

Camp Rules and Your Guide to the Rustic Pleasures of West Fulton

Welcome! We're excited that you've chosen to take some time out of life-as-you-know it and experience West Fulton and Sap Bush Hollow Farm. We've worked very hard to create a space for you that we love as much as our own home. Below is a short guide to our area, as well as a few house rules/tips:

- 1. Arrival, departure.** *Check-in before dark is a serious safety issue!* It is not safe to bring you to your site after dark, so please plan accordingly for traffic delays and be sure to arrive between noon and 4pm. Also, one of us will be waiting at the café for you, so please let us know if you are running behind your scheduled arrival time, so that we aren't held up with our work day. If you are hoping to check in earlier, please text us and we will try our best to accommodate you. For your safety, ***we cannot permit late check-ins.*** Check out is 11am on the day of your departure.
- 2. Finding us:** ***Please meet us at Sap Bush Hollow Farm Store & Café at 832 West Fulton Rd, West Fulton, NY 12194;*** from there, we will lead you to the tent site. Your host from our farm team will meet you here at your agreed-upon time. Please keep us updated on your arrival times by texting the person your host. It will be either Saoirse (518) 657-1337, Ula (518) 517-9849, Shannon at (518)657-1745, or Bob (518)823-5006.
- 3. Parking:** It will be great if you can park your car up at the site. MOST cars have little trouble getting to the site. However, cars with low clearance (like a Prius or sports sedan) *may* have difficulty on the pasture track. Additionally, in early springtime, the soils can be slick. Regardless, we'll meet first at the farm store/cafe and we can assess the situation. Happily, we have the right vehicles to get you where you need to go and we can drive

you and your gear up to your site if necessary. On check-out day, we can be available to come up and drive you and your gear out upon request. During the remainder of your stay, you will have a beautiful half-mile walk to your vehicle.

- 4. No Pets.** Just like you, we LOVE animals. We love them so much, there are hundreds of them on the farm, and we use working dogs to manage them. For the safety of your pets and our livestock, and for biosecurity measures, we CANNOT allow you to bring any animals onto the land.

- 5. Livestock and fencing.** Please feel free to wander the pastures. If you come to a wire fence, we ask that you not touch it (it might be electrified if there are livestock in the area). Walk along it until you find a gate. If the gate is closed, please untie/ unlatch it, then re-tie/re-latch it when you've gone through. **Please note:** Due to recent occurrences of transmissible livestock disease in the northeast, we have increased our bio-security protocols on the farm. If you'd like to get up-close and personal with the critters, we are happy to assist. Just text your host and we'll arrange for you to have proper introductions to our farm family with a farm tour. Please do not allow children to visit the livestock unsupervised. We have guardian animals with the flocks whose job is to identify and pursue potential threats. An adult's watchful eye keeps everyone safe.

- 6. About those border collies.** Border Collies are amazing dogs. They move our flocks, help find stray animals, and alert us when someone is injured. They are also our steadfast companions. It takes years and a few thousand dollars to train up a good Border Collie. That said, they LOVE to work and play...EVEN when they aren't supposed to. If they find you, they might bring you sticks, frisbees, or toys to throw for them, knowing that you are

untrained and susceptible to their wiles. They will ask you to throw sticks and toys for hours. And hours. They will get hurt, and **STILL** they will telepathically tell you “It’s okay! I can handle it. Throw it! **THROW IT!**” Don’t fall for their lies. Please do **NOT** throw anything for them.

7. Cell Service and WIFI: There’s a little cell service up at the site, usually enough to text us. If you need to download a movie or need some serious internet connectivity for a spell, please feel free to drive your car down to Sap Bush Cafe, five minutes’ drive in your car, at 832 W. Fulton Rd., West Fulton, NY 12194. Even if the cafe is closed, you can still sit in the parking lot (or use the chairs out front or the creekside deck behind the store), and use the high-speed service to your heart’s content. Wifi network is **SAP BUSH CAFE** . There is no password.

8. Trash: We’ve provided a steel trash and some extra bags. If you need them changed out, please text us. To protect the site from animals, please bag and store food waste with your food in the provided bear locker (cooler), then throw it out in the trash when you leave.

9. Laundry: If you rented a bedding kit, upon departure, please strip your bed and place the sheets in the provided laundry sack. Leave blankets & comforters on the bed.

10. Emergencies: There is an emergency room at Cobleskill Regional Hospital at 178 Grandview Drive, Cobleskill. It is about 20 minutes from here. For non life-threatening emergencies there is also a Well Now Urgent Care Center open 8am-8pm seven days a week at 721 E. Main Street. For minor “boo-boos,” there is a first aid kit in the cabinet beside the bed. If you need to use a lot of supplies, please let us know before you go so that the next guests won’t be caught up short.

11. Water. We have fresh water at the site for you. If you need it replenished, please text us and we will bring you more. Same for ice.

