

CATSKILL POLL

Whether a mountain is difficult to climb depends not only on its condition but also on the condition of the climber, according to the 63 persons who responded to the poll at the 1969 annual meeting. If there is blowdown or new powder snow, or ice on a slide, there is more challenge. If the climber has an upset stomach, or a knee problem, or busted sneakers, there is much chagrin. Rain, or heat, or no flashlight at night, or the length of the hike also multiply the difficulty.

Fourteen of those returning the questionnaire designated Friday Mountain as their most difficult climb, but five chose it because they went up by way of the icy slide, and three others because they climbed "the five" first--"Spangenberg's Death March." So Westkill with nine unqualified votes wins the dubious honor of being the single most difficult CATSKILL to climb. Others nominated were: the slide on Slide, Panther, Big Indian and Fir, Peekamoose, Rocky, Bearpen and Vly, and the Windham to Thomas Cole traverse.

Generally the favorite mountains were chosen because of their views and trails but sentiment was influential too. The memories connected--the first mountain climbed, snow-covered trees, a cool waterfall, an evergreen top, owning part of a mountain, and even a crashed airplane--made some special. One boy chose Rusk because it was there that he was lost with some girls, and another liked Eagle because he climbed it in a blizzard. Some found choosing just one too difficult. One person flatly said that all were her favorites except Big Indian. However, somebody else named Big Indian, so all are special to somebody. The count was Slide 9; Friday 6; Wittenberg 5; Panther and Blackhead 4; High Point, Hunter, Kaaterskill, Windham and Black Dome 3; Rusk 2; and Balsam Cap, Eagle, Westkill, Halcott, Peekamoose, Indian Head, and Big Indian 1. Mt. Marcy and Washington also received one vote each, thus extending the CATSKILLS considerably.

Slide was only slightly the favorite mountain but it was overwhelmingly the mountain most climbed. Twenty-six of those polled have been on its top more than twice for a total of 140 trips. Two hikers have climbed it twenty-five times. No wonder some parts of the trail are gullies! Other mountains climbed repeatedly were Blackhead and Wittenberg by four people; Double Top, Balsam Cap and Peekamoose by three; Cornell, Kaaterskill, Panther and Hunter by two; and Overlook, Table, Balsam, Graham, Black Dome, Eagle and Indian Head by one.

--Betty Hurd, Clintondale, N.Y.

STREAM OF CONSCIOUSNESS WHILE BUSHWHACKING

A beautiful cool October morning into Denning Leanto pickup Long Path this is easy up Table Mountain on a trail what's that a deer surprise a register over Table swing left off trail bushwhack starts Lone Mountain isn't far keep to ridge don't go off it compass bearing east this bushwhacking easy no trouble canister right on the button now

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for Rocky Mountain watch ridge too far to left off ridge climb up got to get on ridge OK now bad blow down in col this is awful over blown down tree no around it bad should have gone over another one this time over no better can't even find a herd path fight push another scratch climb up small cliff go to left I guess I'd better go right this looks like a way up OK still up hill shoulder to shoulder spruce add my shoulder push shove dead needles down my back itch scratch look a rabbit where the hell is canister this has to be top look search ah something orange this is it rest feels good sip of water ration it tonight will be a dry camp on to Balsam Cap compass still east more blow down are there no easy mountains looks like they are all the same skinned shin got to keep moving getting late don't want to camp in blow down up and at em this one a little better than Rocky there is the beautiful canister sign in look for camp site rock overlook long views hurry look later up with tent firewood going to be a cold night sun going down supper tastes good ration water wipe pots wash them tomorrow brush teeth no water ugh fire nice and warm beautiful evening what a view moon reflections on Ashokan Reservoir twinkling lights in towns and villages beautiful listen to the wind this is worth every bit of today.

