

GENERAL INFORMATION/HELPFUL HINTS

Welcome to Frost Valley YMCA! The Camp provides a variety of facilities which will make your visit fun and relaxing. You will have the opportunity to truly appreciate the beauty of the New York Catskills. The following information will help you in your planning of a successful group outing.

- **CHECK-IN:** Registration will take place at the Administration Office between 6:00 PM and 11:00 PM on Friday. * **Patches will be distributed when you check-in.** All guests are expected to comply with established guest policies.
- **As always, please respect the No Alcohol policy.**
- **HOUSING ASSIGNMENTS:** You will be staying in heated cabins and dormitory-style lodges with bathroom facilities. Cabin assignments will be posted in the Administration Office during check-in time. As always, we try to keep as many tribes together as possible. Please be sure to leave the facilities in the same condition (or better) than you found them.
- **PARKING:** Most lodges have parking by them for a few cars, if the spaces by the lodges are full please park at either the parking lot at the administrative building or by the lake. Please do not line cars up on the roads.
- **EMERGENCIES:** If you need to be reached during the weekend, the phone number is (845) 985-2291. A message will get to you.
- **TELEPHONES:** Pay phones are available in the lobby of the Administration Office.
- **MEALS:** Menus feature wholesome country-style cooking, served up with oven-fresh, home baked breads on the side. Seconds are always on the house! Complimentary coffee and tea is available at Thomas Dining Hall. If your child has food allergies, contact the chef at Frost Valley (845) 985-2291
- **FROST VALLEY PROGRAMS:** Attached is a list of tentative activities for the weekend. Specific activities will be determined by weather conditions, interest and staff availability. At most program areas, a Frost Valley staff member will be there to give personal instructions and supervision.

IMPORTANT NOTES

Because of the emphasis of the YMCA Parent/Child Programs in promoting family togetherness, we fully support a **NO ALCOHOL POLICY** so that it doesn't interfere with the quality of your experience and that of others. Because you are in a unique camp setting, we also discourage bringing radios & portable TV's. Frost Valley provides a setting in which you can appreciate the natural world away from distractions.

Please be respectful of those around you (you'll be in close quarters for the weekend) and abide by the policies designed to ensure your enjoyment of the weekend.

NO ALCOHOL, PETS, FIREARMS OR FIREWORKS ARE PERMITTED ON FROST VALLEY CAMP PROPERTY.

REMEMBER, the outing is for those registered in the YMCA Y-Guide/Princess program, unfortunately siblings who are not Y-Guide/Princess members, cannot attend.

WHAT TO BRING

Sleeping bag or bed linens and pillow.
Towel, washcloth and toiletries.
Comfortable outdoor clothing - layers for warmth and rain.
Flashlight, insect repellent, rain clothes (just in case!).
Tennis racquet, fishing pole, misc. recreation equipment (if you desire).
Indian attire/stories. Anything else you can think off to make your stay comfortable and fun!

See you at the outing!

SAMPLE OF PROGRAM OFFERINGS

NOTES FROM THE FROST VALLEY STAFF:

Frost Valley Staff come from a variety of educational backgrounds and homes. This pot pourri of people allow us to offer a very large base of programs. Below is a list of tentative activities for the weekend. Specific activities will be determined by weather conditions, interest and staff availability. If you don't see the program you were looking for...ask...and we will do our best to make it happen.

DAYTIME PROGRAMS

All Seasons

Orienteering
Project Adventure
Raptor Center Tour
Birding/Wildlife Hike
New Games
Hikes
Nature

Spring/Fall

Boating
Canoeing
Archery
Rocketry
Hay Rides
Climbing Tower
Indoor Climbing Wall-
(for inclement weather)
Cable Bridge Hike
Pond Exploration

ARTS & CRAFTS

Examples of Arts & Crafts To Purchase

Bird House
Memory Box

Toy planes

Available as Part of the Program

Copper enameling
Tie Dying – bring your own shirt
Flower & leaf press
Wood Burning
Candle Making
Stain Glass Bottles

