

Take A Hike!

Have you always wanted to get out there but find it hard to take the first step?

You have finally gotten in to the gym and shaped up. Now you're looking to do something with the new you.

The family needs an activity for all its members.

Always wanted to know how to take care of yourself in the wild?

All of these things are within your reach.

Hikes are tailored to fit your ability, interests and schedule. Weekends work for most people but mid-week means less crowds.

I have been hiking and camping in the Catskills and Adirondacks since my Boy Scout days. Now I would like to share my experience with you. Learn how you can dress to be comfortable in any weather. Special equipment for a successful hike or camping trip will also be demonstrated. Post hike refreshments will be enjoyed by all.

LARRY LARSEN



**Hiking is a four season sport!
No need to sit home spring,
summer, fall or winter.**



“If you want to hike, learn, and absorb everything about the Catskill Mountains, then Larry Larsen's your guide. He grew up in the Catskills and offers the knowledge and lore as only a local can. He also is a patient and accomplished guide for all level of hikers, with advice for proper gear and safety always in mind. On top of that, you're in good hands with Larry, whose sense of humor is inimitable and whose apparent love of these mountains will touch you. I highly recommend a hike with Larry! It's truly an experience you won't soon forget, especially when he breaks out the fine wine and cheese at the end of a hike!”

JO GALANTE
Community and Government Affairs Director
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