Morning pretty sunrise some haze in valleys got to get warm a fire breakfast feel better pack up there is Friday Mountain let's see compass reading north topo map all set keep to ridge glad not many leaves on trees can see mountains beautiful spot forest moss on ground large trees this is worth it all oh no another cliff no path left right maybe straight up here we go just a little climbing this should be the top where is canister this is toughest one to find can't give up keep looking what's that there it is middle of a blow down straight down now to East Branch of the Neversink can't get lost downhill and Slide Mountain in front watch rocks moss covered listen a brook finally all the water I want rest drink eat lunch here we go rock to rock watch it keep feet dry some loose rocks stream getting wider look a beaver dam lots of beaver sign this is a pretty stream boy how many hours more in this stream another beaver dam hey look The Long Path Denning Leanto I did it tired sure but worth it every minute.

--Walter Carstens, Elmhurst, N.Y.

The Annual Dinner Meeting of the Club will be held at the Governor Clinton Hotel in Kingston Saturday, March 14. Mrs. Gertrude Bohm is chairman of arrangements.

Our speaker will be Maitland C. DeSormo, author of "Noah John Rondeau, Adirondack Hermit."

Lake Minnewaska Tract of 10,500 acres is for sale. Conservation organizations are supporting the request of the State Council of Parks and Outdoor Recreation for funds to buy the land. All lovers of the out-of-doors are urged to write to their legislators.

Snowmobiles would be regulated and licensed under a proposed law which the Conservation Committee of Schenectady Chapter of the ADK is sponsoring. If you wish to keep some part of the woods quiet for hiking and ski touring, let your legislators know your feelings--and sign those Conservation Department Trail Registers this winter, specifying hiking!

OLD NAMES

According to an 1884 map, THE ESCARPMENT was named as follows:

- Acra Point - 3100'
- Joe's Notch - 2940'
- Phinney's Peak - 3060'
- Blackhead - 3940'
- Arizona - (Webster Mt. - 3400'
- (The Old Sentinel - 3340')
- Dutcher Notch - 2500'
- Spar Ledge - 3160'
- Stoppel - 3420'
- North Mt. - 3180'

The same map shows the following names for the five peaks in the Blackhead range: Blackhead, Black Dome, Kimball Mt., Camel's Hump, and Caudal.

--R. L. D.

CATSKILL 3500 CLUB

- #68 Jonathan Clement (1/23/70)
24-C Old Hickory Dr., Albany, N.Y. 12204 518-463-0643
- #69 John Baston (1/24/70)
R. D. 1, Box 782, Woodstock, N.Y. 914-679-6676

THE PERIPATETIC PORCUPINE

We are always interested in the places people select for keeping car keys safe during a hike. #32 found a dandy place in #55's car. At the end of the hike the keys were still safe--but at the wrong end of the shoestring trail. * * * * #13 was married to David Clapper at the CATSKILL Mountain House site during a snowstorm December 22. #55, assisted by #23, performed the ceremony in the presence of #'s 1, 2, 5, 8, 15, and 32. George of Phoenicia Bake Shop built the cake and #8 got his car stuck in the snow. Red ribbons were tied to rings in case they were dropped. * * * * A 50-pound coyote was shot by a hunter on Black Dome. * * * * #49 is a sophomore at the College of Western New England; #42 at Delphi College; #40 is a freshman at Hartwick; #43 at Cortland; #41 at Miami; #39 at Cornell. * * * * #60 became an ADK 46-R September 1 and #39 September 5.

XLVI IN IX

It was Friday, September 5. At 5:15 p.m. Whiteface Mountain was shrouded with thick clouds--mercifully obscuring the new silo, man's latest summit improvement--giving the impression that night was about to fall. That misty gloom failed to dampen the spirits of the two hikers on the summit. In fact, it was "Cloud 9" for them. Behind them lay nine glorious days, representing some 165 miles of travel, over 60,000 feet of ascent, and exactly 46 high peaks climbed. They didn't mind at all being cloud walkers.

One of the hikers was making 46er history there on Whiteface. Norman Greig, of Red Hook, had just become the first instant 46er on record. Norm's enthusiasm for mountains had been fostered by his school's outing club and its faculty advisor, John Fish. Now a freshman at Cornell, Norm has no intention of hanging up his boots, but has already planned some ambitious mountaineering for himself. The other half of this Whiteface twosome was Father Ray Donahue, parish priest of Saint Mary's Episcopal Church, Downsville, inveterate peak bagger.

