



NEWS OF THE P.A.T.C. MOUNTAINEERING SECTION

1718 N Street, N.W. Washington DC 20036

Vol. 29 No. 7

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DANGERS OF EXPOSURE (STREAKING)

Memorial Day weekend, Bill Thomas, well known instructor of female rock climbers was taking his 35th student to the top of Seneca Rocks when a near accident took place which almost spoiled his perfect safety record. While resting at the base of the Gendarme (the 30 foot balanced monolith near the summit) his student, Stevie Smith, received a vivid demonstration of Bill's lesson on the importance of hard hats when she was almost struck by a falling peton hammer which missed her by about 18 inches.

A party of seven spirited young people from various small towns in Virginia (no club affiliation) had gathered around the Gunsight area and one had climbed to the point of the Gendarme and was joking about what comment to write in the summit register when someone suggested that he be the first to streak on the Gendarme. His party below (including one distaff member) egged and cheered him on. With the backing and enthusiasm of the group, he proceeded to strip, which is no simple matter considering the difficulties of removing ones pants when wearing a belay rope and a complete assembly of climbing equipment while balancing on the knife edged point of the summit with a sheer fall of over 300 feet on either side. It is easily understood how he overlooked the hazard of inverting his holster and not noting how his hammer was hanging during the operation. After braving the cold wind just long enough for a photographer to record the feat, he wisely donned his clothing for a free body rappel directly over Stevie, who was disappointed that she missed the entire show except for seeing his face when he had peered over the edge to see where his hammer fell.

At Base Camp

A PATC-MS membership directory is to be published August 1. Please get in touch with Joan Templeton, 3903 Wendy Lane, Silver Spring, Maryland 20906, phone (H)933-2174, (W)443-3390, with any additions or changes.

PATC MOUNTAINEERING SECTION

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Vice Chairman: Chuck Sproull (894-4463)
Secretary: Joan Fardner (931-3147)
Treasurer: John Birch (633-3668)

UP ROPE is the monthly newsletter of the Mountaineering Section of the Potomac Appalachian Trail Club (PATC) of Washington D.C. Editorial contributions, letters and comments are welcome. Subscriptions for MS members is included in annual dues. Annual subscriptions for non-members is \$3.00. Send subscriptions and address changes to Circulation Manager, UP ROPE, PATC, 1718 N Street N.W., Washington, D.C. 20036.
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FUND DRIVE

As of the June meeting, thirty five people have responded to the Templeton Cabin Fund Drive. We have received \$1,291.25 in cash, with another \$466 pledged, for a total of \$1,757.25.
June Lehman, Fund Drive Chairperson

CABIN OPERATIONS AND MAINTENANCE COMMITTEE

Over the past four months the Mountaineering Section Cabin Operations and Maintenance Committee has met on a regular basis to formulate policies regarding the operation of the proposed cabin. Allan Tanner of the PATC Cabin Reservations Committee has assisted us by presenting the past and present reservations policies and long range goals.

After consideration of several proposed operation plans, the Committee decided on the following:

Reservation Priorities Reservations should be restricted to PATC members only until that time when the use level has been established and shown to allow additional usage.

Reservation Procedures Reservations should be on an individual as opposed to a party basis except for PATC or Mountaineering Section officially scheduled club trips. Individuals will be able to make a reservation one month in advance and up to the Thursday prior to the desired date on a space-available basis. The number of reservations on any given date will be held to a maximum of 20 under all circumstances. The cabin may be reserved in a block for officially scheduled PATC or Mountaineering Section trips any time up to one month in advance.

Cancellations It is expected that cancellations will be made within a reasonable time and no penalties for failure to do so are contemplated unless deemed advisable at a later date.

Fees The fee should be \$1.50 per person per night. This fee is based on our anticipated operating expenses, given approximately 25-30 user nights a week.

