

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Riverside Dr	3.0
R	3.0	R/BL at 155th TRO Riverside Dr	0.2
L	3.2	Far L TRO Riverside Drive	0.3
R	3.5	W 162nd St	0.1
L	3.6	Fort Washington Ave	1.0
L	4.6	W 181st St to end	0.2
R	4.8	R then L onto footbridge	0.1
Uturn	4.9	U off ramp to go N on greenway	1.2
L	6.2	Switchbacks to exit greenway	0.1
L	6.3	L/R X Dyckman into park	0.1
BL	6.4	to waterfront	0.3
R	6.7	and X overpass <i>stairs</i>	0.2
BR	7.0	<i>uphill then X Henry Hudson Br on sidewalk</i>	0.6
L	7.6	Exit bridge, L onto HH Pkwy W	0.0
QR	7.6	Independence Ave	0.3
R	8.0	W 232nd St	0.1
QL	8.1	Henry Hudson Parkway East	0.4
BR	8.4	TRO Henry Hudson Parkway East	0.1
S	8.5	@ Circle, 2nd exit TRO HH Pkwy East <i>sign to Manh Coll</i>	0.1
BR	8.6	Manhattan Coll Pkwy ==> 242nd St	0.8
S	9.4	X Bway, enter Van Cortlandt	0.2
L	9.6	Van Cortlandt Park	0.1
QL	9.7	L/R toward Old Putnam Trail	9.2
L	18.9	Lawrence St	0.1
PIT	19.0	Starbucks - pit, then return to trail	4.3
L	23.3	X Main St at crossway, then L	0.0
QR	23.3	N County Trailway <i>sidewalk/gate</i>	2.4
L	25.7	Tarrytown Lakes trail extension	0.2
BL	25.9	TRO trail at Old Saw Mill River Rd	1.1
R	27.0	R/L Sunnyside Ave/Neperan Rd ==> Main St	0.8
L	27.8	S Washington St <i>2 blocks after Bway</i>	0.2
R	27.9	Franklin St	0.0
QL	27.9	Miller Ave	0.1
R	28.0	Glen St	0.0
QL	28.1	Riverview Ave	0.1
L	28.2	TRO Riverview Ave <i>X footbridge</i>	0.1

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L	28.3	Tappan Landing Rd to end	0.2
R	28.5	S Broadway	0.2
R	28.7	- Cuomo Bridge path	0.0
PIT	28.7	Bathrooms	3.5
R	32.2	Raymond G. Esposito Trail	0.3
S	32.5	X Clinton Ave, continue on S Franklin S	0.3
R	32.8	Cedar Hill Ave	0.1
L	33.0	S Broadway	0.0
PIT	33.0	Murray's Deli (in gas station on L)	0.1
QR	33.1	Depew Ave	0.2
PIT	33.3	Picnic in Memorial Park, then return uphill	0.1
L	33.5	BR9 - Piermont Ave <i>rough</i>	3.4
L	36.8	Ash St to end (Flywheel Park)	0.1
R	36.9	Roundhouse Rd to end	0.1
QL	37.0	Gair St	0.1
QR	37.1	Pier Rd	0.0
QL	37.1	Ferry Rd	0.9
Uturn	38.0	Photo op at end, then return	0.9
L	38.9	TRO Ferry Rd => Paradise Ave	0.2
S	39.2	Piermont Ave => Orangeburg Rd	1.1
L	40.2	Kings Hwy	1.4
L	41.6	Greenbush Rd => Main St	0.1
R	41.8	TRO Main St (at Oak Tree) <i>stop sign</i>	0.2
S	42.0	Tappan Rd at NJ border	1.6
L	43.5	Broadway (at light) to end	1.5
L	45.1	Piermont Rd	0.8
R	45.9	Rockleigh Rd => Closter Rd to end <i>uphill</i>	1.3
R	47.2	Oak Tree Rd <i>regroup at 9W turn</i>	0.1
R	47.3	9W S <i>go own pace on hills</i>	2.8
R	50.2	Kiku parking lot - regroup	5.6
R	55.8	Sage Rd (light, after Clinton)	0.1
L	55.9	1L Johnson Ave	0.4
L	56.3	1L Van Wagoner Dr to end	0.1
R	56.5	Floyd St	1.0
L	57.5	E Palisade Ave	0.2
R	57.7	Hudson Terrace	0.4
L	58.2	Allison Park Rd (under overpass)	0.0
QR	58.2	TRO Allison Park Rd	0.3

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PIT	58.5	Bathrooms, photo op - then return	0.3
L	58.9	TRO Allison Park Rd	0.0
QL	58.9	Hudson Terrace	1.5
L	60.4	GWB bike path	1.3
R	61.7	the ramp to Cabrini Blvd	0.0
QR	61.7	Cabrini Blvd	0.1
QR	61.8	W 177th St	0.0
QL	61.8	Haven Ave	0.4
L	62.2	W 169th St	0.1
QR	62.2	Fort Washington Ave	0.2
R	62.4	W 165th St	0.1
L	62.5	Riverside Dr	3.5
R	66.0	Dinosaur Playground - the end	0.1
	66.1	End of route	