



GAIT TRC  
314 Foster Hill Road  
Milford, PA 18337  
570-409-1140 (Tel)  
570-409-1078 (Fax)  
gaitpa@gmail.com (Email)  
www.gaitpa.org (Website)



---

### **From New Jersey and South (Sussex County):**

- Cross the NJ/PA Bridge into Milford
- Go through the stop light and continue for three blocks.
- Turn right at 7th Street.
- 7<sup>th</sup> Street becomes Foster Hill Road
- Continue on Foster Hill Road for approximately 2.5 miles.
- GAIT TRC is on the left. (You will see the sign for GAIT TRC)

### **From New York and East (Orange County):**

- Cross the NY/PA Bridge in Matamoras and continue on Route 209 and 6 into Milford
- At the traffic light in Milford turn right and continue for three blocks
- Turn right at 7th Street
- 7<sup>th</sup> Street becomes Foster Hill Road
- Continue on Foster Hill Road for approximately 2.5 miles
- GAIT TRC is on the left. (You will see the sign for GAIT TRC)

### **.....OR**

- Take interstate 84 to Exit 46 (Milford)
- Exit left off the ramp, go approximately 2 miles
- You will pass Apple Valley Restaurant on your right, then Grand Union on your left
- The next intersection is 7th Street (no lights, no stop sign)
- Turn left onto 7th Street
- 7<sup>th</sup> Street becomes Foster Hill Road
- Continue on Foster Hill Road for approximately 2.5 miles
- GAIT TRC is on the left. (You will see the sign for GAIT TRC)

### **From Pennsylvania and North and West (Pike County):**

- Take Interstate 84 East to Exit 46 and make a right off the Exit Ramp
- Go approximately 2 miles
- You will pass Apple Valley Restaurant on your right, then Grand Union on your left
- The next intersection is 7th Street (no lights, no stop sign)
- Turn left onto 7th Street
- 7<sup>th</sup> Street becomes Foster Hill Road
- Continue on Foster Hill Road for approximately 2.5 miles
- GAIT TRC is on the left. (You will see the sign for GAIT TRC)

### **Friendly Reminder:**

Riders must come dressed for riding, (i.e. riding boots or hard-soled shoes with heels, and long pants roomy enough to straddle the horse, yet not so baggy as to interfere with proper riding posture). For riders in saddles, safety stirrups will be used at all times. Helmets must be worn during all mounted equine activities so please be sure the riders are accustomed to something on their heads.