

# CATSKILL *Country* WALKS



914•482•5771

## Outdoor Skills Workshop

**Imagine** yourself hiking along a forest trail far from the crowds and cars. Picture the surrounding trees, streams and beautiful vistas; hear the sounds of birds and the breeze. Now imagine finding the perfect campsite in the woods and cooking your delicious dinner, then settling in to enjoy a starry night and a cozy campfire.

**Catskill Country Walks'** instructors can help make this a reality for you! We can teach you the basic necessary skills for a successful and safe camping trip in the woods.

This one-day workshop is geared to adults, but young people 11 years and older are welcome. Minors must be accompanied by a responsible adult.

**Cost:** With Pre-registration  
\$65 for the day for adults 18 and over.  
\$80 for the day plus overnight.  
Ages 11-17: \$30 for the day  
\$45 for the day and overnight.  
Price at the gate - add \$10

**Date and Time:** November 8, 2014 10:30 AM – 5 PM  
**Overnight:** Out and gone by Noon November 9<sup>th</sup>, 2014

Your registration IS cancellable at ANY time with a FULL REFUND.

Email [michael@catskillcountrywalks.com](mailto:michael@catskillcountrywalks.com) or call 914-482-5771

### **Our one-day workshop will include:**

- Tree and plant identification** – learn some common species, useful plants and general identification techniques.
- Tie knots and learn lashings** – knowing how to hang a bear bag, make a tent line or lash a cooking tripod can make the difference between a successful campout and having to bail. You will learn some basic camping knots, care of rope and useful lashing techniques.
- Use of knives, saws and axes** – these are essential camp tools and it is essential to know their safe and effective use. You will learn how to handle and sharpen a variety of camp knives. You will learn how to use a camp saw. You will learn how to safely use and sharpen a hand axe and a full axe.
- Using a map and compass** – there are places on the trail where GPS will not work. In these situations knowing how to use a map and compass can get you where you want to be. You will learn the basics of how to use a compass, read a map and use them together to find your way.
- Making fire with and without lighters or matches** – learn the basics of building a campfire and how to make a fire using primitive means such as flint and steel and fire by friction.

**Cooking on a campfire** – this is very different than cooking on your stove. You will learn how to use camp utensils and cooking equipment as well as how to regulate a fire for the cooking jobs you want to do. Best of all, you will get to sample some of what we cook.

### **Bring Food**

We will have warm cider, coffee and tea when you arrive in the morning along with biscuits from the campfire. We will provide water. We will serve some snacks and beverages in the afternoon and you will be able to sample the items cooked on the campfire but **bring your own lunch**.

### **Come up for just the day or stay and camp out overnight**

If you are staying overnight, **bring your own dinner and breakfast**. We will help you cook them. Bring your own tent and sleeping bag. If you need equipment contact Michael by email for assistance.

[Michael@catskillcountrywalks.com](mailto:Michael@catskillcountrywalks.com)

**Overnight includes** a campfire with songs, stories, marshmallows and some astronomy (if the sky cooperates).

### **Location and Directions:**

#### **The Pine Grove at the Ashokan Center, Olivebridge, NY**

Take the New York State Thruway to Exit 19 – Kingston. At the traffic circle take Route 28 West. for 12 miles. In Shokan turn left onto Reservoir Road (You will see Winchell's on one corner and Moose Crossing on the other). Continue on Reservoir Rd over the Ashokan Reservoir and then bear right onto Rt 28A West. Continue on 28A about 1 mile (if you come to Rt 213 you have gone about a half mile too far). The entrance to the Pine Grove is on your left and through the gate.

### **Dress for the Weather**

The workshop will take place rain or shine. We will only cancel in the event of extreme weather – ALL PREPAYMENTS WILL BE FULLY REFUNDED IN THE CASE OF CANCELLATION.

This is autumn and it may be warm and it may be cold – so dress accordingly. Avoid wearing cotton. Cotton absorbs and holds moisture. Moisture evaporates from your skin and chills you down. Wear wool or natural and synthetic blends. DRESS IN LAYERS – it is easier to remove a layer to regulate your temperature than to warm up or chill down by putting on and taking off a bulky jacket.

**Wear appropriate footwear.** Sturdy, water resistant hiking shoes or boots are best. Wool or natural and synthetic blend socks are best.

**Bring a hat.** A person loses most of their body heat from their head.

The Ashokan Center does not permit pets or firearms on the property. Alcohol use requires special permission.

**IF YOU HAVE ANY QUESTIONS PLEASE CALL OR EMAIL US!**