

# Frost Valley YMCA Cross-Country Ski Center

In the heart of New York State's "Forever Wild" Catskill Forest Preserve  
What Winter is All About!



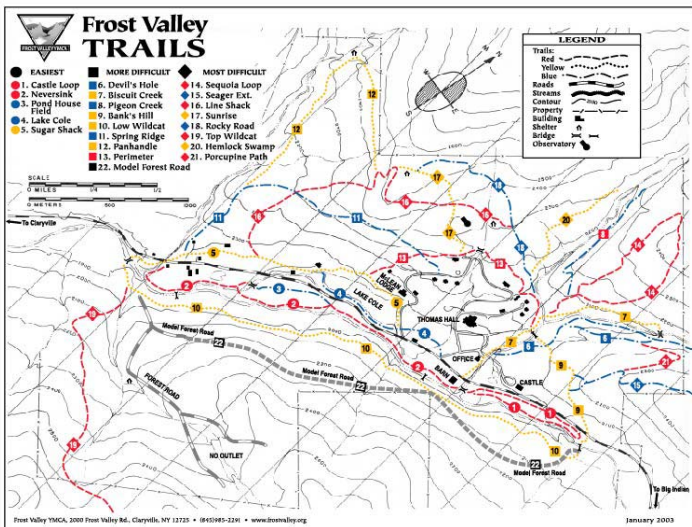
Experience some of the best cross-country skiing New York has to offer! Set on 6800 acres deep in the Catskill Mountains, Frost Valley YMCA offers great skiing for all ages and abilities. Whether it's the miles of beautiful back-country trails, or skiing beside pristine streams, there's something for everyone! When a rest is in order, come inside for some hot cocoa and warm country hospitality.

"Frost Valley's trails are some of the best around-they are well groomed and easy to follow."



## **We Have:**

- Over 35 kilometers of trails
- 25 km groomed, 10 km track set
- Trails for all ages and abilities
- Miles of backcountry trails
- Small Group Instruction
- Waxless skis with step-in bindings (small children to adult sizes)
- Hearty meals in our main dining hall
- A wide variety of outdoor winter activities for the whole family
- Friendly staff



**Frost Valley Cross Country Skiing**  
**2000 Frost Valley Road**  
**Claryville, NY**  
**845-985-2291**