Left out of Parking Lot	20.7 Right on Rt 10
0.0 Left @ Traffic Light on Rt 116	21.9 Left on Gill Center Rd. (after passing lane) (becomes Main Rd)
0.9 Left @ Traffic Light on Rt 47	25.2 Gill Center
2.2 Left on Falls Rd	28.8 Cross Rt 2 and bridge into Turner's Falls
6.7 Bear right @ fork	29.3 Discovery Center Regroup (bathrooms)
7.3 Right on Greenfield Rd	Left on bike path (behind Discovery Center) alternatively use Ave. A/Montague City Rd. left on Solar Rd.
7.6 Regroup @ Book Mill on right	31.4 Cross Montague City Rd to Solar Rd.
Left on Turners Falls Rd	31.5 Right on Rod Shop Rd
8.2 Right on Old Northfield Rd	31.6 Left to get back on bike path
9.3 Left on Lake Pleasant Rd	32.6 Right on McClelland Farm Rd
10.7 Right on Mineral Rd	32.7 Left on River Rd
10.9 Straight @ Stop Sign onto East Mineral Caution! Steep winding downhill	40.7 Right on Rt. 116
12.3 Left on River Rd (caution changes to dirt)	41.1 Right on Sugarloaf Rd and into Parking Lot Welcome back
14.0 becomes Pine Meadow Rd	
17.0 Left on Rt 63 North	
20.1 Left into Mim's General Store Lunch Stop Right out of Parking Lot	

## Up the River and Back Down Starting from Sugarloaf Parking Lot, Deerfield MA