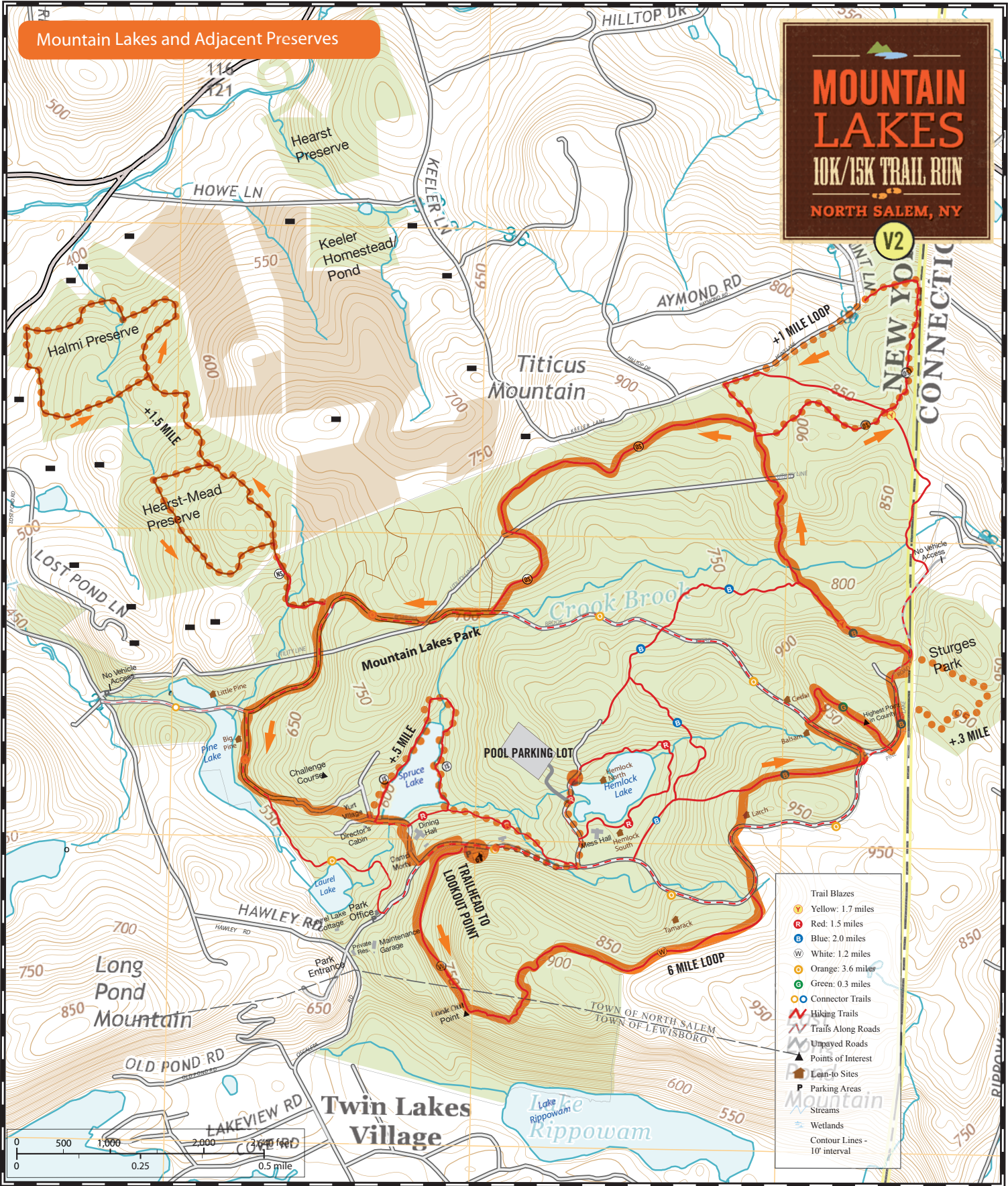


Mountain Lakes and Adjacent Preserves

MOUNTAIN LAKES
10K/15K TRAIL RUN
 NORTH SALEM, NY

V2



- 6 miles: follow solid orange loop
- +1 mile for Hunt Lane loop
- +1.5 miles for Hearst-Mead and Halmi Preserves
- +5 mile IS trail around Spruce Lake
- +3 mile for Sturgess Park