

# COLUMBIA TRAIL TROMP



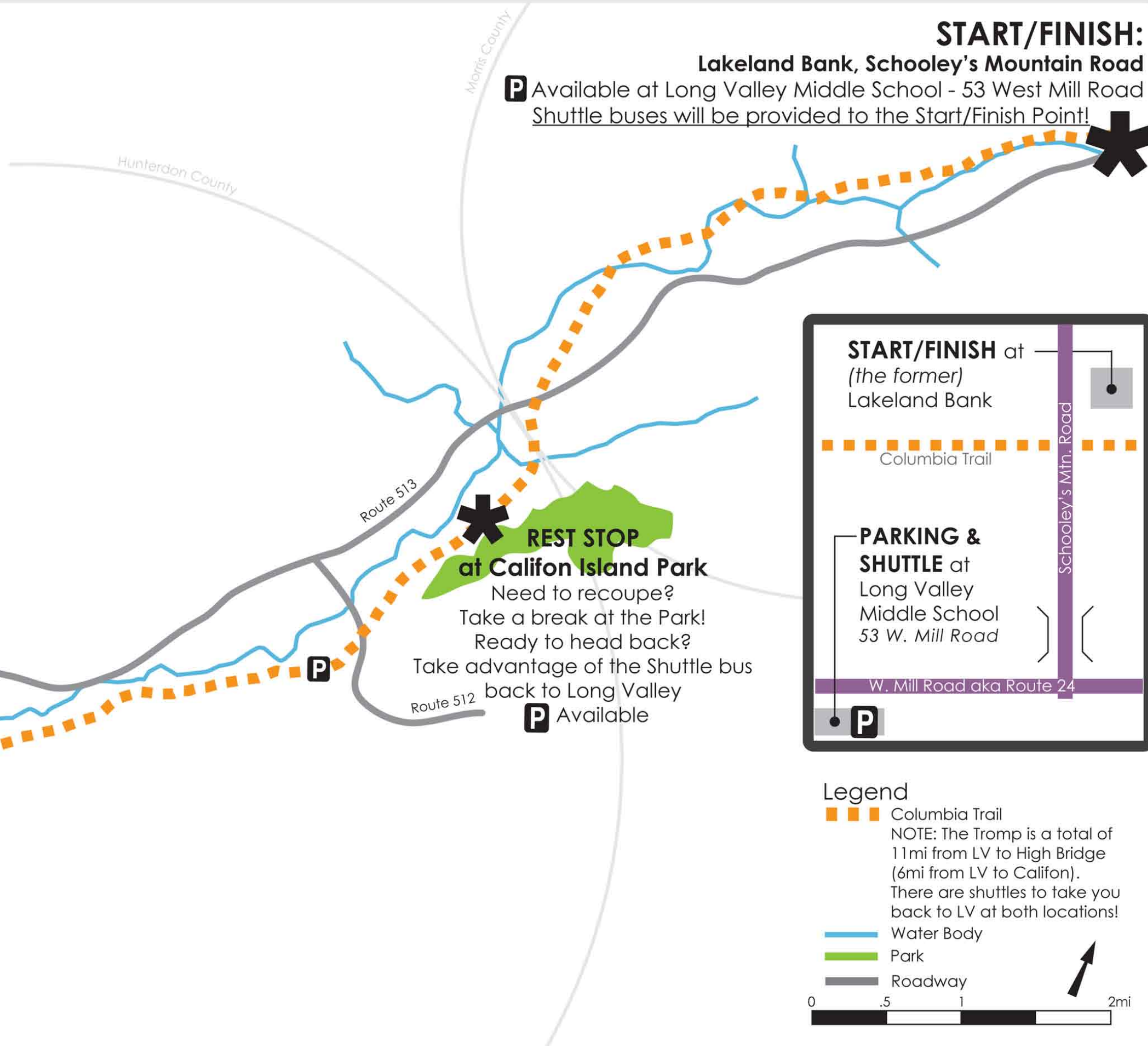
**HELP STOMP OUT CANCER  
AUGUST 30, 2015**

Sign Up TODAY @ [www.LVVA.ORG](http://www.LVVA.ORG)

## START/FINISH:

**Lakeland Bank, Schooley's Mountain Road**

**P** Available at Long Valley Middle School - 53 West Mill Road  
Shuttle buses will be provided to the Start/Finish Point!



**REST STOP  
at Califon Island Park**  
Need to recoupe?  
Take a break at the Park!  
Ready to head back?  
Take advantage of the Shuttle bus  
back to Long Valley  
**P** Available

**HALF WAY POINT:  
Main Street, High Bridge**  
Shuttle Provided back  
to Long Valley.  
There will be a small reststop  
with Free Refreshments!  
**P** Available

**Legend**

- Columbia Trail
- Water Body
- Park
- Roadway

NOTE: The Tromp is a total of 11mi from LV to High Bridge (6mi from LV to Califon). There are shuttles to take you back to LV at both locations!