This mountain marathon grew out of a conversation between #23 and #39 while they were doing a CATSKILL ridge run in May. In discussing Peter Welles's 1962 trip over the ADK 46 in 11 days, both of them thought that it would be great to equal that record. Two weeks later, at the ADK spring outing, the die was cast: "46 in 9, or bust." In less than a month, the plans for the big hike were complete, with the beginning set for August 28. There was also the good news that another Red Hook Mountaineer, David Hoffman, planned to hike with them. (Because of his job, Dave was able to hike only the first five days.)

A blow by blow account of the nine days isn't really necessary. Anyone who has hiked in the Adirondacks knows what it is like to bushwhack the Swards and the Santanonis. No 46er has to be told about climbing the Macomb slide and then traversing the Dixes--by herd path. The important thing about this nine-day trip was that it was a real winner for Norm and Ray. Because there was no feeling of pressure, the trip turned out to be a relaxed and enjoyable one. The weather couldn't have been better. In fact, the only time that rain gear came out of their packs was during a thunder shower on the Santanonis. There were no medical problems, like cramps, blisters or exhaustion. Salt, tape and food helped out here. All of the bushwhacking went well. The unscouted Allen-McDonnell-Skylight travers was rugged, especially near the summit of Skylight, but it had shortened the day enough that Gray, Redfield and Cliff were thrown in for good measure. The trailless climb from Algonquin Pass to Iroquois took less than an hour. The Roundtrip to Nye and Street from the Loj required 5½ hours of walking. Their big day over the Great Range (10 peaks, 24.87 miles, 10,062 feet of ascent) was no more demanding than some of the other days. Far from being an unpleasant experience, the whole venture was more like some interesting day hikes than a marathon.

THE CATSKILL CANISTER Published by the Catskill 3500 Club

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Before they left the summit of their forty-sixth peak, both men agreed that the success which they had had was not theirs alone. It also belonged to those who had actively given them a hand along the way. Bob and Marion Greig, Ruth Burton, Gary Klee and Spiro Kavarnos were those who did "Sherpa-duty" during the first five camping days. Not only did they pack in the food and sleeping gear, but they were the ones who made camp and cooked the meals. On the last four days Trudy Healy graciously offered the hospitality of Healy House to the hikers for the short time when they were out of the mountains each day. Because of all this support, the hikers' only concern was their hiking.

In a way, the hike to the car from Whiteface was anticlimactic; and yet, it was a time for real reflection. Despite the speed of the nine-day trip, the vividness of the seasonal change left a deep impression on them. The woods had lost the cacophony so typical of summer. The only birds heard were an occasional whitethroat, a winter wren, or a blue jay, or perhaps a chickadee. On Giant, the birch leaves were yellow and falling. The red bunch berries were in evidence throughout the mountains, but nowhere as profusely as on the South Dix to East Dix ridge. The brown limp ferns told the story of an early frost. Fall was moving down the mountain slopes. Both Norm and Ray left their last peak with the feeling that the "46 in 9" was not very important in itself; it was only another way of experiencing the mountain beauty offered by the Adirondacks.

--R. L. D.

THE PERIPATETIC PORCUPINE

#32 has retired as Director of Public Health Nursing of Columbia County and in June will return to the Triple Cities Hiking Club where she will rejoin her former Binghamton colleagues while serving temporarily as Director of Broome County Nursing. * * * * #17 has retired in order to have more time for his duties as Vice-President of the New York-New Jersey Trail Conference. * * * * We have missed #25 on the trails while his wife was winning the women's golf championship of the Red Hook Country Club. * * * * #44 has explained his absence from the annual dinner by the arrival of the first grandchild that day. He and his wife celebrated their new status by travelling in Scotland after she finished an assignment in London. * * * * #19 still has the record for distance on our subscription list. She and her husband use cross-country skis to get to their car when an Alaskan storm drifts across their mile-long driveway. She was once our youngest member, but lost that distinction to #53, whose status is being threatened by the exploits of five-year-old Erica Lawson who already has climbed 14 peaks, including Balsam-in-winter.