Personnel Requirements Reservations - Mrs. Nettie Norris, a long time friend of the club, who is retired, has offered to take reservations calls in her home. The Committee felt that reservations could be made on Tuesday and Thursday evenings between the hours of 7:00 and 10:00 p.m. We would expect to compensate Mrs. Norris for her time. The reservation list compiled by Mrs. Norris would be available on Thursday evening for transmittal to the appropriate responsible party for verification and fee collection. Caretaker - Provisions for a caretaker have been made in the basic cabin design. It is hoped that a person may be found in the Seneca area who would be willing to take responsibility for cabin security and maintenance as well as reservation verification and fee collection, especially during peak use periods. In the event that a caretaker is not available, it is recommended that an individual from the reservations list be appointed for cabin responsibility.

Betsy Schaefer

CLIMBER'S PICNIC CARDEROCK, MARYLAND MAY 31, 1974

The annual picnic was a talkative, sedate affair compared to past frolics on slippery grass and baseball diamond. But the sixty people attending seemed to enjoy the chili and salad made by Joan Rainer, Joan Templeton, Jean Beeson, and June Lehman. Beer and soft drinks, ably selected by Steve Williams, were supplied by the MS. Contributions amounting to \$45 defrayed all but \$10 spent on chili, salad and paper supplies. Entertainment highlights included a dramatic reading of a "Children of God" pamphlet, by Steve Williams and Beth Waldow. A rousing applause went to June Lehman's performance in getting a member of the park police to carry our garbage from the pavillion to the road. The frivolities broke up around 1:00 a.m.

June Lehman, Party Committee

From the Editor's Chimney

The major goal I have as editor of UP ROPE is to present as complete as possible a record of the activities of the members of the MS. I feel that this will give the section more of a feeling of being a group and would give the MS members and readers of UP ROPE motivation for participating in the club. The club is an open one. It welcomes new members and does not expect them to conform to tradition. New ideas and projects are vital to the life of the club. The club will benefit if the members feel that they know what is happening and that they are welcome to take part in policy formation and activity planning. The club should not be run by an elite overworked few; it should be a product of many people working in many areas.

I would like to repeat my appeal for contributions and help whether it be a single article or a continuing effort. The response to my first edition was very encouraging, and I thank those who are helping. This edition represents the efforts of a number of good people.

I moved again. The address is now 817 Hollins Street, Baltimore, Maryland 21201. I am not planning to move again soon, so material can safely be sent to this address. This would save a two hour each way trip to D.C. to pick up the mail.

Chairman's Corner

Elsewhere in this issue please note the fund raising committee's report. The MS, your MS, raised over \$1700 toward the Templeton cabin in just one month. I feel certain we can get well over our projected \$2000. As chairman of the section, I am especially gratified. When I originally proposed a \$2000 goal, many told me I was way over shooting what was reasonable to expect from our section. The PATC council was moved and impressed when I proudly announced the results of the first month of our drive.

With regard to the land we now own at Seneca, I can only say that there is nothing new. John Oliphant of the PATC's land acquisitions committee, and Scott Johnson, PATC's lawyer will meet with Alfred Troutt, Supervisor of the Monogahela National Forest, in mid-July to discuss the possibility of a compromise that would allow us to build our cabin there. The American Alpine Club has passed a resolution supporting a PATC-MS cabin on the present Seneca site. More will be reported, as it is learned.

I have received many communications from the American Alpine Club. I mentioned the resolution regarding the cabin. Elsewhere in this UP ROPE there is a discussion on the proposed gazeteer of American Rock Climbing. In addition, we have been asked to assist the A.A.C. in its support of the U.I.A.A. (Union Internationale des Associations de Alpinism). The U.I.A.A. endeavors to set international standards for climbing equipment which is manufactured in one country, but used in another. The objective is to see to it that there is a common understanding as to what equipment is really rated or designed to do. Results of U.I.A.A. studies will be published in English, and be made available in a format that will allow for easy distribution. The A.A.C. asked for annual support of their U.I.A.A. work to the extent of 2½¢ per member. At the May meeting the section members present voted to allow 10¢ per member of the MS. In addition, at the June PATC council meeting, it was decided to allot 2½¢ per member for the whole of the PATC. Accordingly, our contribution to the AAC for the UIAA projects for this year will amount to around \$82.00.

