

Go	At	On	For
	0.0	Start of route	
S	0.0	Ride starts a bottom of Main St, Cold Spring Note: walk your bike north along the train platform and follow to start	0.3
R	0.3	Route 9D South	8.6
R	8.9	Cross Bear Mountain Bridge	0.6
S	9.5	@ Circle, take the 3rd right exit onto Route 9W South	9.2
R	18.7	Filors Ln/Rte 98/Willow Grove Rd	3.1
L	21.8	Call Hollow Rd	2.8
S	24.6	Ladentown Rd	0.3
L	24.9	TRO Ladentown Rd;	0.1
S	25.0	Cross Rte 202 and Continue onto NY-306 S	1.5
R	26.5	Lime Kiln Rd	1.3
L	27.8	At end Left onto Spook Rock Rd (Do not go on Rt 202 Haverstraw Rd)	3.8
S	31.6	Cross Rt 59 and Continue onto Cherry Ln	2.1
L	33.6	W Saddle River Rd	3.7
L	37.3	E Allendale Rd	0.0
PIT	37.3	FOOD Stop - Colonial Deli on Right	0.0
QR	37.4	W Saddle River Rd	1.2
L	38.5	Lower Cross Rd	0.5
R	39.0	E Saddle River Rd	1.7
R	40.6	TRO E Saddle River Rd	0.6
L	41.2	E Glen Ave	1.2
R	42.5	Pascack Rd	1.6
L	44.1	Oradell Ave	2.0
L	46.1	1st St	0.3
L	46.4	Grant Ave	0.1
S	46.4	Lake Shore Dr	0.1
BR	46.5	onto Sunset Ave	1.4
L	47.9	Park St	0.3
R	48.2	Haworth Ave	0.4
S	48.6	Madison Ave	0.9
R	49.4	Stelfox St	0.2
L	49.6	Hardenburgh Ave	1.1
R	50.7	Anderson Ave	0.5
S	51.2	County Rd	1.9
L	53.2	E Clinton Ave	1.3

R	54.4	Woodland St	2.0
L	56.4	E Palisade Ave	0.8
R	57.2	Hudson Terrace	2.0
L	59.2	to GW Bridge Bike Path	1.3
R	60.5	Cabrini Blvd	0.0
QR	60.5	W 177th St	0.0
QL	60.5	Haven Ave	0.5
R	61.0	Fort Washington Ave	0.1
R	61.1	W 165th St	0.1
L	61.2	Riverside Dr	2.8
L	64.1	W 110th St/Cathedral Pkwy	0.8
R	64.8	Go through traffic circle and enter Central Park	2.5
R	67.3	to End on Tavern on the Green in Central Park	
	67.3	End of route	