TRAILLESS HIGH PEAKS

Bearpen and Graham are not considered trailless; woods roads go to both summits. The following peaks have summit registers, maintained by the CATSKILL 3500 CLUB:

Mountain	Elevation	USGS Map
Balsam Cap	3,623	West Shokan
Big Indian (a)	3,700	Shandaken
Doubletop	3,870	Seager
Fir	3,625	Shandaken
Friday (b)	3,694	West Shokan
Halcott	3,520	Westkill
Lone	3,721	Peekamoose Mtn.
North Dome	3,610	Lexington
Rocky	3,508	West Shokan
Rusk	3,680	Lexington
Sherrill (c)	3,540	Lexington
Vly	3,520	Westkill
Westkill	3,880	Lexington

- (a) The Pine Hill-West Branch Trail does not go over the summit of Big Indian.
 (b) Friday is located between Balsam Cap and Cornell.
 (c) Sherrill is west of North Dome.

CATSKILL 3500 CLUB

#70	Horace Lindo (2/18/70) 20 Utica St., Hicksville, N.Y. 11801	516-935-1673
#71	Robin Rothman (2/28/70) 91 Hunter Ave., Albany, N.Y. 12206	518-489-0809
#72	Ernest D. Mahlke (3/6/70) 39 Spruce St., Oneonta, N.Y. 13820	607-432-4394
#73	John C. Webb (3/14/70) 10 Maple Ave., Fishkill, N.Y. 12524	914-896-6063
#74	Vincent J. Williams (4/19/70) 6 Franklin Blvd., Somerset, N.J. 08873	201-249-1473
#75	John A. Davison (5/2/70) R. D. 2, Tomlinson Rd. Woodbury, Conn. 06798	203-263-4207
#76	Lucile S. Davison (5/2/70) (Same as above)	
#77	Clyde Babb (5/10/70) 6142 Irving Ave., Pennsauken, N.J. 08110	609-663-7639
#78	William B. Lawson (5/18/70) 97 Ryckman Ave., Albany, N.Y. 12206	518-489-7832
#79	Charles H. Bennett (5/18/70) Ashland, N.Y. 12407	

June 13 PANTHER A 3500 bushwhack from Oliverrea.

Distance: 10 miles Ascent: 2420' Elevation: 3720'
 Order: 17
 Leader: Rev. Ray L. Donahue, Downsville, N.Y., 607-363-2565
 Meeting Place: Village Bakeshop, Phoenicia, at 9:00 a.m.

WINTER PATCH

Three more persons have qualified for the winter patch by climbing all 34 of the 3500 foot CATSKILLS in winter: #15W Missy Cookingham, #16W Gary Klee, #17W Jonathan Clement.

BUSHWHACKING IN THE CATSKILLS

One of the more appealing features of the CATSKILLS is the wilderness forest lands. While the walker can explore a great deal of this country by using the marked trails, it is only by getting off the beaten path that he can really find out for himself what the wilderness is like. Trailless travel or "bushwhacking" leads to many interesting discoveries--a little known waterfall, or perhaps a bear den, or one of those balancing rocks, or the remains of the mountain industries of the last century. Best of all, it permits the hiker to be more keenly aware of his environment.

To provide incentive for visiting mountain peaks and areas not usually seen by the average hiker, the CATSKILL 3500 CLUB was founded in 1962. This club has stimulated a great deal of interest in the 34 CATSKILL summits over 3500 feet in elevation. Roughly one-third of these peaks have no trails, so the hiker is on his own, and must use map and compass to make these ascents.

No description of routes and approaches to the trailless peaks will be given here. That would take away the real thrill of wilderness travel--finding one's own way. Instead, the trailless traveller is encouraged to plot out his own course by carefully studying the U. S. Geological Survey maps of the area. In following out his own route the bushwhacker will experience a real sense of freedom. In time, he will find himself headed not just for the trailless peaks, but he will be bushwhacking his own route on mountains with trails and will be seeking out the headwaters of the beautiful CATSKILL streams.

Good woodmanship dictates these rules for trailless travel:

1. Topographic map and compass should always be carried.
2. Never blaze or otherwise mark your route. Not only is this illegal, but it is a defacement of the wilderness.
3. Always carry out your litter.
4. Secure permission before crossing private lands.

--R. L. D.