- 12. Maximum occupancy:** The tent has two queen beds, bunk-style. This accommodates four adults. Bedding kits (queen wool comforter, two queen pillows, flannel sheets, pillow cases and a blanket) are available for rent at \$35. If you didn't order through the Tentrr site and wish to have them, we can make arrangements at check-in.
- 13. Damages:** Renter must inform the owner of any damage or breakage caused during the stay.
- 14. Personal liability:** Renter is responsible for the actions of any other persons on the site premises.
- 15. Check-in/Check-out:** Check-in time is noon; check-out is 11am. We often have guests checking in and checking out on the same day, and we want to make sure the space is ready for everyone. Please adhere to these times. If you are hoping for an exception, please notify us at the time of your reservation, rather than upon arrival. This gives us the best opportunity to accommodate you.

What's here for you:

Queen bunk bed with air mattresses.

Fire pit with cooking grate
Two Adirondack chairs, 2 sling chairs

Picnic table with seating for six

Rain and shade fly for the picnic table

First Aid kit

Firewood, one (1.5 cu ft bundle, mix of kindling and burning wood).
More is available at \$15 per bundle

Camp Loo with CleanWaste bags

Woodstove

Matches

Fire Extinguisher

Trash bags

10 gallons Fresh potable water Ice and large cooler

5-gallon solar shower bag

Games and playing cards

Two-burner camp stove and fuel (for rent, \$30)

Camp Kitchen Kit (for rent, \$25): mugs, plates, silverware, pot, pan,
mugs & utensils

What's available for purchase at our store,

www.sapbushfarmstore.com

- Grassfed and pastured lamb, beef, pork, sausage, eggs, bacon and chicken (see our price list at www.sapbush.com)
- Pre-made “heat and eat” soups and stews, made with homemade bone broth, local & organic vegetables and our farm-raised meats (ask for current selection), priced at \$26.95 per quart. (We know. They’re pricey. But they will probably be some of the best soups and stews you’ve ever tasted. We don’t take any shortcuts.)
- Wine and select craft beer. (Not in self-serve store- text us.)

- Our wool products from our sheep: Organic wool comforters, wool pillows, wool blankets & throws, and yarn).
- Fresh loose leaf tea and fresh-roasted coffee.
- Additional firewood bundles (\$15 per 1.5 cu ft bundle)
- Homeopathic Tick Bite First Aid Kit (\$60)
- Camp Kitchen Kit RENTAL ONLY: \$25 (dining service for four, plus a pot, fry pan, mugs & utensils)
- Two Burner Camp Stove with Fuel RENTAL ONLY \$30
- Queen Mattress Bedding Kit RENTAL
All of these items are in our cafe & farm store just down the road (832 W. Fulton Rd, West Fulton, NY). While we are technically only open on weekends, we are happy to meet our overnight guests at any pre-arranged time to let them shop.

What we suggest you bring:

Bedding or sleeping bags, pillows (if not renting)

Raingear

Lots of layers for cool evenings

Bathing suit & water shoes

Mess kits, utensils and cutlery Dish scrubber, dish soap, etc.

Bug and tick repellent

Small hand mirror for tick checks

Flashlights/lantern (one small lantern provided)

Battery back up for your phone (limited cell reception)

Can opener (if you bring cans)

Binoculars if you're a birder

Sketchbook/art supplies/paints (if you are so inclined)

Star scope - fantastic night skies!

We have available a two-burner gas stove for cooking and some cookware, but if you have a favorite camp kitchen set-up, by all means bring it.

West Fulton, NY:

The middle of nowhere or the heart of paradise?
(or both!)

Welcome to our tiny mountain hamlet. At first it may seem like a down-trodden slice of upstate NY, but West Fulton is actually a magical little place that many visitors never want to leave. We want to share it with you.

How our worthless town became priceless:

Our hamlet was one of the few places that a family could freely own land as late as the 1800s in New York State. Once a Dutch colony, New York was under the patroon system, where only wealthy elites could hold patents. Commoners were relegated to the status of tenants — clearing the land, farming it, and then paying rent to the Patroons in perpetuity, from generation to generation (hence, the “Anti-Rent Wars” in the 1840’s, that won them some liberties).

But not in West Fulton. That’s because the Patroon Peter Smith, who was granted the patents up here (and who thought he was “marrying up” into a sweet land deal), quickly learned that the land was so worthless, tenants weren’t interested in contracts. It was too mountainous, rocky and hard-scrabble. He turned it over to his son Garrit, who wound up dividing it into smaller tracts and selling it off cheap to two types of buyers: prospectors (or outright thieves) who stripped the forests, sold off the timber and then abandoned the barren ground and continued west; and fiercely-independent (and maybe slightly quirky) families who dug in their heels and made life work in conditions so hostile, not even the Native Americans would settle here (they primarily only traveled through while hunting). It may have been lousy land for

farming or homesteading, but a body could own it free and clear. And that was worth something.

Many of the original settlers' descendants are still in town today, and we feel that the character traits of those founding personalities — independent, scrappy, and resourceful — live on and have come to define this place now.

Folks drawn here tend to be from both sides of the political spectrum; there is a contingent of out-of-the-box artists, actors, theater professionals and musicians, in addition to farmers, craftspeople, contractors, trappers, hunters, and classic “do whatever it takes to keep a roof over my head-ers.” It's a motley place, where the junk cars, blue tarps, and scrap heaps are as much a part of our local economy and culture as the the waterfalls swimming holes, hiking trails, multi-generational farms, craft beverages, arts festivals, fresh food and live concerts. We kinda like it that way.

