

Alpe D'Bronx - 24 miles / 2K' climb**ST 110 St & Columbus**

S Morningside Dr 0.7

TL 122 St 0.2

2R Broadway 0.7

X 126 St - wait for green light!

R 135 St 0.2

1L Amsterdam Av 0.5

R W 145 St 0.5

6L AC Powell Blvd 0.5

TR Macombs Dam Brdg - **careful** 0.4

S Jerome Av 0.4

2BL Shakespeare Av - **up** 0.3

TR 170 St 0.2

3L Inwood Av 0.1

TBL Macombs Rd - **careful** 0.6

TR1L University>Tremont 0.3

TR Sedgwick Av - **careful** 0.62R Hall of Fame Terr - **up** 0.1

1L Loring Place 0.3

TL Fordham Rd>207 St Brdg 0.6

QL1R 10 Av>Nagle 0.3

X Dyckman St - careful

QBL Fort George Hill 0.4

1R Fairview Av 0.2

TLQR Broadway>190 - **careful** 0.1

TL Bennett Av 0.4

4R 184>Overlook Terr 0.5

1R Fort Washington Av 0.4

TBR Fort Tryon Park 0.5

R paths past gazebo - **down/up** 0.5

U paths down to Broadway 0.5

TL Broadway 1.0

X Broadway Brdg - sidewalk!QR 225>Kingsbridge - **up** 0.5**X Kingsbridge Terrace**QL Sedgwick Av - **careful** 0.7**X Perot St**

1L2R Heath>Ft Independence>238 0.7

X Corlear Avenue

QL Tibbett Av 0.6

RQL 230>Irwin>Johnson>Palisade 2.1

TR Spaulding Ln - **up** 0.2TL Independence Av - **sharp** 0.52L 254 St - **careful** 0.11R Palisade>261 - **careful** 1.1

TL Broadway 0.1

1R Caryl Av 0.3

TL Van Cortlandt Park Av - **up** 0.9

TR Park Hill Av 0.5

TL McLean Av 1.1

TR TSO McLean 1.2

R Webster Av 2.1

R 205 St 0.1

ST 205 & Norwood "D" 23.8<http://tinyurl.com/mxtr7lu>

Note: Ft Tryon section not mapped

Neile Weissman, 2013

Key:

R	right
L	left
1	first turn
2	second turn, etc.
B	bear (left-right)
Q	quick
LRL	quick succession
S	straight
ST	start or stop
T	come to a “T”, then ...
U	U-turn
>	roads run together
...	first and last roads of a sequence
/	roads with multiple names
TSO	to stay on
RS	rest stop
X	cross (or pass by)
XU	cross under
XO	cross over