HUNDRED HIGHEST

A list of the 100 highest CATSKILLS may be obtained by sending a stamped, self-addressed envelope to the subscription department. Many of the lesser peaks are on private property, where permission to hike should be obtained from the owner.

CROTALUS HORRIDUS

Crotalus horridus (the timber rattler) is native to the CATSKILLS. Rather than being evenly distributed throughout the mountains, this reptile is apparently confined to specific areas where conditions are favorable for its existence. One region is in the country between Phoenicia and Woodstock with notable dens located on Mount Tremper and Overlook Mountain. Another is that portion of the CATSKILL Forest Preserve south of the Roundout Creek. Still another area is the western edge of the CATSKILLS along Route 17. Interestingly, the higher elevations do not seem to provide an environment right for the rattlesnake; at least there have been no reports of its existence in these places.

The rattler is not a cause for alarm. Like most other wild animals, it is a shy creature which normally attacks only when provoked. The hiker can avoid provocation by watching where he sits, where he places his hands (especially when scrambling over rocks and ledges) and where he walks (particularly when stepping over logs or rocks). In the event of inadvertent provocation, leather boots provide good protection to the foot and lower leg where most bites occur.

Although its bite is rarely fatal, it can cause permanent crippling and disfigurement unless the victim is treated promptly and properly. Incidentally, your old first-aid manual or Boy Scout Handbook is not the place to look for help. Last year, after a decade of research, Dr. Clifford Snyder, chairman of the Division of Plastic Surgery at the University of Utah and chief of surgery at the Veterans Hospital in Salt Lake City, made available to the general public new information about snakebite and its treatment. If a rattlesnake strikes, first-aid should follow these rules:

1. Avoid exercise, excitement and the drinking of alcohol, all of which speed the uptake of venom.
2. Two to three inches above the bite or swelling apply a flat tourniquet (or any wide band) loosely enough so that a finger can be slipped under it without force. Such a loose band can be left in place for an hour without harm. Don't loosen it every few minutes as this will milk the venom from the bite into the body. Needless to say, use no tourniquet if the bite is on the face!
3. Sterilize the fang wounds with alcohol sponges. With a scalpel, or a knife sterilized in a flame, make one straight incision that connects both fang marks and extends $\frac{1}{4}$ inch past each. Deepen the cut through skin and fat, but not into muscle, tendon or nerve. (X-cuts should never be used; they destroy tissue and can open the way to tetanus infection.)
4. Squeeze venom gently from the incision with the fingers for 20 to 30 minutes or for the time it takes to get to the doctor. Do not use mouth suction (it introduces oral bacteria into the wound)

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or suction cups (they destroy tissue).

5. If available, ice wrapped in a cloth may be applied loosely to the bite area. After an hour it should be moved away gradually. Sudden removal results in the rapid uptake of venom.

6. Antivenom may be given in the field in an emergency, but the instructions contained in each package must be rigorously followed and the required skin test must have proven negative.

7. Get the victim to a doctor or hospital as soon as possible without exertion on his part--a good reason not to hike alone in known snake country. If there is any doubt about the identity of the snake, it should be taken along too--dead, of course.

This new method of treatment outdates the commercial snakebite kit with its suction cups and string tourniquet. The hiker can assemble his own kit, which should have a flat tourniquet, two surgical prep sponges presaturated with alcohol and protected in foil, a disposable scalpel in sterile foil (the sponges and scalpel can be purchased at a drug store), and one kit of Antivenom.

The rattler can be dangerous; any discussion of snakebite points up this fact. However, facing this danger with knowledge rather than fear will free the hiker to walk anywhere with complete enjoyment.

--R. L. D.

CATSKILL 3500 CLUB

- #80 Jack Soulier (5/23/70)
40-31 172nd St., Flushing, N.Y. 11358 212-886-6368
- #81 Craig Eickhorn (6/13/70)
29 Ratterman Rd., Woodstock, N.Y. 12498 914-679-6135
- #82 Charles Eickhorn (6/13/70)
29 Ratterman Rd., Woodstock, N.Y. 12498 914-679-6135
- #83 Dr. Donald McGregor (6/13/70)
208 Concord Place, Fayetteville, N.Y. 13066 315-637-8268

VIEW FROM FRIDAY

In addition to nearby Wittenberg and Cornell, these peaks can be spotted from the head of the Friday slide track: Samuel's Point, Overlook, Plattekill, Indian Head, Tobias, Twin, Kaaterskill High Peak, Sugarloaf, Plateau, and Tremper. Conversely, the upper portion of the slide track should be visible from these peaks. The best view is from Wittenberg, although the view from Cornell would be better if a lookout could be found.

