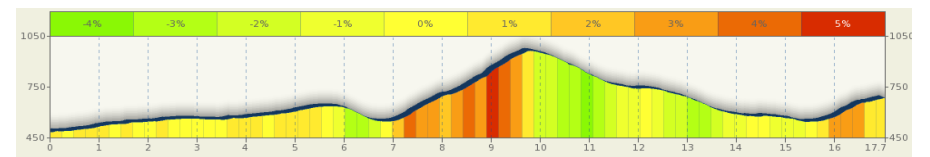
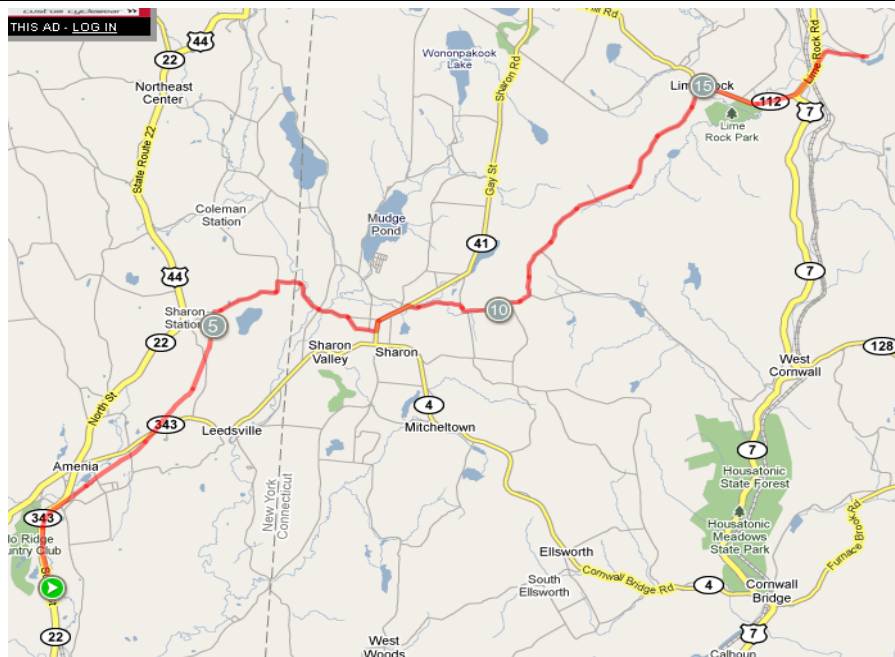


# Wassaic to Isabella Freedman

Total		Directions	Leg
0	R	Right out of station onto Harlem Valley Rail Trail	5.7
<i>Cross various roads. After crossing CR 343, cross Sharon Station Rd, and then come to Sharon Station a 2nd time</i>			
5.7	R	Right on Sharon Station Rd (2nd time!!)	1.1
6.8	R	Right to stay on Sharon Station Rd (after sharp left)	0.8
7.6		Continue on King Hill Rd	0.7
8.4	BR	Bear right to continue on Hospital Hill Rd	0.3
8.7	L	Turn left at CT-41/Main St	0.6
9.3	R	Turn right at Calkinstown Rd (near gas station)	1.8
11.1	L	Turn left at White Hollow Rd (while going to hill!!)	4.4
15.5	R	Turn right at CT-112/Lime Rock Rd	1
16.5	L	At fork, bear left onto CT-7	1
17.5	R	Turn right at Johnson Rd	0.4
18	R	Right into Isabella Freedman Retreat Center	

# Freedman to Wassaic

Total		Directions	Leg
0		Left out of Isabella Freedman onto Johnson Rd	0.4
0.4		Left onto CT-7	1
1.4		At fork, bear right onto CR-112 / Lime Rock Rd	1
2.4		Left onto White Hollow Rd (climb...)	4.4
6.8		At end, right onto Calkinstown Rd	0.9
7.7		After sharp right, bear left to stay on Calkinstown	0.9
8.7		Left onto CT-41	0.6
9.3		Right onto West Main / CT-361	0.3
9.7		Continue onto King Hill Road	0.7
10.4		Continue Straight onto Sharon Station	0.8
11.2		At T, left to stay on Sharon Station Rd (now in NY)	1.1
12.3		Left onto Rail Trail	5.7
18		Trail ends at train station	