While you're here

PLEASE NOTE: Hours and availability may vary. *Please be sure to consult the websites provided or call the business before making your visit*

Groceries, Gas, Etc.

For locally-sourced foods:

Sap Bush Hollow Farm Store & Cafe 832 West Fulton Rd has our farm's grassfed lamb & beef and pastured eggs, pork and poultry. We also make our own sausages and bacon. Additionally, we stock a variety of frozen soups and stews, basic grocery and dairy items, fresh-roasted direct-trade coffee & locally blended

teas, locally produced treats, craft beers and ciders, and selected local and imported wines. We have our wool made into pillows, comforters and blankets (they're on your beds) and wool yarn - we sell those too.

Our café is open Saturdays, 9-2.

Our **Farm Store** is open 24/7, as it is an honor system check-out. We accept cash/checks, Venmo, or you can be asked to be invoiced for credit card payment. Instructions are posted in the store.

Further, you can order our farm products anytime online at sapbushfarmstore.com. We will pull your order and leave it in the self-serve shed at the back of the parking lot, and you can pick it up upon your arrival (or let us re-stock you during your visit). Should you need more farm fresh eggs or dairy, there's no need to order: they're on the honor system. We keep them in the refrigerator in the self-serve shed, and you can just leave your cash or check payment in the box. If you wish to purchase wine or beer, someone is usually around who can help you out. Just call or text us or message Shannon thru Tentrr.

Barbers Farm (3617 State Rte 30, Middleburgh). Situated in the scenic Schoharie Valley, these folks do gorgeous local produce year-round, and they also stock other local grocery necessities that may spare you from having to trek to an actual grocery store. They have a nice collection of handmade crafts and books from our town, too. Many people travel there from as far away as New York City and the capital district to buy their bulk produce for canning, freezing and winter storage. Their prices are EXTREMELY reasonable. Seasonally, they have unbelievably delicious sweet corn; additionally, they produce and bottle *the BEST* potato vodka we've ever tasted - and we've tasted *a lot!* They have a sampling

room where you can “try before you buy” (which you undoubtedly will!).

Winter hours are Sat-Sun 9-4, Summer hours: open seven days 9-5.

Bohringers’ Fruit Farm (3992 State Route 30, Fulton). Open in the summer and fall, Bohringers is the place to go to pick strawberries, blueberries & raspberries while gazing around you at the stunning Schoharie Valley and neighboring Vroman’s Nose. If you aren’t into U-pick, their road stand has ready-picked produce featuring their fruits, plus some other fruits brought in from the Hudson Valley or purchased through the Albany produce markets.

Valley Market (4448 NY-30, Middleburgh) is a modest grocery store located in Middleburg and offers your basic grocery items. Open daily 8am to 8 pm. There’s a Barbeque take-out place next door as well (highonthehogbbqco.com)

Honest Weight Food Coop (100 Watervliet Ave, Albany). If you’re here for a longer stay and you need some specific natural/organic food items, Honest Weight is an amazing resource. Open every day 8-10, it’s about 50 minutes from here. They have a vast array of organic, special-diet, and gourmet foods. They have a gourmet cheese counter that puts the best NYC gourmet shops to shame. They also have cosmetics, supplements and local farm products, a bakery, prepared foods and a hot food buffet if you need to grab a meal while you’re there.

For 24 hour grocery needs:

Sap Bush Hollow Honor Store: 832 W. Fulton Rd, West Fulton, NY: coffee, tea, dairy, ice cream, meats, eggs, heat and eat meals, snacks, camp firewood

Price Chopper Grocery: 105 Plaza Lane, Cobleskill

Wal-Mart: 139 Merchant place, Cobleskill. Both Price Chopper and Walmart have a pharmacy; also

CVS, 726 E Main (8a-9p) Cobleskill

Gas:

Gas stations can be found by heading over the mountain to Cobleskill, or down the mountain and through the valley into Middleburgh. You have a 15-20 minute drive to stations in either direction, so be mindful of this if you're running low!

Nearest Restaurants (besides our café, of course!)

This is a partial list; please Google “restaurants near me” for a more complete listing (plus there's all the usual fast food on E Main St, Cobleskill). Listed below are some of the independent restaurants we know. Check the websites listed for menus, reviews and hours.

Cobleskill:

(First four are near the movie theatre and park!)

The Cowboy's Taqueria 549 Main St Mexican Street Food and drinks
The Cowboy's Taqueria on Facebook

Bull's Head Inn 105 Park Pl Traditional American
bullsheadinncobleskill.com

Chieftains 584 Main St Irish-style Pub
(518) 823-4208, facebook

Pizza Shack 558 Main St Pizza and Italian-American dine-in and take- out
pizzashackcobleskill.com

Cobleskill Diner 117 Granite St Classic diner faire thecobleskilldiner.com

Middleburgh:

Hubies Pizza 325 Main St Pizza to go (518) 827-5955, Facebook

Middle Village Pasta & Grill 334 Main St Italian-American
middlevillagepastaandgrill.com

Under The Nose 207 Mill Valley Rd Sandwiches etc. and bakery
goodies underthenose.com

High on the Hog 174 Marjorie Ln St. Louis Style BBQ, sandwiches,
burgers highonthehogbbqco.com

Schoharie:

The Farmers Beef and Brew 305 Main St Farm-to-Table Dine-in
thefarmersbeefandbrew.com

El Taco Shack 307 Main St Mexican Dine-in and Take-out el-taco-
shack.edan.io

Please be sure to consult the websites provided or call the business before making your visit!

