



# Frost Valley YMCA

2000 Frost Valley Road · Claryville, NY 12725

(845) 985-2291 · fax (845) 985-0056 · www.frostvalley.org



## DIRECTIONS TO FROST VALLEY YMCA

*All Frost Valley destinations except for Straus Center*

### 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.

### From Binghamton and Points West:

Take Route 17 East to Exit 99 (Liberty). Make left at end of ramp. Go through town on Rt. 52. Turn left onto Rt. 55 (which will begin at bottom of hill). Follow directions from Liberty.

### 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.

### 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.

### From Liberty:

Take Route 55 East 10 miles to Curry. Look for sign on the right side of the road marked "Claryville". Turn left onto County Road 19 and go four miles to Claryville. Look for sign on right side of road marked "Frost Valley". Turn left onto County Road 157 (which becomes County Road 47) and drive seven miles to Frost Valley YMCA.

## DIRECTIONS TO STRAUS CENTER

### From Albany & Points North:

Follow directions to Frost Valley YMCA. **Continue past the main camp** on County Road 47 (which becomes County Road 157) to end. Turn left towards Claryville and follow County Road 19 for seven miles. Turn right at the Straus Center sign. The Straus Center is across the bridge on your left.

### From Points West, East, and South:

Follow Frost Valley YMCA directions to Liberty. Take Route 55 East 10 miles to Curry. Look for a sign on the right side of the road marked "Claryville". Turn left onto County Road 19 and go seven miles to Claryville. **Do NOT turn left at the Frost Valley sign.** Continue on Denning Road through Claryville for seven more miles. Turn right at the Straus Center sign. The Straus Center is across the bridge on your left.

