

DIRECTIONS TO SOUTH MOUNTAIN YMCA's

Launch & Grind Clinic

At Maplecrest Park

Oakland Road and Tuscan Road, Maplewood, New Jersey

OFFICE PHONE # 973-762-4145

LOCAL- (from the YMCA Office on Jefferson Ave., Maplewood)

- From the YMCA proceed on Jefferson Ave. to Valley St. Turn RIGHT onto VALLEY ST. Proceed on Valley St. to the 4th traffic light.
- Turn LEFT onto TUSCAN Rd. Go to the end of Tuscan Rd. where it runs into Springfield Ave. See the park on the left. Parking is available in a public lot with its entrance just before the intersection with Springfield Avenue or park along Oakland Rd.

FROM WEST JERSEY VIA I-78 EASTBOUND:

- Stay on local I-78 when it splits into 5 lanes in Summit (if taking Rte. 24 East through Summit, take local I-78 when getting on I-78 East).
- Get off I-78 at Exit 49B for Maplewood. This puts you on Springfield Avenue/Rte. 124.
- Stay on Springfield Avenue/Rte. 124 (you will first go by the Home Depot on your right) and go just over 2 miles from I-78 to Vermont St. (just past the Hilton Branch Library on your left).
- Turn left onto Vermont St. The park is straight ahead.
- For parking turn right onto Tuscan Rd. Parking is available in a public lot with its entrance just before the intersection with Springfield Avenue or, turn left and go to the next street on right and park along Oakland Rd.

FROM EAST JERSEY, NJ Turnpike and Garden State Parkway VIA I-78 WESTBOUND:

- Stay on local I-78 West after exiting tolls from NJ Turnpike (exit 14) or exit from Garden State Parkway and follow signs for I-78 West. Take the local lanes on I-78 West.
- Get off I-78 at Exit 50B for Millburn. At end of exit ramp turn right at light onto Vaux Hall Rd.
- Go on Vaux Hall Rd. to second light and turn right onto Springfield Ave.
- Go on Springfield Ave. approx. 1 1/2 miles to Vermont St. (just past the Hilton Branch Library on your left). Turn left onto Vermont St. The park is straight ahead.
- For parking turn right onto Tuscan Rd. Parking is available in a public lot with its entrance just before the intersection with Springfield Avenue or, turn left and go to the next street on right and park along Oakland Rd.

FROM WEST JERSEY VIA I-80 EAST (when coming from west of I-287)

- Exit onto I-287 South.
- Go approximately 6 miles to exit for Rte. 24. Exit onto Rte. 24.
- Go approximately 12 miles on Rte. 24 to I-78 East.
- Get onto local lanes for I-78 East. Once on I-78 East move over quickly to right lane.
- Follow directions above from I-78 Eastbound.