

# **Dr. Fuhrman's Health Getaway at Skytop Lodge 2008**

## **July 13-18, 2008**

### **Driving Directions**

#### **From New York City (2 locations):**

**1. George Washington Bridge:** to West on I-95 to I-80. Continue West on I-80 through New Jersey to the Delaware Water Gap Bridge Toll Booth. Approximately 1 mile beyond Delaware Water Gap Bridge Toll Booth, take Exit 309. Merge immediately into left lane and make the first left onto Route 447 North. Follow Route 447 North to the village of Canadensis, at the traffic light in Canadensis, turn right on Route 390 North, Skytop is three miles from this point on the Left.

**2. Lincoln Tunnel:** to Route 3, which joins with Route 46 in Clifton. Follow Route 46 West to I-80 to the Delaware Water Gap Bridge Toll Booth. Approximately 1 mile beyond Delaware Water Gap Bridge Toll Booth, take Exit 309. Merge immediately into left lane and make the first left onto Route 447 North. Follow Route 447 North to the village of Canadensis, at the traffic light in Canadensis, turn right on Route 390 North, Skytop is three miles from this point on the Left.

#### **From the New England Area:**

West on I-84 to Exit 26 in Pennsylvania, Promised Land. South on Route 390 South approximately 12 miles to Skytop on Right.

#### **From Philadelphia, PA:**

Northeast Extension (Route 476) of Pennsylvania Turnpike to Pocono exit # 95. Follow I-80 East to I-380 North. Continue on I-380 to Exit # 3 - PA 940. At top of exit ramp turn right onto PA 940 east to traffic light at PA 611. At the light make a Right and a Left at the next Light (50 yards) back onto Route 940 East. Follow Route 940 East for 3 miles; turn Left onto Route 390 North. Follow Route 390 North for approximately 10 miles through the towns of Mountainhome, Cresco and Canadensis. Entrance to Skytop will be on the Left.

#### **From Washington D.C.:**

North on I-95 to Baltimore Beltway 695. Use West side of Beltway to I-83. North on I-83 to North on I-81 to East I-80. Take I-80 East to I-380 North. Continue on I-380 to Exit # 3 - PA 940. At top of exit ramp turn right onto PA 940 east to traffic light at PA 611. At the light make a Right and a Left at the next Light (50 yards) back onto Route 940 East. Follow Route 940 East for 3 miles; turn Left onto Route 390 North. Follow Route 390 North for approximately 10 miles through the towns of Mountainhome, Cresco and Canadensis. Entrance to Skytop will be on the Left.

#### **From Ohio:**

Take I-80 East across Pennsylvania to I-380 North. Continue on I-380 to Exit # 3 - PA 940. At top of exit ramp turn right onto PA 940 east to traffic light at PA 611. At the light make a Right and a Left at the next Light (50 yards) back onto Route 940 East. Follow Route 940 East for 3 miles; turn Left onto Route 390 North. Follow Route 390 North for approximately 10 miles through the towns of Mountainhome, Cresco and Canadensis. Entrance to Skytop will be on the Left.

## **Driving Directions from the Surrounding Airports**

### **From Kennedy & La Guardia Airports in New York:**

Take Belt Parkway East to Cross Island Parkway, to \* Grand Central Parkway, to Triboro Bridge, to George Washington Bridge West on I-95, to Route 80 West. Continue West through New Jersey. Approximately 1 mile beyond Delaware Water Gap Bridge Toll Booth, take Exit 309. Merge immediately into left lane and make the first left onto Route 447 North. Follow Route 447 North to the village of Canadensis, at the traffic light in Canadensis, turn right on Route 390 North, Skytop is three miles from this point on the Left. Distance approximately 140 miles (2 - 3 hours driving time).

### **From Newark Liberty Airport in New Jersey:**

Take New Jersey Turnpike North to Route 280 West to 80 West. Continue West on I-80 through New Jersey. Approximately 1 1/2 miles beyond Delaware Water Gap Bridge Toll Booth, take Exit 309. Merge immediately into left lane and make the first left onto Route 447 North. Follow Route 447 North to the village of Canadensis, at the traffic light in Canadensis, turn right on Route 390 North, Skytop is three miles from this point on the Left. Distance approximately 100 miles (2 hours driving time).

### **From Lehigh Valley International Airport in Allentown, PA:**

East on Route 22 to Route 33 North. Route 33 North to I-80 West at Bartonsville, Continue on I-80 to Exit 298, Scotrun. Turn Left onto Route 611 North to Mt. Pocono. At traffic light, turn Right on Route 940 East, follow Route 940 East for 3 miles turn Left onto Route 390 North, follow Route 390 North for approximately 10 miles, Skytop will be on your Left. Distance approximately 60 miles (1 hour driving time).