

# Fall Frolic Weekend

## Friday, October 6 - Monday, October 9, 2023

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### Overview and Climbing Information

#### 1. Overview

Fall Frolic Weekend is a time for the AMC Boston Rock Climbing community to come together with a weekend of climbing at the Shawangunk Ridge which is about seven miles west of New Paltz, NY. The Gunks is a world class climbing area that has figured prominently in the history and development of the sport. It contains hundreds of outstanding and challenging routes at all levels.

Most people will climb on Saturday and Sunday. The trip organizers will NOT be providing any partner matchmaking. **WARNING:** Climbing is a dangerous sport. You can be seriously injured or die. Your climbing safety depends on your own judgment based on experience and a realistic assessment of your climbing ability. You are also responsible for vetting your climbing partners. Your safety is your responsibility.

If you need a partner, you can use the participant planning spreadsheet.

If you cannot find a partner or a leader, there are two other options for climbing:

- Boulder at the Gunks. There are many stellar, easily accessible boulders along the carriage road with a variety of levels and movements. Perfect way to practice movement or dial in those roof moves!
- Top-rope at the Peterskill Climbing area in Minnewaska State Park. This area is like a miniature Gunks, with the same type and quality of rock, but climbs are a single pitch and the top is easily accessed to set top-rope anchors.

#### 1.1. The Details

- New Paltz, NY, is about four hours from Boston. Most people drive down to New Paltz on Friday, climb a full day on Saturday, climb on Sunday until mid or late afternoon, and then head back to Boston. As October 9 is Indigenous People's Day, some climbers may climb the full weekend and head back home on Monday.
- The registration fee covers camping Friday, Saturday, and Sunday nights and a catered dinner at 7:15/7:30pm on Saturday night. It does not cover admission to the Mohonk Preserve (\$20/day for climbers unless you buy an annual membership) or Minnewaska State Park (\$10/day).
- The registration deadline is **11:59PM ET on Wednesday, September 27th OR if we hit the cap on maximum participants**. You must register on the AMC Boston Climbers website and pay the registration fee by then. If you do not, then someone on the waitlist will be notified for your spot. There will be no refunds after the registration deadline as we must give the caterer a head count. Registration transfers will be conducted on a case-by-case basis.
- For any questions, email [frolic@amcbostonclimbers.com](mailto:frolic@amcbostonclimbers.com) to reach the Fall Frolic Weekend trip Leader, Frannie Bui and volunteers, Anish, Diego, Xi, and Maya.

- For day-of help/questions, reach out to the following:

Friday 10/6	Xi Chen Maya Duffy	630-677-0388 508-948-8185
Saturday 10/7	Anish Dighe Diego Concha	312-342-7884 305-720-9243
Sunday 10/8	Xi Chen Maya Duffy	630-677-0388 508-948-8185
Monday (limited)	Anish Dighe	312-342-7884
Other	Frannie Bui	215-237-0556

## 2. Registration

Registration is available only through the AMC Boston Climbers website. Please note that camping through the weekend and Saturday dinner are a package deal. We encourage you to register early as there is limited space. **There will be no refunds due to the limited space and catering requirements.**

## 3. Logistics

### a. Carpooling

We will be setting up a Google Docs spreadsheet for Fall Frolic weekend to help coordinate carpooling. We highly encourage people to carpool. See the separate “Venue Information” document for parking details. An email to the carpool spreadsheet will be sent out following confirmation of participant registration and payment.

### b. Camping

Please see the separate “Venue Information” document.

### c. Food

Friday dinner – some people will probably get together for dinner in New Paltz. Clemson Brothers Brewery, Schatzi’s, and Bacchus are popular choices, though there are plenty of restaurants to choose from.

Breakfasts – You are responsible for your own breakfasts. A few people have been known to cook or at least boil water at the campsite for breakfast, a few may go into New Paltz, and some may cook breakfast at the West Trapps parking lot. Another popular breakfast spot is the Mountain Harbor Deli at the junction of NY-299 and NY-55/US-44 which is on the way to the Mohonk Preserve.

Lunches – You are responsible for your own lunches. At the Mohonk Preserve, you will need to take your lunch with you; don’t plan on going back to your car. Some people will take a lunch break during the day (possibly while waiting in line for a climb), while others may have a bite on the go between climbs. There is generally no problem leaving food in your pack at the base of the climb.

Saturday dinner – wine and beer tasting, and line up starts at 7:00pm. Dinner starts at 7:15/7:30pm. Disposable plates and silverware will be provided. See the separate “Venue Information” document for additional information.

#### d. Mohonk Preserve Details

- Cell phone reception is not good in the West Trapps parking lot. Once you hike up to the Carriage Road, reception is better.
- It's best to carpool to the West Trapps lot so we don't fill it up! You shouldn't have any problem parking in the West Trapps lot at 7:30am, but if you are arriving later and that lot fills up, you will have to park down by the Visitor Center (preferably in the upper lot). From there, it's a steep quarter-mile hike up to reach the Carriage Road.
- The Mohonk Preserve charges a fee of \$20/day for climbers. If you are committed to getting back to the Gunks, an annual membership is \$115 for climbers (\$105 for students and 65+). Last we checked, you can apply the value of one day pass towards an annual membership within two weeks of your day pass date, but ask the attendant for details if you're interested.
- You should bring water and food with you. Don't plan on going back to your car during the day. There is no drinking water available at the West Trapps lot, so make sure you bring what you need!
- There are two vault toilets at the West Trapps lot, a port-a-potty on the trail up to the Carriage Road, and one vault toilet on the Carriage Road.
- From the parking lot, it's a 20-30 minute hike to the climbs, with a little uphill at the start and end.
- Gunks Hazards Report: Snakes, loose blocks, wasps, bears, etc. [Gunks Climbs - Temporary Hazards \(Responses\)](#)

