














2006 Ganaraska Freewheelers Adirondacks Tour

Meacham Lake to Higley Flow (90 km)

0.0	0.0		Meacham Lake Park	7.2	84.6		Rte.56 (town of South Colton) (store)
2.0	2.0		Rte.30	0.2	84.8		Cold Brook Drive (turn right after the bridge)
4.5	6.5		Rte. 458 <i>Start climbing after 2 km</i> <i>Height of land (554 m) after 12 km!</i>	3.4	88.2		Higley Flow State Park (Park Entrance)
27.8	34.3		Rte. 458 (town of St. Regis Falls) (Rte.458 signed to Potsdam) (Be sure to check out the falls!)	2.0	90.2		Camping (est.)
13.1	47.4		Rte. 11B				
3.6	51.0		Rte.72 (town of Hopkinton)				
11.6	62.6		Rte.72 (town of Parishville) (store; restaurant)				
2.2	64.8		C.R.58 (Colton Rd.) (watch for sign!)				
12.6	77.4		Rte.56 (town of Colton)				