THE PERIPATETIC PORCUPINE

Our Mohonk cousin reports that #54 was married to #12 on June 5. #23 performed the ceremony in the firetower where #54 is employed in #12's district, so there was no interruption of protection for the Forest Preserve. * * * * We have learned that the Bancardchek which bounced at the Mountain Gate last Winter Weekend was passed by #2. * * * #33 and #59 have carried the patch of the CATSKILL 3500 CLUB to the tops of England, Scotland, and Wales.

H I K E S

<u>When</u>	<u>Where</u>	<u>Who</u>	<u>What</u>
Sept. 12 9:00 a.m.	Village Bake Shop Phoenicia, N.Y.	Betty Hurd Clintondale, N.Y. 12515 914-883-7327	Dry Brook Ridge- Pakata- kan Mt.
Sept. 26 9:00 a.m.	Warm's Restaurant Tannersville, N.Y.	John Baston R. D. 1, Box 782 Woodstock, N.Y. 12498 914-679-6676	Black Dome & Thomas Cole
Oct. 11 9:00 a.m.	Diner, Jnct. Routes 22 & 23 Hillsdale, N.Y.	Robin Rothman 91 Hunter Ave. Albany, N.Y. 12206 518-489-0809	Bear Mt. to Jug End (Taconics)
Oct. 18 9:00 a.m.	Warm's Restaurant Tannersville, N.Y.	Ken Shuker 21 Spring St. Pawling, N.Y. 12564 914-855-1256	North Lake to Big Hollow
Nov. 7 9:00 a.m.	Village Bake Shop Phoenicia, N.Y.	Art Beach 47 N. Central Ave. Hartsdale, N.Y. 10530 914-948-8199	Slide, Cornell & Wittenberg
Nov. 21 9:00 a.m.	Diner, Jnct. Routes 22 & 23 Hillsdale, N.Y.	Ann Clapper 85 Glenwood Blvd. Hudson, N.Y. 12534 518-828-7067	Mystery hike (Probably bushwhack)

CATSKILL VIEWS

Trudy Healy, the editor of Adirondack Peaks, has inquired about CATSKILL views. "Perhaps you can give me some good advice? One summer I was on Hunter, Big Indian, Eagle, Spruce, and Balsam. I never got out of the woods and hardly knew when I was on the summit. Although I like the woods--we have woods in Pennsylvania too--my first love belongs to the mountains. Quite honestly, when I travel five and a half hours to Phoenicia, I want scenery: lookout points along the way, and a summit that feels like one. Can you recommend some special scenic hikes in your CATSKILLS? They don't have to go over 3500--some of the best Adirondack mountains are below the magic 4000-foot mark, too."

Standing on a ledge within a stone's throw of the canister on Friday, and surveying the magnificent view which includes twelve major CATSKILL peaks, I was reminded of that letter. This was my fourth ascent of that mountain, yet I had warned my companion, Fred Lowy, "There is nothing but a balsam thicket on top." How many others have signed that register without ever knowing they were a few feet from a tremendous spectacle, stretching from the Ashokan Reservoir to the Taconics?

We were lucky, of course, to have a day both clear and calm. On my first visit, the temperature was close to zero, and a wild north wind made us look below the summit for a sheltered lunch spot. But the same thing has happened on milder days. It was not until the second time on Hunter, and the third times on Balsam Cap and Kaaterskill High Peak that the great views were located.

Everyone knows that fire towers are built in suitable locations, so we can recommend Belleayre, Balsam Lake, Overlook, and Tremper. For beginners, age five to fifty, South Mountain has a dramatic quality, starting with the shallow valley towards Hunter, then opening up to the 1000-foot depth of the Kaaterskill Clove, and culminating in the panoramic view of the Hudson Valley from Boulder Rock.

