

DIRECTIONS TO LA VIDA'S NEW YORK BASE CAMP

460 COUNTY ROUTE 50 (MCMASTER ROAD), LAKE CLEAR, NY 12945

We look forward to your attending La Vida this summer. Please plan to arrive at the La Vida Base Camp between 1 and 4 P.M. If you are picking up a group, please call La Vida's New York Base Camp at 518.891.4188 for specific details regarding the group's departure.

You can search "La Vida Adirondack Expeditions Base Camp" in Google maps, or follow the directions below.

FROM THE WEST

- Take Route 3 East through Tupper Lake. It will merge with Route 30.
- Turn left on Route 30 North for 19.8 miles towards Saranac Inn and the Adirondack Regional Airport. You will pass the Young Life Camp and the Fish Creek State Campground.
- Route 30 will then take a sharp left. GO STRAIGHT to continue on Route 186 for 2.1 miles heading east. You will pass the airport on the left along the way.
- Take a right on McMaster Road. After .2 miles, turn right to stay on McMaster Road.
- Continue on McMaster Road for 1.3 miles. The La Vida Base Camp is on the left. You will see the La Vida sign at the base of our driveway.

FROM THE EAST

- Take Route 87 North to Exit 30. (The sign will read Lake Placid, Keene, Saranac Lakes).
- Go left off the exit ramp onto Route 9 N. Continue 2.1 miles and go straight to stay on Route 73 West. Continue on Route 73 for 25.8 miles.
- If you would like to avoid Lake Placid, bear left onto Old Military Road at the fork after you pass the Olympic Ski Jumps. Take this road for 3.6 miles, and then take a left onto Route 86. To go through Lake Placid, continue on Route 73 through downtown Lake Placid and turn left onto Route 86 at the traffic light.
- Stay on Route 86 through Saranac Lake. Take a left onto Route 186 at the blinking yellow light. You will see signs for the airport and Donnelly's Ice Cream is on the corner. It's 11.4 miles from the end of Old Military Road to Route 186.
- After 1.7 miles, take the first left, which is McMaster Road. After .2 miles, turn right to stay on McMaster Road.
- Continue on McMaster Road for 1.3 miles. The La Vida Base Camp is on the left. You will see the La Vida sign at the base of our driveway.

DIRECTIONS FROM BOSTON VIA GRAND ISLE FERRY

- Take I-93 North to I-89 North.
- Stay on I-89 North for about 159 miles through New Hampshire into Vermont.
- Take Exit 17, which will be approximately 9 miles north of Burlington.
- Turn right off ramp onto Route 2 West.
- Travel 10 miles and take a LEFT onto VT-314 N after the second Mobil station.
- Travel 2.2 miles and take a LEFT at the blinking yellow light. Welcome to the ferry!

IN NEW YORK

- Go straight out of the ferry's parking lot and continue 3.8 miles to I-87 South.
- After about 1 mile, take Exit 38 onto Route 374 West (to Dannemore and Saranac).
- Travel 7.5 miles and turn onto New York 3 West (to Cadyville and Saranac).
- Stay on Route 3 for 34 miles until you enter the town of Bloomingdale, New York.
- In Bloomingdale, Route 3 will take a sharp left; you want to take a right at the stop sign onto State Street.
- After .1 miles, bear left at the fork where you'll see an old, run-down church. Continue on Bloomingdale-Gabriels Road for 3.5 miles and then turn left on Split Rock Road.
- After .4 miles, take a left onto Route 86.
- Continue on Route 86 for 1.8 miles and then take a right at the blinking yellow light which is Route 186.
- McMaster Road will be your first left, about 1.8 miles down Route 186
- After .2 miles, turn right to stay on McMaster Road.
- Continue on McMaster Road for 1.3 miles. The La Vida Base Camp is on the left. You will see the La Vida sign at the base of our driveway.