Things to do

Right outside your tent

Walking path Follow the blue ribbon markers either down through the pastures, or pick it up in the other direction into the woods on the left side of the tent, just over the orange snow fence. As you walk, if you see a pile of sticks barring the path, it is an indication to turn. Look around for more blue tape markers. If you come to a gate, unlatch or cross over. If you unlatch, be sure to re-latch. Don't cross any wire fence where you see livestock. It will be electrified. The trail moves around a bit as we rotate pastures. We will give you a print off of the current trail when you arrive.

Creek Stomping: Follow the trail down to the creek to look for mud puppies & crayfish. Pick the trail up on the left side of the tent or down the pasture edge along the woods.

Farm tour (text or message us to arrange a visit)

Listen to crickets and peepers

Use the cards in your camp box to identify butterflies, birds and wildflowers

Games (look in your camp box)

Watch the light on the mountains

Paint/draw/read/play music

Forage for berries (in season) along the hedgerows

Forage for apples (in season) along the hiking path or in the pastures near where you parked your car

Read

Lie in the field and study the cloud shapes (tick check after!)

Go birding: Birds we've seen and heard from this site: Red Tail hawks, Oven Birds, Orioles, Turkey Vultures, Scarlet Tanagers, Bobolinks, Thrushes, Woodcocks, Ravens, Crows, Coopers Hawk, Veery, Barred Owl, Great Horned Owl, Cuckoos, Indigo Buntings, Goldfinch, Bob-o-Links various Warblers...just to name a few!

Right in West Fulton

Sap Bush Cafe: If you happen to be here on a Saturday morning from 9-2 c'mon down and see us. This is the local hang out. The coffee is considered some of the best you'll find in all of upstate, there's a weekly prix fixe farm-to-table luncheon special, plus fresh-baked pastries and a nice breakfast/brunch/lunch menu. Oh, and we have great local beer, wine, and specialty cocktails too. We are GF-friendly, but we're also serious about our croissants. We're open Saturdays, 9-2 for table dining and take-out; don't forget to get some bakery goodies for your Sunday morning coffee morning on your porch! See the menu at sapbushfarmstore.com

Panther Creek: Walk into the yard behind the cafe and follow the path down to Panther Creek. Have a seat and groove on the cool air and running water, or put on a pair of creek stompers and wade in. A few yards downstream, you'll come to some pools that are deep enough to dunk into in for a cooling dip. Please wear shoes into the water to protect your feet!

The Park: With your back to the PO, turn right and walk up the road a few hundred feet. After you pass two houses, you'll come to our "park." It's simple, but there are cool shade trees, creek access for exploring, swings, a slide, a picnic bench and a tiny **schoolhouse museum**. There's also a **little free library** there,

where you can choose a book to read. No need to return it!
Interested in leaving books behind? Our neighbors & guests will enjoy them!

The Long Path: The Long Path stretches from NYC all the way to the Adirondacks. Here in West Fulton, we're on corridor 7B of this hiking trail, and you can pick up a section of it by walking past the park to the crossroads, and turning right onto Patria Road. ~~Walk up Patria until you cross the little bridge. The trail head is on your left, marked by some fallen fence posts and green trail markers. It starts off in an old pasture,~~ then wanders up hill and into the woods and over the mountain, and eventually, down into Middleburgh. But it's a really pretty woodland hike, cool in the summer with lots of shade cover, and you can disappear for a few blissful hours.

Please Note: Due to a property owner dispute, the trailhead has been re-routed about a mile up Patria Road; unfortunately, the pick up is ambiguous, so this is not a recommended activity.

Panther Creek Arts: From the cafe, walk back up to the crossroads and visit the big old white building on the corner of Sawyer Hollow and West Fulton Road. If there's an upcoming concert, it will be announced there (you can also visit www.panthercreekarts.com to scan for upcoming events). If you see a bunch of people milling around, it could be a gathering of neighbors working at restoring the building, or just having a pot-luck. They are extremely welcoming to strangers, especially if you're the kind to pitch in and help. Stop to say "hi," and you might find yourself working, feasting and partying with the locals.

Bite Me Café: On Saturdays, Cornelia, the matron of the place, also prepares a small specialty take-out food service, known as

Bite Me Café, offering quiches, soups and the like. Check panthercreekarts.com/tickets for availability and menu.

Scrumpy Ewe Cider Tasting Room: Opened in May 2018, Ryan McGiver, a really cool local guy who happens to be a stone mason and highly accomplished Irish musician in addition to being a premier a cider maker and orchardist, has redesigned his tasting room for his gorgeous dry ciders made in the French and Old English tradition from local apples. Turn onto Sawyer Hollow for maybe a half mile, then turn right onto the first road, Fulton Hill Road. You'll see his orchard and cabins on the right. Open Saturdays from 1-5pm and Sundays from 2-5pm. scrumpyewecider.com.

