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FROST VALLEY YMCA

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Maple Sugaring Open House Weekends at Frost Valley YMCA

Learn all about how maple syrup is made, and taste it, too!

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The sugar maple trees are finally beginning to thaw here in the Catskills, and at Frost Valley YMCA, that means maple-sugaring season is in full swing!

Frost Valley invites guests to two FREE annual Maple Sugaring Open House Weekends on March 20-21 and March 28-29 to learn about the process of turning sap into delicious syrup. These weekend events are free to attend and are appropriate for all ages — from the young to the young-at-heart.

"Frost Valley has been maple sugaring since the late 1970s, and what started as just a humble operation — gathering sap in just a few hundred buckets — has now grown into a full-fledged tradition and fun learning opportunity," says Heather Bowman, Director of Natural Resources. "Today, we have more than 1,200 taps in sugar maple trees, and thanks to a tubing system, we can now collect and store larger amounts of sap to be transformed into our delicious, Catskills syrup."

During these free Maple Sugaring Open House Weekends, visitors learn about the entire tap-to-table process, including: identifying and learning about sugar maple trees — which only grow in northeast North America, understanding the tap process, seeing the evaporator, touring Frost Valley's Maple Sugar/Sap House, and finally, tasting a sample of some of the freshest maple syrup around!

Maple Weekends take place March 21-22 and March 28-29, each day from 10 a.m.-4 p.m. at the Maple Sugar/Sap House, one mile east of Frost Valley's main entrance (2000 Frost Valley Rd., Claryville). Advanced registration is only required for guests who intend to stay overnight for the weekend (rates will apply).

For more information, please visit FrostValley.org/environmental-science/maple-sugaring

About Frost Valley YMCA
Frost Valley YMCA is a 5,500-acre camp in the heart of the forever-wild Catskill Mountains, just a couple hours north of NYC. Frost Valley is, at heart, a summer camp all year long, serving people through Camp, School Programs, Family & Group Retreats, and East Valley Ranch. Please contact us for story ideas on these or any of our other many programs.

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