Another AAC communication described funds available to individuals for the purposes of mountaineering research. The AAC is soliciting proposals for studies toward which these funds could be directed. It would be great if some MS people would submit some proposals. Possible ideas include: 1) A study of the accuracy of information about climbing equipment disseminated through climbing store personnell. 2) A survey of climber's attitudes on conservation, land access and use. 3) A study of different methods of teaching climbing. A comparison of training given for pay with free training through a club or a group. 4) A study to develop test methods for climbing equipment; or maybe a review and comparative analysis of the adequacy of test methods for mountaineering equipment. 5) A survey of accidents occuring at practice areas. What is common among them, and whether education could have prevented them. Other ideas would be welcome. But

more than just ideas, we want someone to take a topic and propose to do a study. Contact me or John Christian for help. We would like to have a couple proposals by September, so that John can take them to the AAC meeting.

VICE CHAIRMAN'S UNDERCLING

The following is a letter from Chuck Sproull to David Ritchie, George Washington Memorial Park.

For the past two years I have been the Potomac George Overseer for the Potomac Appalachian Trail Club (PATC), Mountaineering Section. Because the PATC is formally responsible for maintaining the trails in the gorge, the Mountaineering Section is in a position to express interest not only in climbing safety, but also in increasing public respect for the natural environment of the cliff areas. We are grateful for the cooperation received from the Park Service in promoting these interests.

On Friday, October 5, 1973, Park Service Ranger Ron Wilson met with Bob Norris, operator and chief instructor of the Potomac Valley Climbing School, and me at Carderock to discuss the effects of extensive public use on the vegetation above and below the cliffs. Ron presented our collective ideas to the Mountaineering Section at the business meeting on Wednesday, October 10. We discussed ways in which the Mountaineering Section and the Park Service could cooperate in making improvements at Carderock. Ron suggested that the Park Service would provide most of the materials and tools - wheelbarrows, shovels, chain saws, etc. - and that we could provide much of the manual labor. He also asked the Section to prepare a list of specific recommendations for improving the appearance and health of the flora around the Carderock cliffs, and for stabilizing the slopes in the area.

Enclosed you will find a list of our recommendations, and a partial plan view of Carderock. We believe that following these recommendations will create not only a more stable environment at Carderock, but also create a safer and more aesthetic area in which to enjoy climbing and hiking.

RECOMMENDED IMPROVEMENTS TO THE CARDEROCK CLIFF AREA

1. Trail Improvement

- a. Construct stone or log steps down the dirt slope near Elsie's Other Edge Face to narrow trail to about three feet; stabilize and revegetate with native shrubs such as spice bush and papa trees (or turn soil to allow natural revegetation) slope up to six feet southwest of the steps.
- b. Relocate 40 feet of trail at north end of the cliff in order to lead walkers and climbers down a trail with less gradient, about 20 feet north and away from the drainage gully in the present trail location; set in three plank bridges, one at each place where the trails cross the gully; stabilize and revegetate the slope five feet on both sides of the gully.
- c. Cover major trails with brown gravel similar to that used on the cliff access trails from the north parking lot to the notch; use heavy logs per recommendation in order to

- block unnecessary trails, to emphasize major trails, and, in the large bare areas at the base of the cliff, to channel hiker/climber traffic. This will reduce further soil compaction in the bare areas, and assist in natural revegetation. Also, relocate access trail to the Fishing Rock away from the drainage gully and along a lesser gradient.
2. Remove top-heavy branches from dead trees in the area to prevent hazardous deadfalls, and use suitable limbs as trail guides (see 1c) About 40 to 50 feet of main trunk should be left standing.
 3. Retard erosion of the flat, bare area beneath the cliff about 100 feet south of the notch by filling the small drainage gullies with 2" blue stone.
 4. Protect tree roots near major trails by covering them with rocks and/or dirt.
 5. Don't attempt to stabilize the bank at the south end of the cliffs. The river put the earth there, and is now, possibly with our help, in the process of taking it downstream. It is not reasonable to try to improve the condition of the bank as it would require the use of heavy equipment.
 6. Relocate the Bulletin Board from the third (north) parking lot to the junction of the two cliff access trails 100 feet west of the Comfort Station.
 7. Install bicycle rack behind (west of) and attached to the Comfort Station.
 8. Place a sign beside the road adjacent to the second (next lot south) parking lot saying "Bicycle Access Trail to Tow Path" to take some of the car traffic load off the third lot.