Ten Minutes' Drive From Here

Boucks Falls Hike (hiking, swimming) Moderately strenuous, 2 miles round-trip.

Bouck's Falls is just 2.9 miles down the road from where you are standing. Turn left when you pull out of the cafe parking lot, and head toward Route 30. Drive exactly 2.9 miles (passing Rossman Fly road, and then Bear Ladder Road on your right). 0.2 miles after you pass Bear Ladder Rd, you will see a nondescript pull-off on the left side of the road, across from a fluorescent yellow school bus sign. That pull off is your stop. Look around in the weeds and the scrub on the side of the road and you will see the start of the unmarked trail.

About the trail: This trail is on private property and is made available through the generosity of the neighbors who own the land. Please honor their care and stewardship by treating this special place as you would your own back yard! As you head down the ravine, you'll notice that the trail seems to switch back and forth a bit. Don't worry. It will lead you to the water! Stay on the path! When you get down to the stream, be prepared for a little creek stomping. We recommend you choose shoes that you can wear into the water. Turn left and head upstream. You'll know when you have arrived, because it is a gorgeous natural cathedral. Bring your bathing suit!

The owners have requested that you NOT post pictures of the place on social media sites to help minimize visitation.

NOT A HIKE SUITABLE IN WINTER - beautiful, but hazardous!

Sawyer Hollow to Looking Glass Pond Hike (hiking, snowshoeing) Moderately strenuous, 2 miles round-trip

This is another section of The Long Path, and it's a beautiful day hike, showcasing a gorgeous Catskill mountain stream with numerous little waterfalls. While they are not as dramatic as Bouck Falls, they are no less stunning, and the trail is much less visited.

To get to the trail head: Leave the café by turning right onto County Route 4. At the crossroads, turn left onto Sawyer Hollow Road, and drive approximately 1.5 miles. Parking for the trail will be on a grassy pull out area on your left. It is marked by a state land sign that reads "Burnt-Rossman Hills." Once you park, walk about 50 yards back down Sawyer Hollow, and you'll find the trail head on your right. It is marked with a fishing access sign and green paint trail markers. It meanders along Panther Creek, then

ascends the hill and ends at the top, on a dirt road. At that point, you can turn around and go back down, or, if you turn right and walk a short distance, you will come to **Looking Glass Pond**, which has a nice trail, fishing access, and lovely birding and picnic sites.

Driving to Looking Glass Pond (hiking, snowshoeing, cross-country skiing, fishing) 2 miles, easy-moderate; Handicap accessible gravel/boardwalk trails

Turn left out of the café parking lot and drive 1.5 miles and turn right onto Rossman Hill Road. Follow the road for 2.8 miles and the parking lot for Looking Glass Pond will be on your left. As you leave your car and approach the pond, the start of the trail will be to your left (the terminus is on your right. If you do it in reverse, it's easy to miss parts of it). This is a fabulous, un-groomed cross country ski or snowshoe route through the woods and around the pond, and a pleasant walk at any other time of the year. Toward the end, by the turn-off for the old Jones Cemetery, the trail brings you out onto the dirt road. Go right, and it will lead you to the last section of trail on the right.

If want to put in a few more miles, keep your skis on after you finish this trail and go a few hundred feet up to the seasonal dirt road on your right. (You can also access this road from a trailhead about a half mile in the trail, traveling clockwise.) These roads are maintained for snowmobiles, but x-c skiers, cyclists and hikers are also welcome. You can journey for hours here! There's also a number of old cemeteries along these roads.

Mallet Pond State Forest (natural site swimming, hiking, snowshoeing, cross-country skiing, sledding, fishing)

1 mile round-trip, easy-moderate; handicap accessible: Note: this

actually about a mile and a half longer if you ski or snowshoe in, because you'll have to park farther out in winter.

Turn right out of the parking lot and go to the crossroads. Turn left onto Sawyer Hollow Road, then drive approximately 3.1 miles, until you reach Rossman Valley Road. There is a large green farmhouse on the corner. Go one mile up the road to the next crossroad. If it is winter, pull over someplace here and take to the unplowed roads! Snowmobilers typically pack a path on this section, so it's a great long and safe run if you want to go sledding. If you're skiing or snowshoeing, the unplowed road goes for miles and the light and woods are just beautiful.

If you're here in the warmer months, turn right at this crossroad and venture down the dirt road maybe a mile or so. After you come up a hill around a bend, there will be a turn on the right for Mallet Pond. Drive down that lane and you will find the public parking area. Leave your car there, then hike about 1/5 mile down the dirt lane to Mallet Pond for a secret swim or picnic. Please: if you carry it in, carry it out!

Sap Bush Hollow Farm

As our guest, you are invited to arrange to visit Sap Bush Hollow Farm, where we raise grassfed and pastured livestock. The farm is nationally recognized as a leader in the sustainable agriculture movement, but also happens to be one of the prettiest spots in the region. Since we are a production farm, we need to schedule time to accommodate you. Please call text your host to set up a time. Turn right out of the cafe parking lot and drive 2.5 miles up West Fulton Road. Sap Bush Hollow will be the long driveway on your right, mailbox number 1314.

