

Distance: 6.5 mi. Ascent: 2060', Elevs: 3587', 3541'
Moderate pace unmarked trail from Rt.3/Halcott Center. Beginners welcome.
Registration Period: Open
Leader: Sue Hall #2460 W1091
shall@catskill.net

Sat. Mar. 25 - WEST KILL, SW HUNTER & HUNTER

Distance: 15.5 mi. Ascent: 4100', Elevs: 3898', 3753', 4030'
Long, challenging trail at a somewhat slower than moderate pace.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sun. Mar. 26 - HALCOTT & SLEEPING LION

Distance: 5.7 mi. Ascent: 2140', Elevs: 3509', 3391'
Short steep bushwhack of Halcott with Sleeping Lion. Moderate to quick pace.
Registration period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Mon. Mar. 27 - MILL BROOK RIDGE

Distance: 7.1 mi. Ascent: 1480', Elev: 3465'
Moderate pace trail from Alder Lake. Beginners welcome.

Registration Period: Open
Leader: Sue Hall #2460 W1091
shall@catskill.net

Tue. Mar. 28 - FIR, BIG INDIAN, EAGLE & BALSAM

Distance: 12+ mi. Ascent: 4180', Elevs: 3629', 3699', 3583', 3607'
Long, challenging bushwhack and trail traverse from Rt. 47 to McKenley Hollow at a moderate to quick pace.
Registration Period: Open
Leader: Erica Pellegrino #3463 W1390
ericapellegrino71@gmail.com



Windham High Peak. Photo by Alyse Droge

NEW MEMBERS

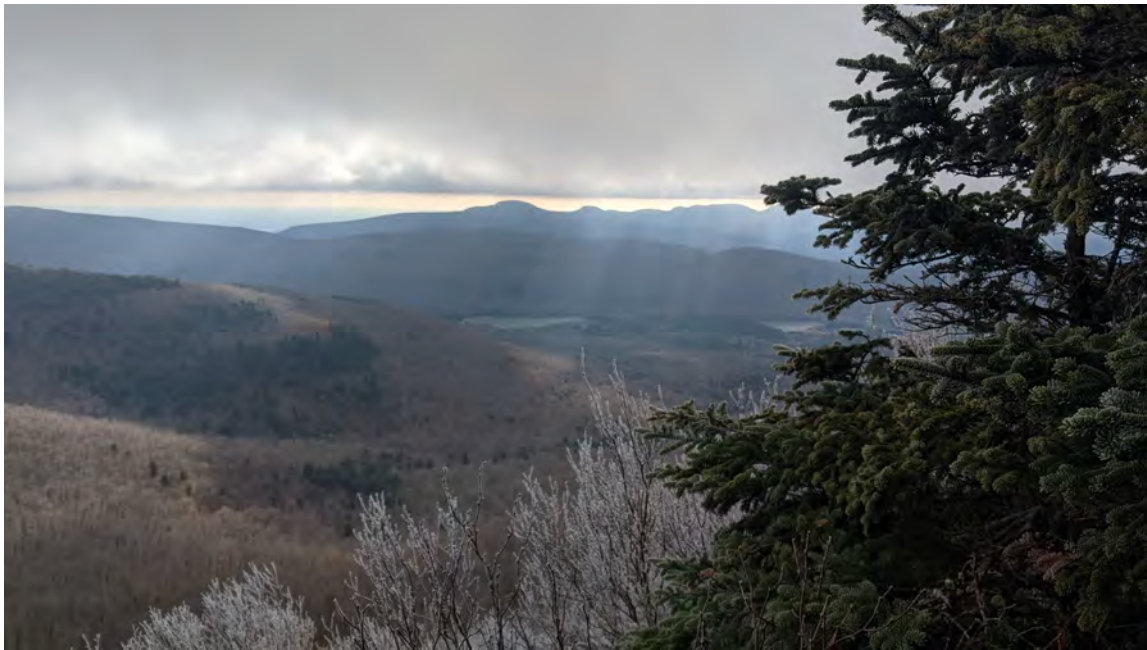
Members listed are as of the publication; more recent finishers will be listed next quarter.

