METRIC – Enter park from Route 9. Circle Goodnough Dike counterclockwise. Turn left at 37.7 to exit park at same place you went in. Go left (east) to retrace Route 9 back to Ware.

> METRIC – EXTRA CREDIT – From Goodnough Dike, turn right to continue to tower. After tower, return to rotary and go back the way you came. Exit park at same place you went in. Total for the day will be about 73 miles.

C & D – Enter park, circle Goodnough Dike counterclockwise, and turn right to continue to rotary and summit tower. Return to rotary and go down to Winsor Dam. Exit past the visitor center and go right (west) on Route 9.