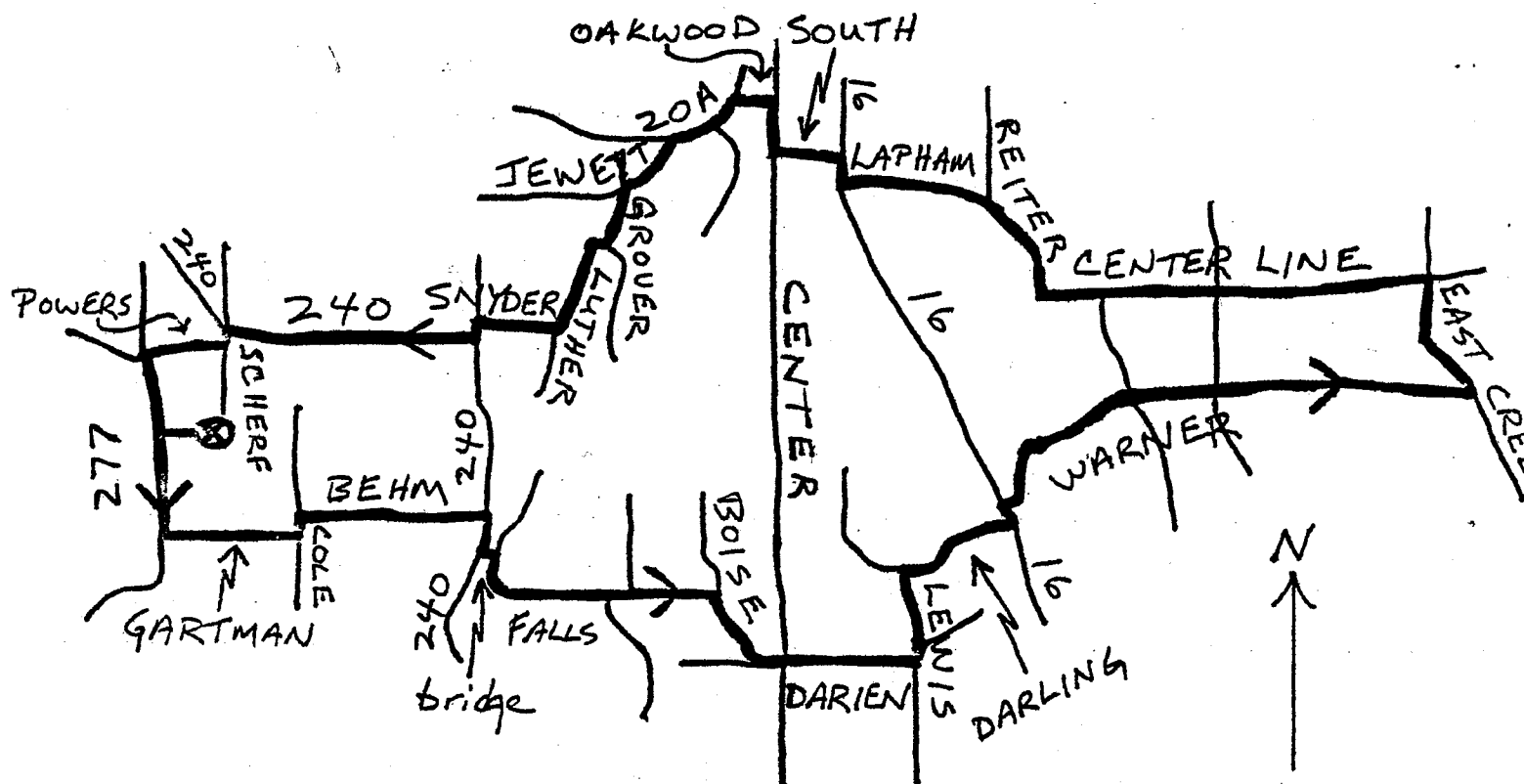


# Seven Hills

MAP 286

A hill ride for everyone. It's up-and-down from Orchard Park to Wales.  
37 miles with 3300 feet elevation.

Start: Chestnut Ridge park casino.



|      |                                 |     |             |      |   |   |                |      |   |     |                 |
|------|---------------------------------|-----|-------------|------|---|---|----------------|------|---|-----|-----------------|
| 0.2  |                                 | X   | BRIDGE      | 11.4 | T | R | DARLING        | 28.4 | T | L   | US-20A (STORE)  |
| 0.4  |                                 | R   | SR~277      | 12.7 | T | L | SR~16          | 29.1 |   | L   | JEWETT-HOLMWOOD |
| 1.5  |                                 | L   | GARTMAN     | 12.8 |   | R | WARNER (STORE) | 29.9 |   | L   | GROVER          |
| 3.0  | T                               | L/R | COLE / BEHM | 18.4 | T | L | EAST CREEK     | 30.6 | Y | R   | LUTHER          |
| 4.7  | caution - RR tracks on downhill |     |             | 19.8 |   | L | CENTERLINE     | 31.7 |   | S   | SNYDER          |
| 4.8  | T                               | R   | SR~240      | 23.8 |   | R | REITER         | 32.4 | T | L   | DAVIS           |
| 5.2  |                                 | L   | BRIDGE      | 24.9 | Y | L | LAPHAM         | 32.5 |   | R   | SR~240          |
| 5.3  | T                               | R   | FALLS       | 26.5 | T | R | SR~16          | 35.0 |   | L/R | SCHERF/POWERS   |
| 8.0  | T                               | R   | BOISE       | 26.8 |   | L | SOUTH          | 35.9 |   | L   | SR~277          |
| 8.8  | T                               | L   | DARIEN      | 27.5 | T | R | CENTER         | 36.6 |   | R   | Into Park       |
| 10.4 | T                               | L   | LEWIS       | 28.0 |   | L | OAKWOOD        | 37.1 | T | L   | FINISH!!!       |

|          |                    |                     |                               |
|----------|--------------------|---------------------|-------------------------------|
| Map# 286 | Distance: 32 miles | Revised: pd 11/08   | Niagara Frontier Bicycle Club |
| Rating:  | Elevation: 3300'   | Designed: jts 12/98 | Effort: XX-D.                 |