

Frost Valley YMCA
2000 Frost Valley Road, Claryville, NY 12725
Tel 845-985-2291 Fax 845-985-0056 web frostvalley.org

Driving directions to Frost Valley YMCA from NYSEC, 2 W 64th St, New York, NY 10023

Directions to Frost Valley Main Campus
2000 Frost Valley Road, Claryville, NY 12725

From George Washington Bridge (GWB) I-95 S:

From NYC take the GWB –UPPER LEVEL- and follow signs to the Palisades Parkway—the exit off the bridge on to the Palisades Parkway is from the right lane (if you take the lower level you will need to travel through some local streets in Fort Lee so follow signs for the Palisades). Take exit 9W off the Palisades onto I-87 N (toward Albany). From I-87 north take exit 16 (Harriman) after toll follow signs for 17 West, go 55 miles west on Route 17 to Liberty (Exit 100A). At the end of the exit ramp turn right onto Route 55 east. Follow directions from Liberty (below).

From Long Island:

Take I-495 W to exit 31N for Cross Island Parkway to Whitestone Bridge. Take exit 33 (I-295 N/Throgs Neck Bridge) toward Throgs Neck Bridge/Bronx/New England. Continue to follow I-295 N and exit onto I-95 S. Follow for 5 miles and follow directions from the George Washington Bridge (I-95 south) above.

From New Jersey and Points South:

From the New York Thruway Exit 16 (Harriman) go 55 miles west on Route 17 to Liberty (Exit 100A). At the end of the exit ramp turn right onto Route 55 east. Follow directions from Liberty (below).

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 1/4 mile and take a sharp right onto Route 55 east. Follow directions from Liberty (below).

From Connecticut and Points East:

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

From Liberty, NY:

Take Route 55 East 10 miles to Neversink. Look for sign on the right side of the road for Claryville (currently marked CLAR VILLE). Turn left here, onto County Road 19 and go 4 miles to Claryville. Look for sign on right side of road marked "Frost Valley YMCA." Turn left onto Frost Valley Road/County Road 157 (it becomes County Road 47) and drive 7 miles to Frost Valley's Main Campus.

From Albany, NY, and Points North:


From New York Thruway Exit 19 (Kingston), go 30 miles west on Route 28. Look for signs on the left side of the road marked "Big Indian." Turn left onto Frost Valley Road/County Road 47 and go 14 miles to Frost Valley's Main Campus.

Call the Camp at (845) 985-2291 if you get lost.

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Driving directions to Frost Valley YMCA from NYSEC, 2 W 64th St, New York, NY 10023

This route has tolls.

1. Head **southeast** on **W 64th St** toward **Central Park West** 7 ft
 2. Turn left onto **Central Park West** 0.4 mi
 3. Turn left onto **W 72nd St** 0.7 mi
 4. Merge onto **New York 9A N** 4.8 mi
 5. Take exit **14** for **I-95 S/George Washington Bridge** 0.9 mi
 6. Merge onto **Interstate 95 Upper Level S/George Washington Bridge**
Entering New Jersey 1.7 mi
 7. Take the **NJ-4/I-95 S** exit toward **Hackensack/I-80/New Jersey Turnpike** 0.2 mi
 8. Take exit **72A** to merge onto **NJ-4 W** toward **Paramus** 6.9 mi
 9. Exit onto **NJ-17 N** 14.4 mi
 10. Merge onto **I-287 N/NJ-17 N** via the ramp on the left to **I-87/N Y. Thruway**
Entering New York 0.6 mi
 11. Keep left at the fork, follow signs for **I-87 N/NY-17 N/Albany** and merge onto **I-87 N/NY-17 N**
Continue to follow I-87 N
Toll road 14.9 mi
 12. Take exit **16** to merge onto **NY-17 W** toward **US-6/Harriman**
Toll road 2.1 mi
 13. Continue onto **US-6 W** 12.2 mi
 14. Continue onto **NY-17 W** 41.2 mi
 15. Take exit **100A** for **NY-55** toward **NY-52/Liberty** 0.3 mi
 16. Turn right onto **NY-55 E/Co Rd 16/Neversink Rd**
Continue to follow NY-55 E 10.1 mi
 17. Turn left onto **Claryville Rd/Co Rd 19** 4.6 mi
 18. Turn left onto **W Branch Rd/Co Rd 157/Frost Valley Rd**
Continue to follow W Branch Rd 1.3 mi
 19. Continue onto **Co Rd 47/Frost Valley Rd**
Continue to follow Co Rd 47
Destination will be on the left 5.5 mi
-  Frost Valley YMCA
2000 Frost Valley Road
Claryville, NY 12725