SUBSEQUENT DEVELOPMENTS

During the last week of April, 1974, there was a meeting at Carderock attended by James Redmond, Don Foster and Elaine DiAmico of the U.S. Park Service; Grant Conway of the Park and Planning Commission; and Maren Stewart, Chuck Sproull, Tink Peters, and Nan Moran of the Mountaineering Section. The purpose of this meeting was to discuss our proposed improvements of the nature and aesthetic appearance of the Carderock climbing area. In a few words, the Park Service feels that we are harming the area to some extent simply by being there. Our feeling, of course, is that we belong there because there is good climbing rock there and we need good rocks to climb on. One idea they offered was to close some "overused" portions of the Potomac Gorge to hiking and climbing for a period of one year in order to allow those areas to revegetate.

Our list of recommended improvements, listed above, was compiled (at a committee meeting in Travs Inn) in order to compromise between our right and desire to climb and the Park Service's rejuvenation proposal.

Don Foster, in charge of maintenance on the Maryland side of the Gorge, is willing to spend some time helping us with our project of curing some of the evidence of overuse in the cliff area. Last week he had a maintenance man top appropriate dead trees eliminating hazardous dead fall. The logs are being used to line major trails (see suggestion #2) This work was begun by Chuck Sproull, John Stannard and others June 24. Don Foster is

also interested in making a large Plexiglass cover for such permanent information as a climbing safety poster, a small scale map showing other major climbing areas within an hour drive from D.C., and other PATC-MS information.

The current trend of use at Carderock seems to be toward unnecessary widening and proliferation of trails, both above and below the cliffs. My main objective is seeing that the trails are as few and narrow as possible.

Chuck Sproull, Vice Chairman

The Summit Register

Editor, UP ROPE

In view of the publicity which Joe Jensen kindly gave to the project of the AAC Gazeteer in Up Rope's last issue, I think it would be appropriate at this time for me to expand in some detail on some of the points evoked earlier in this regard.

Before members express themselves for or against this project, I think it is important that they be acquainted with what is proposed for the Gazeteer. There have been a few misconceptions on this subject to date, and, if at all possible, these should be cleared up. First, the Gazeteer will not be a guide-book in the traditional sense: it will omit route descriptions, leaving those to the adventurous or to existing guide-books where available. It will not describe new areas, but rather proposes to be a compendium of all known climbing locations, popular or neglected, which are already known to the mountaineering community in the United States. It will be intended for the travelling rock-climber and will provide information on the identity, location, access and nature of rock climbing areas, mostly in general terms, with reference, where possible to existing guidebooks. It will also supply a certain amount of miscellaneous information, such as amenities in the form of camping, water, housing facilities and climbing restrictions, if any. In other words, it will not be a guidebook in the accepted sense, but rather a reference work. Finally it will not seek to identify areas where climbing has hitherto not been done, and of which there are multitudes in such states as Arizona and Colorado.

The Editor of the Gazeteer does not believe that the proposed Gazeteer will serve to attract new hordes of climbers to a sport which is already crowded, as some have feared. Too often people forget that guidebooks, or similar works, can only be understood and interpreted by persons already skilled in the sport of climbing--this precisely because these works are technical in nature. No one will read a guidebook unless he already knows how to climb. Hence a guidebook will not attract new climbers.

Those people who fear the Gazeteer will identify every cliff and canyon in the country can be reassured by taking one look at any one of our western states--the task is manifestly impossible. To be sure, in the East all of the good potential climbing areas are already known, and, whether or not the Gazeteer is published, the number of possible new routes here will eventually become increasingly restricted. We can, however, take comfort for our adventurous friends in the knowledge that the vast climbing areas in the western part of our great country are still largely untouched and will doubtless remain undisturbed for many decades to come.