## 4. Climbing Gear for Fall Frolic

### a. Suggested Climbing Gear List (trad or top rope). This list is not exhaustive.

- Mountaineering helmet (required)
- Harness (required)
- Climbing shoes (required)
- An ATC-type belay/rappel device (required for trad leader and follower, at least one member of party should have belay/rappel device if top-roping)
- Locking carabiners: at least 2, preferably 3 – one for belaying, one for anchoring, and a third is useful for switching your anchor tie-in when things get tangled up. At least one of these should be a large HMS or pear-shaped biner. (required for trad, at least one member of party should have belay/ rappel device if top-roping)

- Non-locking carabiners: 1 to 3, for attaching things to your harness that you need/want to take with you, such as your slings, brake hand backup, shoes, water bottle, etc. (required for trad, optional for top rope)
- Appropriate trad climbing gear: nuts, cams, tricams, and alpine draws - for trad leader
- Cordelette or quad length sling to build anchors - 1 each for trad leader and follower
- Loop of 5-7mm cord for a rappel brake hand backup. (required for trad leader and follower, optional for top rope)
- One long (a double or 120cm) sling – for anchoring while on rappel and extending your belay device, or for a foot loop in the unlikely event that you need to ascend (can be tied or sewn). (required for trad, optional for top rope)
- One short (a single or 60cm) sling – for racking gear while you climb or for a waist friction hitch in the unlikely event that you need to ascend (can be tied or sewn). (required for trad, optional for top rope)
- Nut tool (required for trad follower)
- Small water bottle – a 0.5 liter bottle that you can clip to your harness to take with you on a climb. Multi-pitch climbs at the Gunks can take anywhere from 1.5 to 3 hours, so if it's hot out, you'll probably want some water with you.
- Food and snacks for fuel throughout the day
- Chalk & chalk bag
- Crashpad (for bouldering)
- Headlamp – for general camping use, but a headlamp can also be handy for your last climb of the day in case you finish in the dusk/dark.
- Sunscreen
- Bug spray
- Clothing to last you all day in a variety of weather conditions – it can be much windier at the top of a climb than it is at the base (so you may need an extra layer), and you may need to be prepared for rain.
- Pack – a large day pack is usually fine. You'll need to carry all of your stuff, plus you will probably also be carrying a rope. At the Gunks, people generally leave their packs at the base of the climb (so you won't have to wear it while climbing). However, there have been some reports of squirrels, chipmunks, and even bears rummaging through packs looking for food.

## b. Additional info for climbing and bouldering

### ○ Climbing

- Each climbing group should coordinate with each other to confirm logistics for weekend climbing including: starting time, carpooling to the Gunks from the

campground, etc. You may also want to try to meet each other Friday night to confirm logistics.

- Climbs at the Gunks are generally one to three pitches. Assume roughly one hour per pitch, but some parties can be faster or slower. The descent can be a walkoff (sometimes with a 5.0 downclimb) or a rappel.
- Most people will hike in with all their gear in their pack and leave their packs at the base of the climb. Some people may gear up in the parking lot.

#### ○ **Bouldering**

- There are many stellar, easily accessible boulders along the carriage road with a variety of levels and movements. Perfect way to practice movement or dial in those roof moves!
- You can join the bouldering meet up on Saturday or self-organize. There are two AMC club crash pads available for Sunday and Monday.
- Indicate interest in the participant planning spreadsheet for which day(s) you are interested in bouldering and if you are bringing a crashpad. We will coordinate Saturday's meetup.

## **5. COVID Precautions and Policies**

- AMC recommends participants follow CDC Guidance for vaccinated and unvaccinated people when determining whether to wear a mask. To maximize protection from the Delta variant and prevent possibly spreading it to others, the CDC recommends wearing a mask indoors in public if you are in an area of substantial or high transmission. In areas of low or moderate transmission, masks are welcome but not required.
- AMC encourages participants to check this map <https://covid.cdc.gov/covid-data-tracker/#county-view> provided by the CDC to search for the latest status on your county. The Gunks are located in Ulster County. Local and state COVID guidance will be followed.
- AMC believes that the outdoors belongs to everyone. To be sustainable and impactful in carrying out our mission, the AMC community must create and embrace opportunities to be inclusive, kind, and equitable per AMC's Code of Conduct. Even if you are vaccinated, your efforts to follow our policies will enable all to feel comfortable in the unique communal atmosphere of these special places.
- We ask participants to maintain healthy hand sanitation, including regular washing of hands and use of hand sanitizer.
- If a participant experiences symptoms of COVID-19 during their visit, we ask that the guest notifies the AMC Leaders immediately, and arrange to return home.
- AMC Leaders can exercise discretion in terms of safety and preparedness for the events they lead. Participants in programs may be expected to wear masks at some point during their

experience whether as part of transportation or other circumstances. Please be prepared to wear face coverings when participating in the AMC program.

- If, following a reservation, AMC needs to get in touch with any participant to conduct contact tracing following confirmation of a COVID-19 incident, the person whose name is on the reservation will be responsible for serving as a liaison with the other guests who stayed under that reservation.
- AMC encourages volunteers and participants to be vaccinated.