New Lifetime Members:

Number	Name
2145	Jeffrey Levitt
2855	Alicia Vaccaro
3107	Thomas First
3847	Philip P Barone III
3896	Ryan Vance
4041	Vinita Deo
4043	Tessa Husted
4052	Denise Grunder
4060	Daniel Muenkel
4061	Robert Hastings
4069	Katharine Aubrey
4079	Kathy Navy
4080	Ric Navy
ASP	Karina Sivokas
ASP	Jose Haro

New Members:

Number	Name	Date of Finish	Final Peak
4035	Jenifer Kern	8/19/2022	Friday
4036	Laurence Landau	9/3/2022	SW Hunter
4037	James R Simpson	9/2/2022	Halcott
4038	Dan Thompson	9/9/2022	Wittenberg
4039	Teddy Reiser	9/10/2022	Panther
4040	Damaris Reiser	9/10/2022	Panther
4041	Vinita Deo	12/26/2021	Blackhead
4042	Jon Bunning	8/6/2022	Panther
4043	Tessa Husted	9/3/2022	Big Indian
4044	Zach Durocher	9/18/2022	Slide
4045	Cheryl Mondorf	9/24/2022	Kaaterskill
4046	John Mondorf	9/24/2022	Kaaterskill
4047	Praveen Krishnan	9/24/2022	Windham
4048	Greg K Rappleyea	9/24/2022	Rocky
4049	Charlotte Rappleyea	9/24/2022	Rocky
4050	Chelsy Zelasko	9/25/2022	West Kill
4051	Melanie Maruzzella	9/24/2022	Plateau
4052	Michael Maruzzella	9/24/2022	Plateau
4053	Jake Campbell	1/6/2022	West Kill
4054	Karen Chernoff	8/6/2022	Kaaterskill
4055	Cathy Kenny-Wilkerson	10/1/2022	Balsam
4056	Kyle Hobart	10/2/2022	Slide
4057	Christian-Joseph Turcotte	10/7/2022	Indian Head
4058	Sara Khliss	10/7/2022	Indian Head
4059	Rebecca Dennis	10/12/2022	Panther
4060	Daniel Muenkel	10/15/2022	Twin
4061	Robert Hastings	10/15/2022	Twin
4062	Denise Grunder	10/14/2022	Eagle
4063	Mikel Ortiz	10/8/2022	Sugarloaf
4064	Kelly Ortiz	10/8/2022	Sugarloaf
4065	Michael A Yesko	10/20/2022	Rocky
4066	Neil Zaffos	10/20/2022	Rocky
4067	Andrew C Bischoff	10/29/2022	Windham
4068	Maxanne Resnick	10/29/2022	Slide
4069	Katharine Aubrey	8/8/2022	Kaaterskill
4070	Kurt P Steubing	11/4/2022	Lone
4071	Karol Andino	10/29/2022	Windham
4072	Jesse Angelino	10/2/2022	Eagle
4073	Daniel Lactignola	10/2/2022	Eagle
4074	Alexandra Yovine	11/5/2022	West Kill
4075	Mathew Tuper	10/8/2022	West Kill
4076	Michael Bowman	11/7/2022	Friday
4077	Lindsey Bowman	11/7/2022	Friday
4078	Laney Salisbury	10/29/22	Slide
4079	Kathy Navy	11/05/22	Rusk
4080	Ric Navy	11/05/22	Rusk
4081	Louise Dewhirst	11/18/2022	Rusk
4082	Amie K Parker	11/21/2022	Cornell



View from Black Dome Mountain. Photo by Harold Oakhill #283 W1244

Editor's Notes

By Yana Levchinsky-Grimmond



I hope you are continuing to enjoy *The Canister*, and I thank each and every one of you who has reached out with feedback, suggestions and of course, with submissions. Feedback, as well as content contributions to future editions and ideas are very much welcomed and appreciated. Submissions on the topics of hiking with kids, pushing your limits, exploring something new and exciting, history of the Catskills, ecology, wildlife and geology, your personal experiences, advice, etc. are just some of the examples of what we would love to include in the next issue of *The Canister!* Any book lovers out there? I would love to publish your review of a relevant nature/Catskills/hiking book. For photo submissions, please ensure the photos are high resolution (several MB at a min) and in a landscape or panoramic format. We would love to see your photos of foliage, geological oddities, waterfalls, wildlife, views, flora, sunsets and sunrises. Please contact me at editor@catskill-3500-club.org.

Please note: the newsletter will print best if downloaded as a pdf file directly from the [Club's site](#).



Balsam Viewpoint. Photo by Doug DeGross

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Last winter days on Balsam Lake. Photo by Sarah Bacon #3052 W1306

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