Andrew John Kauffman, American Alpine Club

Editor, UP ROPE

The last issue asked for input regarding a proposed register of all climbing areas in the country. Purportedly this will aid the traveling climber who is not aware of the local areas in a region. Perhaps I am a little dense, but it would seem to me that someone unfamiliar with a region would first of all want to visit the major areas of that region. And such areas are also the place where one has the best chance of meeting both someone with whom to climb, and someone who can tell of the smaller and less frequented areas. Instead of thrusting a comprehensive list of all climbing areas under peoples' noses like a platter of cold spaghetti I would suggest the club assemble a number of club members in each region and major area, who are personally willing to show or at least inform visitors of what their region has to offer.

What kind of a club is it which can offer only lists, statistics and innumerable route descriptions? There is already far too much of this in the club journal, and we do not need even more of it. Why is the club so determined to take away my freedom to wonder if there is a rock or mountain somewhere I have missed? And to deprive me of my freedom to look up at a rock or mountain, and wonder if it can somehow be got up? When the last wonder has been taken out, what will be left of climbing? Friends, I can use - lists, I don't need

John Stannard

Expeditions

Sallie Greenwood has agreed to be the contact person for trips and expeditions. She is keeping a listing of club trips, expeditions organized by other clubs, and expeditions planned by individuals.

1. Club trips. Sallie can be called for information about any upcoming trip. If anyone is interested in leading a club trip to his favorite climbing area, he should contact Sallie. 2. Expeditions organized by other clubs. Sallie has listings of expeditions from clubs all over the country going to many parts of the world. Any input would be appreciated. Call Sallie for information. 3. Expeditions planned by individuals. Any reader of UP ROPE who is planning a trip whether it be for a day, weekend, two weeks or more and has room for other climbers is urged to contact Sallie. Reports of any expeditions undertaken by a MS member whether a paragraph or several pages long would be appreciated. Send to Editor, UP ROPE.

Joe Jensen, Greg Christopoulos and Maren Stewart are going to Colorado for two weeks starting either July 29 or August 2. We have room for one more person. Contact one of us.

Belay Ledge

John Christian and Martha Crawford recited wedding vows on June 15, among friends at their home. Both managed to remember their lines, but then Marty was stopped when she couldn't get the ring on John's finger. After a period of pushing and pulling, John finally realized that he had offered Marty his right hand. The ring fit well on the proper hand.

Diana Chapman chipped a bone in her neck while climbing in Yosemite early in June. Happily, she is now out of the hospital. She will be wearing a neck brace temporarily, and supposedly has instructions to stay away from rocks for a while. We wish her a speedy recovery.

A classified section of UP ROPE is open for readers of UP ROPE. Any PATC member with articles they wish to sell is welcome to send the editor a short description. UP ROPE, however, will not publish advertisements.

Gerry Mountain II with vestibule and cookhole \$125, used once
Greg Christopulos (H)293-3272 (W)964-8125

Hanging Around

Wolf Rock, Maryland, January 20

Cathy Amberg, Greg Christopulos, Peter Donahue, Joe Jensen, Barbara Llewellyn, Tom Marshall, John Robinson, Bob Ryan, Jim Shipley, Maren Stewart, Joe Wagner, Steve Williams, Lots of good climbers climbing. Steve showed us how to do the left cheek and was followed by Bob (another star). Jim tried to show us an old favorite to the right of First Rugged. And our beginner led some of us to the joys of the western cliffs. Light rain, beautiful day.