15 minutes' Drive from Here

Schoharie Creek Swimming Hole

Pull out of the parking lot and turn left, and take Co Route 4 all the way down the mountain to where it T's at NY Route 30. Turn left. Drive 0.8 miles and the entrance to the swimming hole will be on your left, across from Readling Road. There are some well-worn easy-to-walk paths down to the water, and we recommend you stay on them, as there's a bit of poison ivy down there. But the swimming is gorgeous!

Breakabeen Waterfall and Swimming Hole

Nearly as majestic as Boucks' Falls, it's a fantastic swimming hole with a less strenuous hike in. You'll still need to scramble a bit, but the path down is clearer, there are no stream crossings, and a few ropes have been strung along the steepest parts to help keep you on your feet. The falls are just a quarter mile hike from the road. To get there from the cafe parking lot, turn left and head down the mountain all the way to where Route 4 T's at Route 30. Turn right. Drive 1.3 miles on Route 30, then turn left on Clauverwie Rd. You'll come in to the hamlet of Breakabeen. There's a nice general store on the left if you need to pick up some beer or ice cream (and the best car mechanic in the county is just down Wahalla Rd on the right). Otherwise, drive 0.8 miles on Clauverwie until you see the cemetery on your left. On the outside of the cemetery is a mausoleum with steps leading down to the road. The trail head is across the road, almost directly across from those steps. It is not marked, but it well worn and easy to identify. Be mindful not to park your car on the turn in the road (cars come through there fast),

and not to park in the cemetery. There's a small pull off just below the trail head where you can leave your car.

Vroman's Nose Hike

1.7 miles to top Trailhead located at 207 Mill Valley Rd, Middleburgh, NY. Hiking, April-November

This is probably the most-visited trail in all of Schoharie County. It starts along the forest floor, then climbs the only prominent (hill? mountain? peak? escarpment?) that sits along the Schoharie Valley floor, and leads visitors up to what we locals call "the dance floor," a flat rocky ledge that was once an 1800s-era party spot. It's a stunning place for a picnic, to gaze out at the Schoharie Valley and imagine the Revolutionary War unfolding, forage for wild blueberries, or study the dance floor for the names that were carved there centuries ago. A little café/bakeshop called Under The Nose is near the trailhead.

1857 Spirits Tasting Room @ Barbers' Farm

If you like vodka...HECK... even if you DON'T like vodka, this is an extraordinary tasting experience. Elias Barber takes the potatoes his family grows in the fields around the distillery and converts them into world-class vodka. This is The. Best. Vodka. You will ever taste. We are certain of it (we've tasted a LOT of vodka. Trust us.). Check hours at 1857spirits.com.

20-25 minutes' Drive

Buck Hill Farm

185 Fuller Road, Jefferson
<http://buckhillfarm.com>

20 minutes over the mountain in the town of Jefferson is our favorite sugar shack, Buck Hill Farm. They serve a hearty breakfast on Sunday mornings, featuring their own maple syrup served at their sap house. If you're here in early spring, you can watch the maple sugaring in process!

Middleburgh Winery

2636 State Highway 145, Middleburgh, NY
middleburghwinery.com

Cozy indoor/outdoor space, gorgeous views of the vineyards and surrounding hills, outdoor games & amusements and nice wines to boot. You won't go wrong here!

Helderberg Meadworks

6144 State Highway 30, Esperence (Delanson), NY
helderbergmeadworks.com

Okay, wow. We never really liked meads. Until we came here a'tasting. These guys are making truly exceptional meads, and they market them with the Viking drinking horns and heavy metal music to boot (we didn't know that's what Vikings listened to?!). Okay, playlist aside, this is an exceptional tasting experience, and we recommend them highly.

Downtown Middleburgh

Green Wolf Tap Room

If we were going to have a night out after dark, we'd start by visiting the Green Wolf tap room (<http://www.greenwolfales.com>) for their local craft beers (they also carry all the other local spirits as well, of which there are several). They regularly have live music

as well. If you want to stay in but still sip these fine brews, we offer have a selection of 14 oz cans in our cafe.

Middleburgh Library (www.middleburghlibrary.org). It may seem unusual to put a library into a tour guide, but you should know about this place if you are a folk music lover. Sonny Ochs (sister of the late Phil Ochs) has a passion for the folk music scene, and has taken it upon herself to bring it to our community. She finds folk musicians traveling through the area on tours and offers them food and lodging in exchange for coming to our local library for an intimate evening performance. Tickets are sold at the door, and are usually very cheap. Check the library's website for the performance schedule.

Cobleskill and area

Arts in the Park

The center park on main street in Cobleskill is home to a lovely summer concert series. Bring some lawn chairs and a picnic and hear live music Thursdays evenings at 7 pm. Visit www.cobleskillpartnership.com for the schedule and updates, especially if there are thunderstorms in the area.

The Park Theatre

www.parktheatre.net

This is the local movie house which has been showing "talkies" since 1922 (actually, its first screening was a silent film, "*The First Born*.") Now they show current release films, usually in the "family" genre. Get this: all tickets, only \$5.00!