My favorite luncheon rock is the one just south of the summit of Blackhead. The view is similar to that from the old Mountain House site, but from twice as high up. The Escarpment Trail from North Lake to Big Hollow is a good day's walk for the average hiker--eleven miles and 3000 feet of ascent--and two lunch stops are advisable, the first at the little ledge on the summit of Stoppel Point. Incredibly, people have been seen eating in the gloom of Dutcher Notch or the wasteland of Arizona just because it was noon.

In winter lunch is served at stand-up counters, and the recommended place for the Blackhead circular is at the west end of the summit, just before the steep descent to the col between it and Black Dome.

* Newsletter of the Adirondack Forty-sixers

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The best winter view of the majestic sweep of the snow-covered CATSKILLS from Peekamoose to Overlook is from a ledge part way up High Point from the West Shokan side at about 2300 feet. (See Vol. II, No. 2.) Another charming view of the mountains is from Cairo Round Top for only 800 feet of ascent.

Such obvious outlooks as Wittenberg, Panther, Black Dome, and Windham High Peak cannot be missed. Others are mentioned in CATSKILL TRAILS (free from the NYS Department of Environmental Conservation). Any person following the SCD trails over Indian Head or Plateau will have excellent lookout points along the way, but the summit may not "feel like one."

The lookout ledges mentioned earlier may be located as follows:

Balsam Cap - two minutes north of the canister
Friday - east of the canister
Hunter - the short path west from Hunter Mt. leanto
Kaaterskill High Peak - the trail south from the summit

The view from the last named is particularly beautiful in autumn. All of these views are enhanced for the veteran hiker by the added satisfaction that comes when you look around at peak after peak and remember when you stood there, who was with you, and the pleasures and the adventures of the climbs.

---F. B. C.

SNOWMOBILES

The New York State Legislature has placed the control and use of these vehicles under the jurisdiction of Parks and Recreation. On Jan. 1, 1971 all snowmobiles used in New York State must be registered and must display at least three-inch registration numbers, of a contrasting color, on each side of the cowl.

Other rules and regulations have been established to control "problems in environmental management" and prevent "hazards to operators and riders." As hikers, we must protect ourselves from the roaring runnered monsters. Many snowmobile trails have been marked in the CATSKILLS, supposedly leaving hiking trails safe and quiet for walking.

Registration numbers will now make it possible to control the operation of these vehicles on trails illegal for their use. We can help protect our trails and mountain tops by reporting violations to the district rangers or to the New York State Department of Parks and Recreation, State Campus, Albany, N.Y. 12226. Let's all help keep snowmobiles--where they belong!

---E. G. L.

PREVENTION OF COLD INJURY

Frostbite can occur to exposed flesh at temperatures of freezing and below. Any movement of air past the body, such as wind, as in running, skiing, or riding in open vehicles, increases the danger of cold injury. For example, zero degrees F. with a 10-knot wind is equivalent to -21 degrees F., or skiing at 40 mph in zero weather is equivalent to -53 degrees F.

The following personal precautions should be taken by each individual who is exposed to low temperatures:

- a. Wear adequate clothing for the weather to be encountered.
- b. Avoid wet clothing or footgear, since moisture causes loss of insulating quality.
- c. Wear clothing and footgear loose enough to permit layers of air to provide good insulation and permit good circulation of blood.
- d. Keep hands well protected; mittens are more protective than gloves.
- e. Do not touch metal, snow, or other cold objects, with bare hands.
- f. Avoid immobilization in the cold; move about and exercise periodically.
- g. Protect the face and ears by using proper headgear.
- h. Remove excess clothing when in front of an outdoor fire or in a warm enclosure.
- i. Practice the "Buddy System." Observe your companions for a sudden blanching of the skin. Immediate care will usually prevent the development of cold injury. Holding (not rubbing) a warm hand on the blanched area will rewarm the affected part.

--U. S. M. A.

