Ride 1: Northvale
B18

Turn	Total Miles	Street	For
L	0.0	Park Drive East	2.0
L	2.0	W. 110th St [*exit park*]	0.9
R	2.9	Riverside Drive	2.3
R	5.2	W. 155th St. [*BL up hill*]	0.2
L	5.4	W. 158th St. [*up RSD ramp*]	0.3
R	5.7	W. 162nd St.	0.1
L	5.8	Ft. Washington Ave.	0.7
R	6.5	Cabrini Blvd.	0.1
L	6.6	GWB Bike Path [*cross*]	1.3
R	7.9	Hudson Terrace [*to end*]	2.0
L	9.9	Palisade Ave.	0.4
R	10.3	Summit St. [*to end*]	0.7
L	11.0	Lyncrest Rd. [*to end*]	0.4
R	11.3	N. Woodland St. [*to end*]	1.3
R	12.6	County Rd. [*Rte. 501*]	2.0
L	14.6	E. Clinton Ave.	1.5
R	16.1	County Rd. [*Rte. 501*] [P]	1.4
L	17.5	Union Ave cross Piermont Ave pass triangle w/ Grant Ave.	2.1
R	19.6	Madison Ave.	0.7
↺	20.3	Through traffic circle to stay on E. Madison Ave.	2.8
L	23.1	New Milford Ave.	0.1
QR	23.7	Elm St. [*1st R, before RR tracks*]	0.6
L	23.7	Oradell Ave.	0.3
L	24.0	Grant Ave.	0.3
S	24.3	Stay on Sunset Ave. to end	1.3
L	25.6	Park Ave.	0.4
R	26.0	Haworth Ave.	0.3
L	26.3	Valley Road	0.6
R	26.9	Durie Ave.	0.1
L	27.0	Schraalenburgh Rd. [*look for farm on L*]	1.1
BL	28.1	to stay on Schraalenburgh [*@ Harrington Ave.*]	0.3
R	28.4	Tappan Rd. [*to end*]	2.8
R	31.2	Oak Tree Rd.	0.2
R	31.4	Livingston St.	0.2
R	31.6	NORTHVALE DINER	
		LUNCH	
		Exit from front of diner	
		to continue on Livingston St.	

Turn	Total Miles	Street	For
R	31.6	Livingston St. cross Harrington Ave.	3.0
BR	34.6	Knickerbocker Rd.	1.7
L	36.3	Hardenburgh Ave.	0.7
R	37.0	County Rd.	0.2
BR	37.2	Piermont Rd. [*at fork*]	1.3
L	38.6	Hudson Ave.	0.3
R	38.8	Magnolia Ave.	0.6
L	39.5	Hillside Ave.	0.1
QR	39.5	Serpentine Rd.	0.4
L	39.9	Westervelt Ave.	0.2
R	40.1	Engle St.	0.6
L	40.7	E. Hudson Ave. [*at light*]	0.3
R	41.0	Elkwood Terr	0.1
L	41.1	Lydecker St. [*hill*]	0.1
R	41.2	To stay on Lydecker	0.2
X	41.5	Glenwood Rd. [*L then R*]	0.0
BR	41.5	To stay on Lydecker	0.6
L	42.0	Walnut St. [*uphill to end*]	0.6
L	42.6	N. Woodland St.	0.1
R	42.7	Pershing Rd.	0.3
R	43.0	Summit St.	0.4
L	43.4	E. Palisade Ave.	0.4
R	43.8	Hudson Terrace	2.0
L	45.7	GW Bridge [*cross*]	1.3
R	47.0	Cabrini Blvd.	0.1
R	47.1	W. 177th St.	0.1
L	47.2	Haven Ave.	0.4
R	47.6	Ft. Washington Ave.	0.2
R	47.8	W. 165th St.	0.1
L	47.9	Riverside Dr.	4.9
L	52.8	W. 72nd St.	0.6
S	53.4	Central Park	1.2
End		Boathouse	