Howe Caverns

www.howecaverns.com

255 Discovery Drive, Howes Cave, NY

This cave, discovered long ago by a farmer searching for a lost cow, is arguably the county's most-visited tourist attraction. The underground tour is a cool 52 degrees in summer, and even has a little underground boat ride that kids love. They also

have outdoor activities there, including a zip line, rock climbing wall, H2Ogo balls, ropes course and air jumpers.

Gobblers Knob

www.gobblersknob.us Rt 145, Cobleskill

These folks have a pretty neat miniature golf course based on local landmarks, as well as an ice cream parlor, driving range and go-kart track.

Iroquois Indian Museum

www.iroquoismuseum.org

Open in the spring, summer and fall, this museum introduces visitors to the native people of this region with a collection of art and artifacts. They maintain a gallery of works from contemporary Iroquois artists, have programming throughout the season, and have a gift shop featuring native crafts.

Studio for Art and Craft & Cat Nap Books

www.thestudioforartandcraft.com

Located on Main Street in Cobleskill, this local business has been a boon to Cobleskill's down town. More than just a typical paint-

your-own pottery studio, these folks are set up to help you do lots of different crafts, from jewelry making, to painting, fused glass and lots more. They are always finding something new that families like to do. Our kids like to settle in at a table to work on something while we slip across the street to the newly opened **Cowboy's Taqueria** for a mojito (or walk down to the **Brick House Bakery** or **Tagua Nut Café** to grab a tea or coffee). Then we walk back in and settle in for some great hang-out time. Once we're finished, *they* handle the clean-up while we enjoy walking next door to **Cat Nap Used Book Store**. Among other things, they have a great collection of local history, children's books, agricultural history, and cookbooks.

Schoharie Valley Kayak Rentals

Located at 213 Bridge St, Schoharie Phone: 518-337-8145.

As you meander around Schoharie County, you'll notice that the Schoharie Creek figures prominently into our psyche; whether it's her placid beauty that soothes the spirit as we drive along the valley floor, her swimming holes that urge us to ditch work and take a plunge, or her raging waters in winter and spring that have been known to wipe out our villages. We love and fear our Schoharie, but if you're here in Summer or Fall, she's docile and lazy, welcoming exploration. That's the time to get out on her waters. Spend a day, and bring a swim suit and a picnic lunch.

Schoharie County has a nice website for visitor information with links to the attractions it lists:

visitschoariecounty.com
and click "**view travel guide**"

Day Trips

Cooperstown

About 45 minutes from here, Cooperstown is usually best-known for **The Baseball Hall of Fame**, making it EXTREMELY crowded in July (especially Hall of Fame induction weekend, the last weekend in July). But even if you don't like baseball, it's worth the trip to this picturesque town that sits on the edge of Otsego Lake. We like to go over early in the morning in the summer on a weekday, so we can find a parking space down by the water. Parking gets tough if you arrive after 9am, and is impossible on weekends. When we get there early, we slip our kayaks into the water, or walk around the village. Then we walk over to the **Otesaga** for the buffet lunch in The Glimmerglass Dining room overlooking the water. The food is decent, and the dessert buffet is eye-popping. But the real treat is the shimmering water of lake Otsego. In nice weather, you can dine on the porch. In bad weather, you can sit in the dining room beside the windows overlooking the water and imagine you're on the Titanic - (well, imagine it *before...* you know...)

Throughout the year we bring the kids to Cooperstown for **The Farmers Museum**, a wonderful living history museum that focuses on agrarian life during the Golden Age of Homespun in New York State (see the book we left for you!). They also have the world's coolest carousel, featuring hand-carved New York State animals and figures by New York State artists. Across the street is **The Fenimore Museum**, a beautiful building overlooking the lake that is worth visiting, even if you aren't interested in art! This museum hosts traveling exhibits of world-class art, providing us

local folks with an opportunity to view works that we might never see otherwise. See what they're featuring at fenimoreartmuseum.org. They also have a world class collection of Native American and folk art.

If you crave a beach, pack a picnic when you go and head over to **Glimmerglass State Park** for a day of swimming (you can also bring canoes and kayaks in there). There are also lots of smaller "pocket parks" around the lake (check www.thisiscooperstown.com/subcategory/outdoors/parks); we've enjoyed Brookwood Point, just north of the village on Hwy 80 - usually nice and quiet, Italianate gardens, and they have kayak and paddleboard rentals as well. And if you like the opera, **Glimmerglass Opera** brings in world class shows every summer (www.glimmerglass.org).

Hudson

Once a whaling town known for its prostitutes, then for down-and-out drug addicts, Hudson (45 minutes' drive from here) has now become a beautiful village with lots of antique stores, mid-range & upscale restaurants (we're rather fond of **Baba Louie's Pizza**, and coffee at **Moto's**), patisseries, and upscale thrift stores. Just outside of Hudson is one of our favorite places to visit: **Olana**, a New York State historical treasure, Frederic Church's masterpiece home. Learn more at www.olana.org. The region also has many other historic estates open to the public.

