

Go	At	On	For
	0.0	Start of route	0.0
	0.0	Tarrytown Metro North railroad platform, follow Depot Plaza to right	0.1
<b>QR</b>	0.1	West Franklin Street	0.1
<b>QR</b>	0.2	Riverview Avenue	0.1
<b>R</b>	0.3	Riverview Avenue	0.1
<b>L</b>	0.5	Riverview Avenue	0.1
<b>L</b>	0.6	Turn slight left onto Tappan Landing Road	0.2
<b>R</b>	0.7	South Broadway, US 9 <i>If sidewalk has no peds, you might stay on it.</i>	0.2
<b>R</b>	0.9	Shared Use Path of the Gov. Mario M. Cuomo Tappan Zee Bridge	4.5
<b>BR</b>	5.5	to exit bridge bike path, follow signs of bike path to Nyack <i>Esposito rail trail north</i>	0.6
<b>L</b>	6.1	Cedar Hill Avenue	0.0
<b>QR</b>	6.1	Quick right onto South Franklin Street	0.3
<b>R</b>	6.4	High Avenue	0.2
<b>L</b>	6.6	North Broadway <i>Runcible Spoon on northeast corner</i>	1.9
<b>BR</b>	8.5	entering Nyack Beach SP	0.3
<b>S</b>	8.7	Nyack River Trail: gravel	1.6
<b>Slight Left</b>	10.3	Turn slight left onto Landing Road, unmarked	0.5
<b>R</b>	10.8	Turn sharp right onto Rockland Lake Road	0.4
<b>L</b>	11.2	to access path around Rockland Lake	0.1
<b>QL</b>	11.3	Turn left, following to lake path	0.0
<b>QR</b>	11.3	Turn right, follow to lake path	0.1
<b>L</b>	11.5	Rockland Lake Jogging and Bike Path	3.5
<b>L</b>	14.9	Turn sharp left onto Landing Road, to exit Rockland Lake area	0.6
<b>L</b>	15.5	Turn sharp left onto Haverstraw River Trail	4.5
<b>S</b>	20.0	Riverside Avenue	0.3
<b>BR</b>	20.4	West Street, Haverstraw	1.0

  

Go	At	On	For
<b>BL</b>	21.4	Westside Avenue	0.1
<b>L</b>	21.5	Conklin Avenue	0.3
<b>L</b>	21.8	West Broad Street	0.1
<b>R</b>	22.0	Maple Avenue	0.5
<b>S</b>	22.4	West Street	4.3
<b>BL</b>	26.7	Haverstraw River Trail	0.4
<b>L</b>	27.1	Nyack River Trail	0.6
<b>L</b>	27.7	Turn sharp left onto Nyack River Trail	1.6
<b>S</b>	29.3	North Broadway	2.1
<b>R</b>	31.4	Depew Avenue	0.2
<b>L</b>	31.6	South Franklin Street	0.1
<b>L</b>	31.7	Cedar Hill Avenue	0.0
<b>QR</b>	31.7	Quick right onto Raymond G. Esposito Trail	0.5
<b>BL</b>	32.2	Spur Path of the Gov. Mario M. Cuomo Tappan Zee Bridge	0.1
<b>QL</b>	32.3	Turn slight left onto Shared Use Path of the Gov. Mario M. Cuomo Tappan Zee Bridge	4.8
<b>L</b>	37.1	South Broadway, US 9 <i>Once again, you might be able to ride the same sidewalk</i>	0.6
<b>L</b>	37.7	West Franklin Street	0.3
<b>L</b>	37.9	Depot Plaza	0.1
	38.0	Tarrytown Metro North Station, walk bikes over stairs to access southbound platform <i>end of ride</i>	0.0
	38.0	End of route	