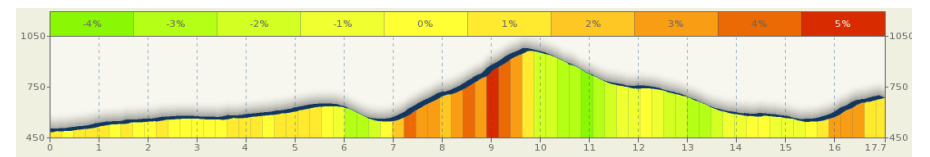
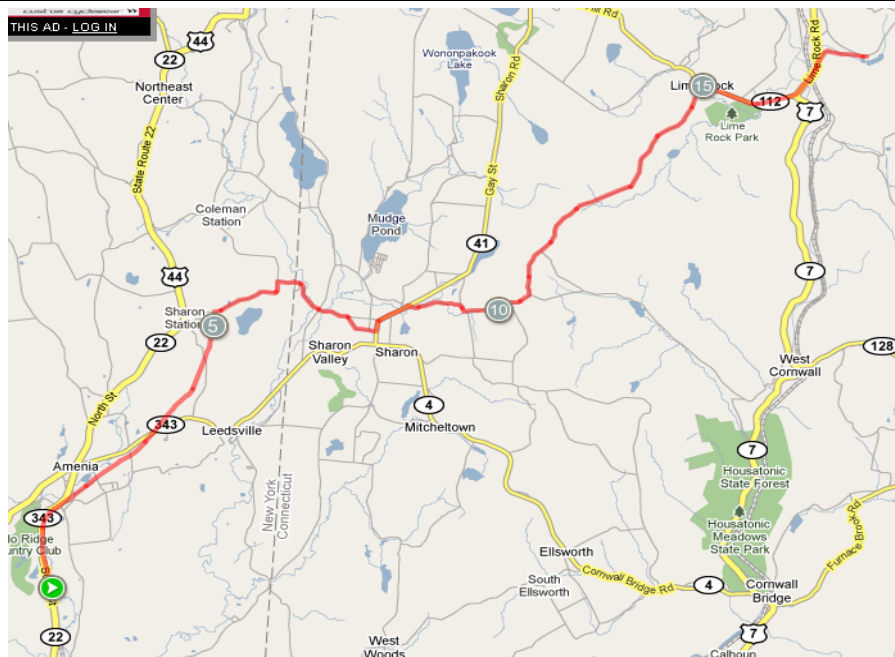
Elevation (from Wassaic to Freedman - coming back is reversed)

# Wassaic to Isabella Freedman

Total		Directions	Leg
0	R	Right out of station onto Harlem Valley Rail Trail	5.7
<i>Cross various roads. After crossing CR 343, cross Sharon Station Rd, and then come to Sharon Station a 2nd time</i>			
5.7	R	Right on Sharon Station Rd (2nd time!!)	1.1
6.8	R	Right to stay on Sharon Station Rd (after sharp left)	0.8
7.6		Continue on King Hill Rd	0.7
8.4	BR	Bear right to continue on Hospital Hill Rd	0.3
8.7	L	Turn left at CT-41/Main St	0.6
9.3	R	Turn right at Calkinstown Rd (near gas station)	1.8
11.1	L	Turn left at White Hollow Rd (while going to hill!!)	4.4
15.5	R	Turn right at CT-112/Lime Rock Rd	1
16.5	L	At fork, bear left onto CT-7	1
17.5	R	Turn right at Johnson Rd	0.4
18	R	Right into Isabella Freedman Retreat Center	

# Freedman to Wassaic

Total		Directions	Leg
0		Left out of Isabella Freedman onto Johnson Rd	0.4
0.4		Left onto CT-7	1
1.4		At fork, bear right onto CR-112 / Lime Rock Rd	1
2.4		Left onto White Hollow Rd (climb...)	4.4
6.8		At end, right onto Calkinstown Rd	0.9
7.7		After sharp right, bear left to stay on Calkinstown	0.9
8.7		Left onto CT-41	0.6
9.3		Right onto West Main / CT-361	0.3
9.7		Continue onto King Hill Road	0.7
10.4		Continue Straight onto Sharon Station	0.8
11.2		At T, left to stay on Sharon Station Rd (now in NY)	1.1
12.3		Left onto Rail Trail	5.7
18		Trail ends at train station	



Elevation (from Wassaic to Freedman - coming back is reversed)