Rensselaerville

Huyck Preserve

<http://www.huycckpreserve.org>

Rensselaerville is a classic upstate New York community nestled between mountain peaks, and the Huyck preserve offers a great way to experience it. The easy 3.5 mile Myosotis Lake trail leads hikers to some glorious waterfalls, then around the lake with lots of pristine views, and lots of shady walking for hot summer days. The coolest thing about this hike, we think, is that it links over to Kuhar Family Farm's little cafe. Like our family cafe, it has limited hours of operation, however. They are open Wednesday evenings 5-9 and Saturdays from 10am until 2pm. They serve GREAT grassfed burgers. We like to plan our hikes over there to pop over from the trail right around lunch or supper time!

Albany

New York State Museum

<http://www.nysm.nysed.gov> About 1 hour from here.

We're extremely proud of our state museum, and find ourselves taking day trips there throughout the year. Among many other treasures, they have the BEST exhibit we've ever seen about the first people of New York, and how their way of life evolved. The exhibit ends with this FANTASTIC walk-in immersive diorama of an Iroquois Long house and a great and inventive exhibit about the Erie Canal, and New York City History. Kids LOVE it. They also have a free historic carousel on the top floor of the museum that overlooks a panoramic view of the capital city. We like to go there, then drive up Madison Avenue for lunch at **El Locos Mexican Cafe** (www.ellocomexicancafe.com), then walk across the street to **3 Fish Coffee** for a perfectly-executed latte. Then we "walk it off" in beautiful **Washington Park**, which is right next door.

Schenectady

Proctors Theater,

www.proctorstheater.org

This theater, less than an hour from here, brings world-class performances to upstate New York. Our kids love visiting it for the architecture alone, but all year long we take time off to attend shows here that we'd never be able to afford in NYC. Right around the corner is **Mexican Radio**, a funky ambiance-rich Mexican restaurant that they *plead* with us to bring them to every time we visit. (You may have gathered that our family likes Mexican food...)

Via Aquarium,

<https://viaaquarium.com>

All right. What do you do with a dead shopping mall? These folks came up with a novel concept. They put an aquarium in it. It has a depressing down-and-out feel as you approach, but if you have little kids, this is worth it. Our kids love this aquarium because it's accessible and not overwhelming. They can't get lost, and the exhibits are really well done. We are especially fond of the exhibit on local fish. Across the way in this revived-dead-mall, for those who like seizure-inducing journeys back to the eighties, is a video arcade. Anthropologically speaking, this is a fascinating trip for those of us who ever wondered, if we killed all the malls, what might become of them....Once we leave the aquarium, our favorite place for lunch is to drive to **Stuyvesant Plaza** in Albany/Guilderland (stuyvesantplaza.com) to find lunch in one of the *slightly* but not too upscale restaurants there; among the many

interesting shops, there also happens to be yet another great independent bookstore, **The Bookhouse**, a local Albany institution.

Plotter Kill Nature Preserve

<https://digthefalls.com>

3938 Mariaville Rd., Schenectady NY

If you like waterfalls, this place is heaven. Within a short hike from the parking lot you'll see two magnificent waterfalls, easily accessed. For the more adventurous, the "red trail" leads you on a wild (moderately difficult) hike with a few water crossings up, over, through and around this astounding ravine, on a tour of over twelve waterfalls, with the best site at the farthest point out (a great picnic spot, we've found). We recommend using the downloadable maps available through the Alltrails app if you tackle this adventure, as the "red" trail is not well marked. It is reportedly a 5.3 mile hike, but if you take the side hikes that lead you down to the edges of the different falls, you are likely to trek closer to eight miles; so pack lots of water, keep your GPS handy, bring lunch and prepare to make a day of it. It's **TOTALLY** worth the adventure!!! You'll only be about 15 minutes outside downtown Schenectady, so if you feel like grabbing dinner when you come off the trail, **Mexican Radio** can cool you off with a great margarita.

Saratoga

Saratoga is a little farther afield, but we often go for a grand day out. It's about a 90 minute drive, 40 minutes north of Albany. And while it is generally known for its horse race track (open in August, when the city is jammed with tourists), we actually think it's worth the trip for the dog-watching alone. The people in Saratoga **LOVE** their dogs, and every variety can be seen prancing down the street.

Saratoga is home to the famous folk music venue, **Caffe Lena** (caffelena.org), where we've seen some world class concerts in their renowned intimate setting. For fine dining, you can't beat **The Mouzon House** restaurant (mouzonhouse.net) for farm-to-table Creole food and craft cocktails. We've *never* had a meal there that wasn't exceptional (conveniently, they also feature Sap Bush Hollow meats!!). We also love to while away the hours in **Northshire Bookstore**, an immense independent bookstore set up to let customers comfortably disappear into the stacks. If we're hitting a show at Caffe Lena on a summer's night, we love to wander the main street after, as the place really comes alive. We always wander in to **Kilwins** confectionary for enormous portions of homemade ice cream on waffle cones, homemade chocolate and candy- dipped marshmallows or apples on a stick, and other sundry diabetes-inducing delights.

Saratoga is, of course, the site of many important battles of the American Revolution and there are several interpretive venues to visit including the **Saratoga National Historic Park** (www.nps.gov/sara/index) and **National Cemetery**. Further, there is the **Saratoga Springs Arts Center** for some big-name concerts and, nearby, the **Museum of Dance**