



**FROST VALLEY YMCA**

2000 Frost Valley Road, Claryville, NY 12725

TEL 845-985-2291 FAX 845-985-0056 WEB [frostvalley.org](http://frostvalley.org)

# DIRECTIONS TO FROST VALLEY YMCA

## DIRECTIONS TO OUR MAIN CAMPUS (WEST VALLEY):

### FROM ALBANY & POINTS NORTH:

From NY Thruway Exit 19 (Kingston), go 30 miles West on Route 28. Look for signs on left side of road marked "BIG INDIAN". Turn left onto County Road 47 and go 14 miles to Frost Valley YMCA's Main Campus (West Valley).

### FROM BINGHAMTON AND POINTS WEST:

Take Route 17 east to Exit 100 (Liberty). At end of exit ramp turn right onto Route 52 West. Drive .25 mile and take a sharp right onto Route 55 East. Follow directions from Liberty (shown below).

### FROM CONNECTICUT AND POINTS EAST:

Take I-84 West to Route 17 (Middletown, NY). Go West on Route 17 to exit 100A (Liberty). At the end of the exit ramp turn right on to Route 55 East. Follow directions from Liberty (shown below).

### FROM NEW JERSEY AND POINTS SOUTH:

From the New York Thruway, take Exit 16 (Harriman). Go 55 miles West on Route 17 to Exit 100A (Liberty). At the end of the exit ramp turn right onto Route 55 East. Follow directions from Liberty (shown below).

### FROM LIBERTY:

Follow Route 55 East 10 miles to Neversink. Look for sign on the right side of the road for Claryville. Turn left onto Claryville Road/County Road 19 and go four miles to Claryville. Look for sign on right side of road marked "FROST VALLEY YMCA". Turn left onto Frost Valley Road/County Road 157 (which becomes County Road 47) and drive 7 miles to Frost Valley YMCA's Main Campus (West Valley).

## DIRECTIONS TO OUR REMOTE FACILITIES FARM AND EAST VALLEY RANCH & LODGE (STRAUS) (EAST VALLEY):

### FROM ALBANY & POINTS NORTH:

Follow directions to our Main Campus/West Valley (shown left). **CONTINUE PASSED THE MAIN CAMP ON COUNTY ROAD 47** (which becomes County Road 157) to end. Turn left towards Claryville and follow County Road 19/Denning Road for 6 miles. The Frost Valley YMCA Farm is on the left. To go to the East Valley Ranch & Lodge (Straus), continue passed the Farm and bear right at the big red barn. Drive another mile. Turn right onto Straus Lane.

### FROM POINTS WEST, SOUTH AND EAST:

Follow directions to our Main Campus/West Valley from appropriate direction (shown left), then follow the directions below.

### FROM LIBERTY:

Follow Route 55 East 10 miles to Neversink. Look for a sign on the right side of the road for Claryville. Turn left onto Claryville Road/County Road 19. After 4 miles you will see the sign for Frost Valley YMCA **DO NOT TURN LEFT AT THE FROST VALLEY SIGN**. Continue another 6 miles on County Road 19/Denning Road. The Frost Valley YMCA Farm is on the left. To go to the East Valley Ranch & Lodge (Straus), continue passed the Farm and bear right at the big red barn. Drive another mile. Turn right onto Straus Lane.

