

Beacon / Marlboro / Indian Hill / Poughkeepsie 23 miles Fred Steinberg route  
Rolling terrain with some hills but none too long. Goes through commercial apple orchards.  
Follow exit to left up hill to 9D from Beacon RR Station

go	do	at
	L	9D north
1.0	L	bike path of Beacon/Newburgh Bridge
2.0	L	Grand St (at end of bike path)
0.7	R	River Rd
4.0	R	Old Marlboro Tpk <b>easy to miss!</b> >Old Post Rd
2.2	R	Rt 9W
0.4	L	Rt 14/Western Av- <i>deli</i> in Marlboro
0.3	R	Prospect St
0.9	R	Ridge Rd
0.9	BL	@Lyons TRO Ridge-on downhill
0.7	L	Indian Mtn Rd
1.1	S	Rt 11/Latintown Rd
0.2	R	TRO Rt 11/Latintown Rd
1.5	R	at end, Milton Tpk/Rt 10
0.5	L	Peach Rd
1.3	L	Gabrity Rd
1.5	R	Chapel Hill Rd
0.4	L	Rt 9W – <i>conv store on left</i>
1.4	R	Haviland Rd
0.5	L	FDR Bridge bike path
0.8	L	bike path
0.1	R	Geraldo
0.1	L	Rinaldi
0.1	R	Main St
	QL	down stairs to MetroNorth RR station Poughkeepsie