EVENING PROGRAMS

Hay Rides
Night Awareness (Friday Night)
Board Games (Dining Hall)
Sky Search

Astronomy & Observatory -
(weather permitting)
Night Hikes on your own

*** New Canaan YMCA Ceremony**

*** Ice Cream Social**

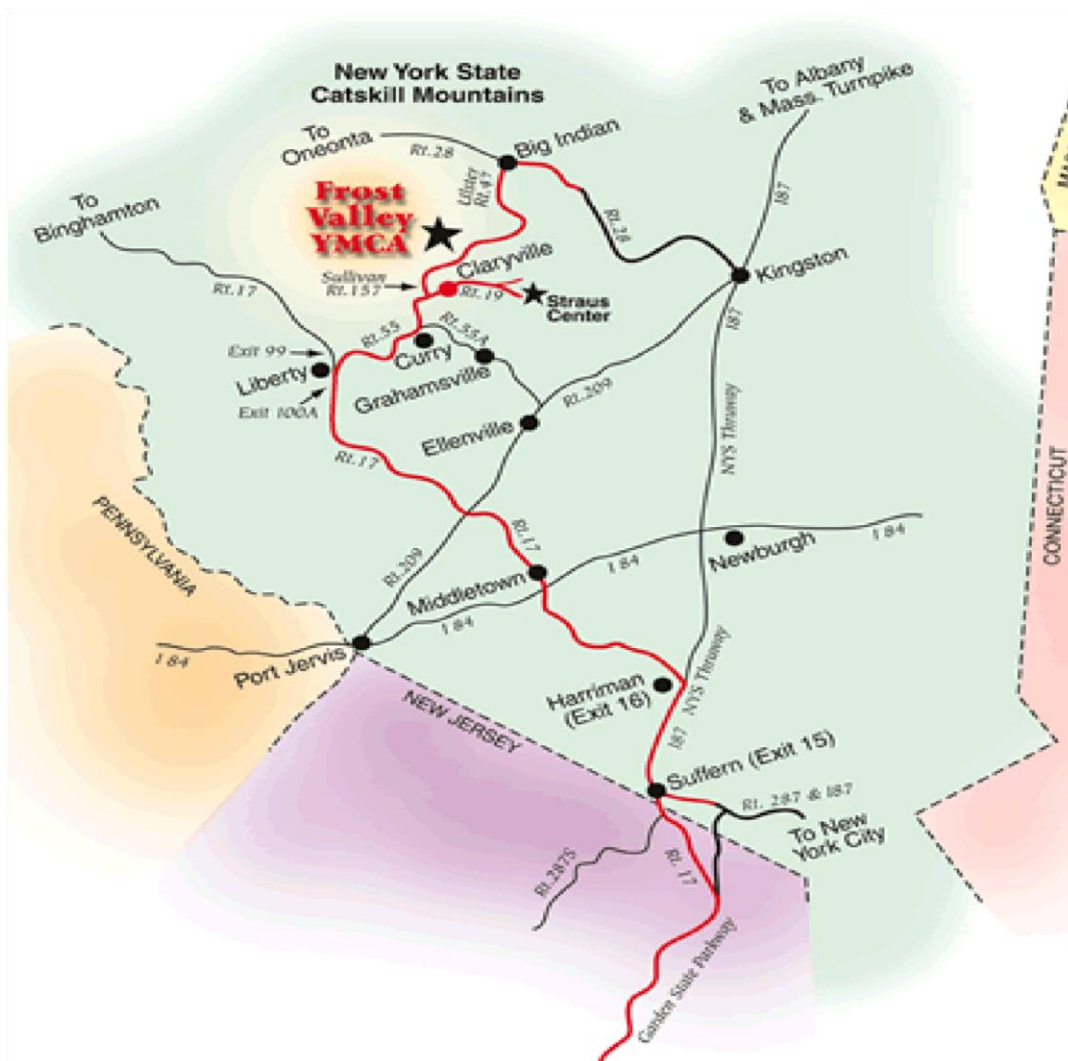
If you would like any special programming, hikes, or activities...please let us know.

DIRECTIONS TO FROST VALLEY

Frost Valley YMCA is conveniently located from (roughly):

- Albany, NY: 2 hours
- Hartford CT, 3 hours
- JFK Airport: 2 hours 30 minutes
- LaGuardia Airport: 2 hours 30 minutes
- Manhattan, NY: 2 hours 15 minutes
- Montclair, NJ: 2 hours 15 minutes

Directions to our Facilities:



Directions to Main Campus (West Valley)



If traveling in a commercial bus with over 48 passengers, please follow the "Albany, NY, Points North" directions.

From New Jersey and Points South:

From the New York Thruway Exit 16 (Harriman) go 55 miles west on Route 17 to Liberty (Exit 100A). At the end of the exit ramp turn right onto Route 55 east. Follow directions from Liberty (below).

From Binghamton and Points West:

Take Route 17 east to Exit 100 (Liberty). At end of exit ramp turn right onto Route 52 west. Drive 1/4 mile and take a sharp right onto Route 55 east. Follow directions from Liberty (below).

From Connecticut and Points East:

Take 1-84 west to Route 17 (Middletown, NY). Go west on Route 17 to Liberty (Exit 100A). At the end of the exit ramp turn right onto Route 55 east. Follow directions from Liberty (below).

From Liberty, NY:

Take Route 55 east ten miles to Curry. Look for sign on the right side of the road marked "Claryville" (currently marked **CLAR_VILLE**) Turn left here, onto County Road 19 and go four miles to Claryville. Look for sign on right side of road marked "Frost Valley." Turn left onto County Road 157 (it becomes County Road 47) and drive seven miles to Frost Valley West Valley of the Neversink facilities.

From Albany, NY and Points North:

From New York Thruway Exit 19 (Kingston), go 30 miles west on Route 28. Look for signs on the left side of the road marked "Big Indian." Turn left onto County Road 47 and go 14 miles to Frost Valley.