Buzzard Rocks, Virginia, April 7, 1974

Jon Larson, John Birch and Barbara Llewellyn met in the AO parking lot and proceeded to the rocks together. Arriving in the area, Jon decided it would be interesting to climb to the rocks from the river side. Unfortunately, this necessitated crossing the river, which was running a bit high. After cruising up and down the road, looking for a good place to cross, Jon suggested that we pick the most likely looking spot and employ the emergency technique of linking arms as we "waded" across. The trip leader, being of faint heart and unwilling to be soaked to the chest, demurred, so the plan was scrapped and we continued to the more frequently used route up the ridge behind the State Fish Hatchery. Nellie and Mike Hill, Sallie Greenwood and Bob Connor arrived as we were starting up. We were joined later on by Nick Kelly and Ray Cramer, John Bonine and Nan Moran, and Maren Stewart and Tom Marshall. John Bonine, still claiming to be suffering with a cold or the flu, kept offering us his orange juice as a "flu deterrent," somehow missing in the generosity of his offer the point that we were more likely to pick it up on his bottle than be protected by its contents. A number of climbs were set up and climbed (no failures that I know of). The rocks offer a spectacular view all the way around (if dirty climbing), and Sallie was taking advantage of it as she snapped pictures here and there. (At one point, as she aimed her camera down the mountain, Jon Larson was heard to moan, "Oh, no, Sal - not now!"). It was a beautiful, warm day - so warm in fact, that those of us who had heeded the advice of someone who had nearly frozen there just two weeks before, nearly cooked to death in all our nice, warm clothes - so half our party was lying around by 3:30 or so, but John Birch, Jon Larson, John Bonine, Nan Moran and Barbara Llewellyn moved over to another area, where Nan practiced

lead climbing and Barbara set up her first lead climb, making sure she was belayed from above. We wound up coming down off the ridge in deep twilight, and then retired to a diner in Front Royal for dinner.

Sugarloaf, Maryland, May 19

(The scheduled trip to Rocky Gap, Maryland was cancelled, or at least postponed, when it was discovered that it was out near Cumberland, Maryland - or about 130 miles away.) Al, Sue, Mark and Ailee Goldberg were waiting in the parking lot at the rocks when Buell White and John Garrahan, Bill Thomas, Jon Larson, Tim Moran and Barbara Llewellyn arrived at about 10:00. We proceeded to the rocks, through foliage decimated by the infamous cankerworm. These creatures cause a noise that sounds like continuous light rain. Three climbs were set up, two of which presented no real problems, but the third, an overhang, did. No one managed to conquer it, but it was attempted several times by Jon Larson, John Garrahan and Mark Goldberg. (Jon Larson was making one noble attempt when his belayer yelled, "He's doing it!" and everyone scrambled over to watch. The sudden, concentrated attention plus the starting of Al Goldberg's movie camera may have been at least part of the cause of his subsequent peeling off a minute or two later. A fourth climb was rigged later in the afternoon, and proved to be the easiest of all. The perfect climax to the day came when Bill Thomas, Jon Larson and Tim Moran wound up pushing the trip leader's car out of the parking lot onto the road, because the lights had been left on after a dark, occasionally rainy drive up. An exciting, but marvelously quiet, ride down the mountain failed to start the engine (despite the assurances of the Owner's Manual, which claims a speed of 30-35 should do it), and after a bit more pushing along a level (uphill?) stretch at the bottom, we wound up in the parking lot in front of the restaurant and gift house. A man with a stationwagon full of kids (who had pulled in because he thought he was having car trouble) was prevailed upon to lend assistance. After about five minutes of charging our car finally roared to a start, and the rest of the ride home was uneventful.

Great Falls, Maryland, June 23

Ron Bartelt, Dennis McLaughlin, Chuck Sproull, Maren Stewart. Steve Williams had something "more important" to do than lead a trip and Maren had no desire to lead a trip to some unknown place called Bear Church Rock. Great Falls is beautiful to look at if not ideal for climbing in the rain. The river is still low enough to reach the Rocky Islands. This is the second time Maren has filled in for the disappearing act. However, after a few Coors, all was forgiven.

John Anderson, Joe Wagner, Steve Bruckner, Randy Mason, Marjorie Prochaska. Don't know when, don't know where, but I know who.

Gird their loins and hide their skirts to the wall.

(ed. note - this was found stuck in the trip report file)

Attention Trip Leaders - Your main responsibility is to see that participating climbers use safe techniques and equipment to avoid accidents. If a leader is unable to go on his trip he must appoint a substitute leader. The trip leader can make the trip enjoyable and **rewarding** by helping to organize rides to the climbing area, **introducing** newcomers around, pointing out interesting climbs at

the area, and mentioning other interesting history of the area. If the directions to the climbing area need revision, **please** inform the editor, UP ROPE. An important function of the **trip leader** is to write a trip report which should include the names of **all** participants and an account of the trip activities. **This report** should be mailed to editor, UP ROPE.

