

Ride 5: Nyack (the back way)

B16

Turn	Total Miles	Street	For
L	0.0	Park Drive East	2.0
L	2.0	W. 110th St [<i>exit park</i>]	0.9
R	2.9	Riverside Drive	2.3
R	5.2	W. 155th St. [<i>BL up hill</i>]	0.2
L	5.4	W. 158th St. [<i>up RSD ramp</i>]	0.3
R	5.7	W. 162nd St.	0.1
L	5.8	Ft. Washington Ave.	0.7
L	6.5	W. 177th St.	0.1
R	6.6	Cabrini Blvd.	0.1
L	6.7	GWB Bike Path [<i>cross</i>]	1.3
L	8.0	Onto sidewalk → bike path	0.5
L	8.5	Henry Hudson Dr.	8.0
R	16.5	Into police station lot [P] USE BIKE RACK! Exit police station	
R	16.5	Henry Hudson Dr.	0.1
BL	16.5	At Fork → Under overpass [<i>to "T"</i>]	0.2
R	16.7	Rte. 9W	4.1
L	20.9	Oak Tree Rd. [<i>1st light in NY</i>]	1.5
R	22.4	Bike path [<i>after Rockland Pk.</i>]	1.0

Turn	Total Miles	Street	For
R	30.4	N. Broadway Ave.	0.1
L	30.4	Main St.	0.1
1st R	30.5	Piermont Ave. Through Town of Piermont SINGLE FILE! <i>Obey traffic signal</i>	3.8
BR	34.3	Ferndon Ave. [<i>at fork</i>]	0.9
L	35.2	Highland Ave.	0.1
BL	35.3	to Rte. 9W [<i>uphill</i>]	0.2
S	35.5	Merge onto 9W	9.8
R	45.2	Sage Rd.	0.1
L	45.3	Johnson Ave.	0.4
L	45.8	Van Wagoner Dr.	0.1
R	45.9	Floyd St.	1.0
L	46.9	E. Palisade Ave.	0.2
R	47.1	Hudson Terrace	2.0
L	49.1	GW Bridge [<i>cross</i>]	1.3
R	50.4	Cabrini Blvd.	0.1
R	50.5	W. 177th St.	0.1
L	50.6	Haven Ave.	0.5
R	51.1	Ft. Washington Ave.	0.1

X	23.3	Washington St. [<i>Co. Rd. 8</i>]	
S	23.3	Continue on Bike Path [<i>to end</i>]	1.5
L	24.8	Greenbush Rd.	0.0
QR	24.8	Highview Ave.	0.1
R	25.0	Western Hwy. [<i>@ RR tracks</i>]	0.5
R	25.5	Bataan Rd.	0.1
R	25.6	Mountain View Ave.	0.3
X		Rte. 303 [<i>short light</i>]	
BL	25.9	S. Greenbush Rd.	1.3
R	27.1	Rte. 303	0.1
QR	27.2	Greenbush Rd.	0.5
R	27.7	Bradley Pkwy → Bradley Hill Rd. [<i>Rte. 38</i>]	0.6
BR	28.3	@ fork to stay on Rte. 38	0.5
BL	28.8	@ fork to stay on Rte. 38	0.3
L	29.0	Highland Ave. [<i>downhill</i>]	0.2
L	29.3	S. Highland Ave. [<i>@ stop sign</i>]	0.3
L	29.5	Rte. 9W [<i>short light - CAUTION</i>]	0.3
R	29.8	High Ave.	0.5
	30.4	LUNCH in scenic Nyack	
		Continue on High Ave. to N. Broadway Ave.	

R	51.2	W. 165th St.	0.1
L	51.3	Riverside Dr.	4.9
L	56.1	W. 72nd St.	0.6
S	56.7	Central Park	1.6
End	58.3	Boathouse	