FROM NEW JERSEY TURNPIKE EASTERN SPUR: (the most direct Turnpike route): Exit the Turnpike at Exit 15-X (for Secaucus Junction). After the tolls, follow the l-o-n-g ramp (which becomes Seaview Ave.) around the train station to the traffic light at NEW COUNTY RD. (A.K.A. PAUL AMICO BLVD. Turn LEFT onto New County / Paul Amico, proceed over the bridge and drive straight into Laurel Hill Park. Once inside the park, make the FIRST RIGHT TURN into the Boat Launch Parking Area.

FYI: BE SURE to take the Eastern Spur when the Turnpike divides: Follow signs for Exits 15E, 15X, 16E &18E if traveling north; or for the Lincoln Tunnel / Exit 17 and Exit 15X if traveling south. If you get on the Turnpike’s Western Spur by mistake, take Exit 16W to Route 3 Eastbound and follow the directions below. You cannot get to Exit 15X from the Western Spur.

OR, FROM ROUTE 3 EASTBOUND AND POINTS WEST: As you pass the Meadowlands Sports Complex, get into the right lane. As you come over the bridge, take the MEADOWLANDS PARKWAY Exit. At the bottom of the ramp, turn LEFT at the light onto Meadowlands Pkwy. *Take Meadowlands Pkwy through several sets of traffic lights, over a bridge and straight past the Harmon Cove Towers. A short way past the Towers, Meadowlands Pkwy becomes CASTLE ROAD as it bends sharply to the left. Take Castle Rd. until it ends at PAUL AMICO BLVD. Turn RIGHT onto P.A. Blvd.; proceed over a bridge and drive straight into Laurel Hill Park. ♦ Once in the park, make the FIRST RIGHT TURN into the Boat Launch Parking Area.

OR, FROM NYC / LINCOLN TUNNEL / ROUTE 3 WESTBOUND: Proceed westbound on I-495. Stay to the right at the bottom of the North Bergen Viaduct and bear RIGHT onto Route 3 West. Stay in the right lane on Route 3 and take the exit for MEADOWLANDS PARKWAY. Follow the exit ramp under Route 3 and stay to the right as you approach the first traffic light. You are now on Meadowlands Pkwy. Proceed as directed (*) above.

OR, FROM JERSEY CITY VIA COUNTY ROAD: From Routes 1 & 9 (Tonnelle Avenue), take County Road towards Secaucus. After passing under the NJ Turnpike, follow signs for Secaucus Junction and merge onto New County Road. Follow New County Rd. for about ½ mile to Laurel Hill Park. Proceed as directed (♦) above.

OR, VIA NJ TRANSIT TRAIN TO SECAUCUS JUNCTION: Trains running on six different lines make stops at Secaucus Junction throughout the day. From the Concourse, take the Elevator to Street located LEFT of the gates for the Northeast Corridor Line (Tracks 1-2). After exiting the elevator, exit the station through the door to your RIGHT. Once outside, walk to your RIGHT and follow the walkway toward the elevator/stair tower at Paul Amico Blvd. • From the top of the tower turn LEFT and walk about ½ mile into Laurel Hill Park. Be sure of your return train!

OR, VIA NJ TRANSIT BUS TO SECAUCUS JUNCTION: Numbers 2, 78, 124, 129 & 772 busses stop at the Junction. From the bus stop, walk towards the station entrance but DO NOT ENTER. At the base of the stairs, turn RIGHT and follow the walkway toward the elevator/stair tower at Paul Amico Blvd. Then follow the directions (♦) above. Be sure of your return bus!

Paddling Center cellphone: 201-920-4746 (Onsite at Laurel Hill Park – John Sailer, Manager)