TRIP DIRECTIONS - We have begun printing directions again. However trip leaders would appreciate advance notice if you plan to attend.

Seneca Rocks

From the Beltway take I 66 to Gainesville and bear right onto Va. 55 to Moorefield, W. Va. Turn left on U.S. 220 to Petersburg, where one turns right onto W. Va. 4 & 28. Go 22 miles to Mouth of Seneca. After crossing bridge over N. Fork turn left onto dirt road. Go $\frac{1}{4}$ mile to parking lot by river. Cross bridge and follow path to rocks.

Wolf Gap, W. Va.

From the Beltway take I-66 to Gainesville and bear right to Va. 55 through Front Royal and Strasburg. Just past Strasburg enter I-81 south to Woodstock and exit into Va. 42 going west. At Columbia Furnace sign turn right and enter Va. 675. Follow signs for Wolf Gap and USFS campground at top of ridge.

Shawangunks, NY

Look at a recent road map. Examine the route from Washington to Harrisburg Pa. Take I-81 to Allentown (not I-78N). Pick up I-80 at the Stroudsburg-Bloomsbury exit. Drive 46 miles to U.S. 209 north. Take exit 52 to Milford (about an hour since you entered I-80). Pick up I-84 going east to exit 5. Turn left on U.S. 208N to New Paltz. After 14 miles turn left on U.S. 44/N.Y.55.

Cupids Bower, Maryland

From the Beltway take the Carderock exit, and when the parkway ends turn left onto MacArthur Boulevard and continue to the Old Anglers' Inn. Park in the dirt lot across from the Inn and cross the canal. Walk right (upstream) toward Widewater. Take the blue-blazed trail left near Widewater to the river. Cross the river to the island, and you will find Cupid's Bower near the foot of the island nearest D.C.

Sugarloaf Mountain, Maryland

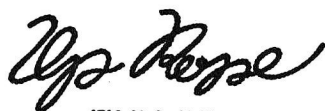
From the Beltway, take I 70S to Md. 109. Go west 3 miles to Comus. Turn right onto Md. 95 and go 2.5 miles to an intersection and follow signs to the Stronghold (a house on Sugarloaf). Park at the top and hike to the rocks, which are on the right halfway up the summit trail.

Great Falls, Virginia

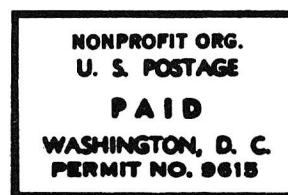
From the Beltway, take exit #13 and follow Va. 193 north. Go approximately 6 miles and turn right at the light (note sign). Go 1 mile to the Park entrance (50¢ fee) and park inside. Walk right (downriver) on the Nature Trail past the place where the old canal emptied into the river. The climbs start 100 feet from there and extend to the end of the gorge.

Climber's Calendar

- July 3 Business Meeting 8:00p.m. Joan Templeton's 933-2174
- July 4-7 Seneca Rocks Steve Williams 539-1299
- July 7 Purple Horse, Maryland Greg Christopulos 293-3272
- July 10 General Meeting Program: "Introduction to Rock Climbing." Slides from the Colorado Mountain Club 8:00p.m. PATC headquarters
- July 14 Wolf Gap, W. Va. John Fetvedt 869-5617
- July 14 Training Carderock, Md. Bob Ryan 560-6044
- July 20-21 Shawangunks, N.Y. Joe Jensen 301-947-3322
- July 28 Cupid's Bower, Md. Nan Moran 363-3539
- August 4 Bear Church Rocks, Va. Alan Groh 770-3249
- August 10-11 Baker Rocks, W. Va. Chuck Sproull 894-4463
- August 11 Sugar Loaf Mountain, Maryland John Anderson 836-1692
- August 14 General Meeting 8:00p.m. PATC headquarters
- August 17-18 Seneca Rocks, W. VA. Barbara Llewellyn 871-6197
- August 18 Training Great Falls, Va. Bob Ryan 560-6044



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Washington, D. C. 20036



DATED MATTER