





This is roughly the half-way point of the trail and it's at this point that the ascent begins. The trail is well-worn, highly eroded in places, and is littered with small rocks, large boulders, and clusters of tree roots. At just over 1 mile, the trail emerges onto a bedrock ridgeline that leads to the trail's first scenic overlook.

After the overlook, the trail passes back into the forest and immediately runs through a series of steep sections, some of which are difficult. Sharp rocky inclines lead to increasingly steep ascents, many of which entail full-body scrambles over boulders and rock faces. In particular, two of them require that hikers wedge themselves between rocks and then propel themselves upwards. Neither are easy tasks.

The trail is poorly marked at this point, so hikers should be careful. The trail runs through deep forested sections and other areas of open bedrock. At one point the trail traverses an open cliff, where the trail is wedged into a narrow crevice. The surrounding forest at this point starts to change to heavy spruce.

The trail then emerges onto open bedrock areas, which ascend steeply and unrelentingly. There are several sections where the trail scales boulders and large open rock faces. The trail, which is often on rock, is marked with rock cairns, orange flagging, and intermittent yellow trail markers nailed to trees en route to the summit. There are many places to enjoy the view along this stretch.

The summit is spectacular. The summit is immense and wide open with many rocky areas to sit and enjoy the view. From the top of Catamount Mountain, a nearly 360-degree view offers glimpses of Union Falls Reservoir to the west, Whiteface Mountain to the south, and Vermont to the east. Taylor Pond is visible below.

From here, the trail descends using the same path taken to the top.

**Help Protect the Forest Preserve and Be Prepared When You Hike:** Please follow “**carry in, carry out**” rules for all trash and follow other **Leave No Trace** principles when hiking in the public Forest Preserve and other wild areas. The seven Leave No Trace principles are: 1) Plan ahead and prepare; 2) Stay on hiking trails and camp at designated areas; 3) Dispose of human waste and trash properly; 4) Leave what you find; 5) Minimize campfires; 6) Respect wildlife; 7) Respect other hikers. **Educated and prepared hikers do not damage the environment or need search and rescue unless injured.**