

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
	0.0	Start of route	
	0.0	Start bottom of Main St, Cold Spring <b>Note:</b> from train station, walk bike north along platform and follow path to Main St	
	0.0	Bottom of Main St, Cold Spring <b>Note:</b> either cycle to train station via Lunn, or walk bike down and up stairs, following path to left to train platform	0.3
<b>R</b>	0.3	R 9D south	1.4
<b>BR</b>	1.7	Indian Brook Rd	1.9
<b>L</b>	3.6	U.S. 9 N	0.1
<b>QR</b>	3.7	Indian Brook Rd	0.2
<b>L</b>	3.8	Old Albany Post Rd	0.0
<b>QR</b>	3.9	Indian Brook Rd	2.8
<b>R</b>	6.7	Dennytown Rd	0.2
<b>L</b>	6.9	Sunken Mine Rd	3.0
<b>L</b>	9.9	N Shore Rd	0.9
<b>R</b>	10.8	Oscawana Lake Rd	2.7
<b>R</b>	13.6	Sunset Hill Rd	1.2
<b>L</b>	14.8	Canopus Hollow Rd	0.3
<b>R</b>	15.1	Horton Hollow Rd	0.9
<b>R</b>	16.0	Horton Hollow Rd turns slightly right and becomes Sprout Brook Rd	2.4
<b>R</b>	18.4	Sharp right onto Old Albany Post Rd	6.5
<b>R</b>	24.9	U.S. 9 N	0.4
<b>L</b>	25.4	Lane Gate Rd	1.3
<b>R</b>	26.7	TRO Lane Gate Rd	0.6
<b>L</b>	27.3	Moffat Rd	0.3
<b>L</b>	27.5	TRO Moffat Rd	0.6
<b>S</b>	28.1	NY-9D N	0.7
<b>L</b>	28.9	Main St	0.3
	29.2	End of route	