

Rockland County Route Map

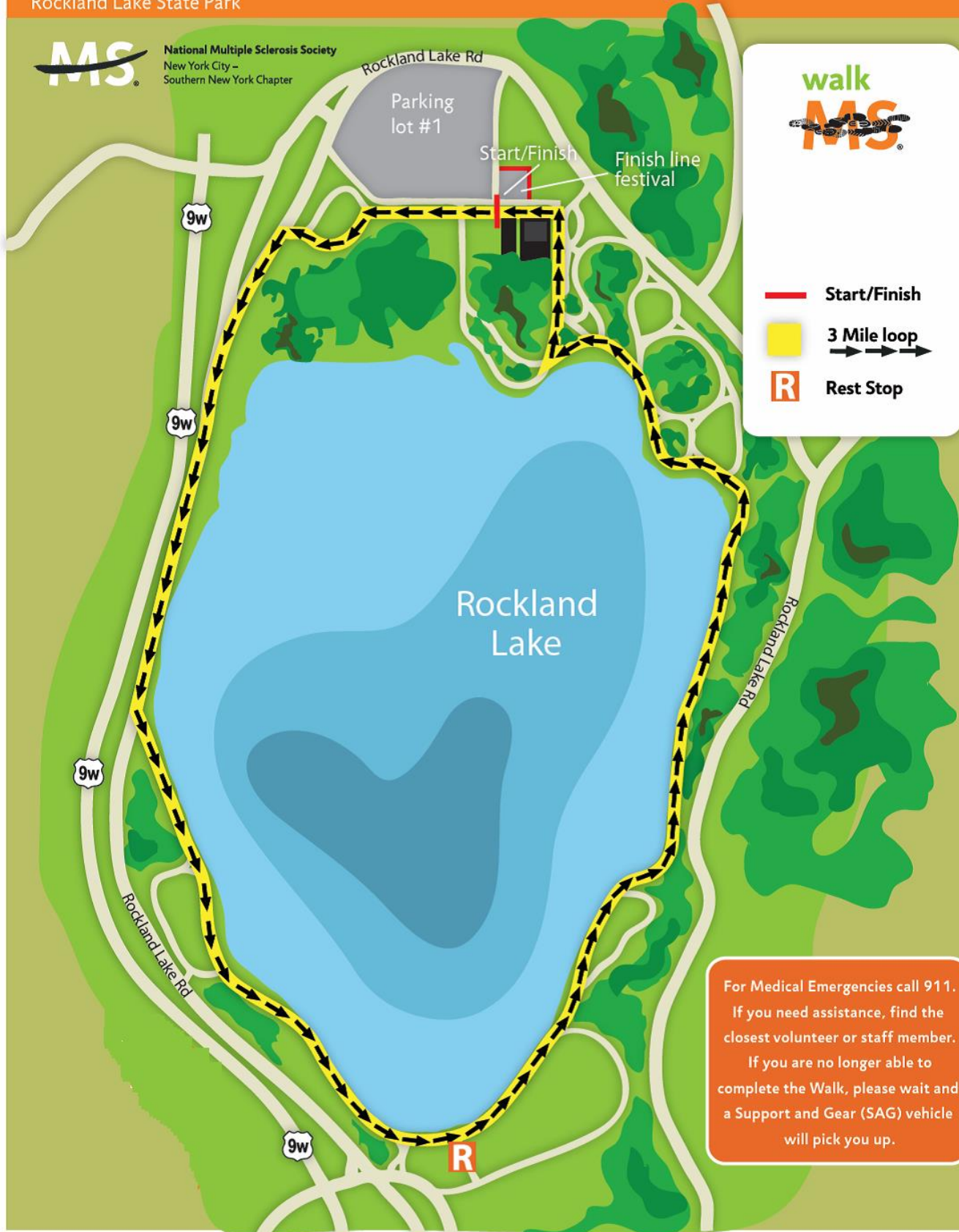
Rockland Lake State Park



National Multiple Sclerosis Society
New York City –
Southern New York Chapter



-  Start/Finish
-  3 Mile loop
-  Rest Stop



For Medical Emergencies call 911.
If you need assistance, find the
closest volunteer or staff member.
If you are no longer able to
complete the Walk, please wait and
a Support and Gear (SAG) vehicle
will pick you up.