CATSKILL 3500 CLUB

- | | | |
|-----|---|--------------|
| #84 | Walter Carstens (8/23/70)
98-30 57th Ave., Elmhurst, N.Y. 11368 | 212-271-4480 |
| #85 | Norman A. Greist (10/18/70)
4000 Ridge Rd., North Haven, Conn. 06473 | 203-248-2528 |
| #86 | Philip S. Houghton (10/18/70)
34 Pine St., Watertown, Conn. 06795 | 203-274-8654 |

THE PERIPATETIC PORCUPINE

Our New England cousins have counted 63 mountains over 4000 feet high and they have seen #18, #39, and #59 on all of them. Our Adirondack cousins are worried about erosion of their 46 peaks caused by the same bushwhackers. Since both Slide and Hunter already have lean-to service roads to their summits, there was probably no damage caused to the CATSKILLS by the peak bagging of the three new members of the 111 non-club. * * * * #23 has established another record. On #5's hike over the Dry Brook Ridge, he went ahead of the leader and finished the trail with time enough to conduct a funeral and return to the hike before the group left the woods. A double record?

CATSKILL 3500 CLUB HIKES

Dec. 19 HUNTER From the Notch.

Distance: 4.8 mi. Ascent: 2060' Elevation: 4040' Order: 2
Leader: Dave Hoffman, R.D. #2, Box 429, Red Hook, 914-758-4651
Meeting Place: Village Bake Shop, Phoenicia, at 9:00 a.m.

Jan. 9 BEARPEN & VLY

Distance: 5 mi. Ascent: 2029' Elevation: 3600', 3529' Order: 28, 31
Leader: Vince Williams, 6 Franklin Blvd., Somerset, N.J., 201-249-1473
Meeting Place: Village Bake Shop, Phoenicia, at 9:00 a.m.

Jan. 23 BLACKHEAD From Winter Clove

Distance: 5 mi. Ascent: 2999' Elevation: 3940' Order: 5
Leader: Spiro Kavarnos, 43 S. Highland Ave., Ossining, 914-762-0559
Meeting Place: Winter Clove House, Round Top, at 8:00 a.m.

Jan. 23 STOPPLE POINT & NORTH MOUNTAIN From Winter Clove

Distance: 6 mi. Ascent: 2380' Elevation: 3420', 3180'
Leader: Walter Gregory, 8 Wall Ave., Valhalla, 914-949-7567
Meeting Place: Winter Clove House, Round Top, at 10:30 a.m.

Jan. 24 ROUND TOP & KAATERSKILL HIGH PEAK From Twilight Park

Distance: 4 mi. Ascent: 1810' Elevation: 3655' Order: 21
Leader: Marion Greig, R.D. #1, Box 86, Red Hook, 914-758-1911
Meeting Place: Winter Clove House, Round Top, at 9:00 a.m.

Jan. 24 ARTIST'S ROCK & NORTH LAKE Via Rip VanWinkle Trail

Distance: 6 mi. Ascent: 1450'
Leader: Don MacGregor, 208 Concord Place, Fayetteville, 315-637-8268
Meeting Place: Winter Clove House, Round Top, at 9:00 a.m.

Feb. 21 PEEKAMOOS Joint hike with AMC.

Distance: 7 mi. Ascent: 2540' Elevation: 3843' Order: 11
Leader: C. Peter Fish, Box 249, Nawarsing, 914-647-5781
Meeting Place: Nawarsing Post Office, Rt. 209, at 8:30 a.m. or
Bear Hole Brook, Gulf Rd., North of Sundown, at 9:00

Feb. 28 BIG INDIAN & EAGLE

Distance: 7.4 mi. Ascent: 1980' Elevation: 3680', 3605' Order: 19, 26
Leader: Missy Cookingham, Applewood, Red Hook, 914-758-8511
Meeting Place: Jct. Rt. 28 & Dry Brook Rd., at Arkville, at 9:00 a.m.

Mar. 7 BALSAM & BELLEAYR From Rider Hollow

Distance: 4-6 Mi. Ascent: 1500' Elevation: 3600' Order: 27
Leader: Gary Klee, 25 Holly St., Walton, 607-865-5392
Meeting Place: Jct. Rt. 28 & Dry Brook Rd., at Arkville, at 9:30 a.m.

CATSKILL WINTER WEEKEND, JAN. 23, 24, WINTER CLOVE HOUSE
(see Vol. III, No. 3)