

## Rolling Recovery Trip 4 - Forbidden Drive

**Objective:** Every other Sunday we will explore various natural areas on bike. Have meetings during these journeys. As we travel throughout the beautiful areas with one another, we hope to add to the unity by simply enjoying the freedom our recovery has blessed us with.

We'll change locations riding along portions of; Schuylkill River Trail, West / East River Drive, Manyunk, Wissahickon Valley, Perkiomen Trail, etc. If a particular trip is too far from your home, perhaps some of the other rides will work for you. E-mail us with suggested rides.

### **Day:**

**Event:** Leisurely Bike ride - Approximately 3 miles or 15-20 minutes, have a meeting and continue our ride.

**Departure Time:** Approximately 11:00 a.m.

**Location:** Forbidden Drive- End of Northwestern Ave where it intersects with Thomas Rd & Andorra Rd, Chestnut Hill/Lafayettee.

**Event:** Meeting

**Time:** Approximately 11:45 AM

**Location:** Somewhere in the Wissahickon Valley.

### **Directions To Parking Area:**

*From I-76 & I-476:*

Merge onto I-476 N via exit number 331B toward PLYMOUTH MTG. 3.6 miles

Take the exit- exit number 19- toward GERMANTOWN PIKE-EAST/PLYMOUTH MTG. 0.2 miles

Turn SLIGHT RIGHT onto CHEMICAL RD. 0.3 miles (?)

Turn RIGHT onto W GERMANTOWN PIKE. 3.2 miles

Turn RIGHT onto W NORTHWESTERN AVE. <0.1 miles

Northwestern ends at Thmoas Rd and Andorra Rd.

*From Roxborough - Ridge & Cathedral Rd:*

Start out going North on RIDGE AVE toward GRAYKYN LN. 0.6 miles

RIDGE AVE becomes RIDGE PIKE. 0.7 miles

Turn RIGHT onto CHURCH RD. 0.1 miles

Turn SHARP RIGHT onto PARK AVE. <0.1 miles

Turn LEFT onto ANDORRA RD.

Go to end and park.