

Go	At	On	For
	0.0	Start of route	
	0.0	The Boathouse, Central Park Note: off East Drive north of 72nd St	0.0
L	0.0	East Dr	2.2
R	2.2	Adam Clayton Powell Jr Blvd	0.4
L	2.6	W 117th St	0.1
QR	2.6	Saint Nicholas Ave	2.3
S	5.0	Use bike path to continue straight on St. Nicholas Ave	0.4
L	5.4	W 168th St	0.2
R	5.5	Fort Washington Ave	0.4
L	6.0	W 177th St	0.1
QR	6.0	Cabrini Blvd	0.1
QL	6.1	GW bridge bike path	1.3
R	7.4	Hudson Terrace	2.0
L	9.4	E Palisade Ave	0.4
R	9.8	Summit St	0.7
L	10.5	Lyncrest Rd	0.3
R	10.8	N Woodland St	1.3
L	12.2	E Clinton Ave	1.3
BR	13.4	County Rd	2.7
L	16.1	Hardenburgh Ave	1.1
R	17.3	Schraalenburgh Rd	0.2
L	17.5	Haworth Ave	0.4
L	17.8	Park St	0.3
R	18.2	Sunset Ave	1.4
S	19.5	Lake Shore Dr ⇒ Grant Ave	0.3
R	19.8	Oradell Ave	2.3
R	22.1	Pascack Rd	1.6
L	23.7	Ridgewood Rd ⇒ E Glen Ave	1.2
R	24.9	E Saddle River Rd	0.6
L	25.5	TRO E Saddle River Rd	2.8
L	28.3	E Allendale Rd	0.4
R	28.7	W Saddle River Rd	3.7
R	32.4	Cherry Ln	2.1
PIT	34.4	Lunch/Rest stop @ Rte 59 intersection	0.1
S	34.5	Continue north on Spook Rock Rd (continuation of Cherry Ln)	0.7
BL	35.2	TRO Spook Rock Rd	2.0
BR	37.3	Grandview Ave	0.5
L	37.8	Willow Tree Rd	1.3
L	39.0	NY-306 N (Monsey-Ladentown Rd)	0.7

R	39.8	Pomona Rd	1.8
L	41.6	NY-45 N	0.7
R	42.3	S Mountain Rd	0.0
PIT	42.3	The Orchards	4.1
R	46.4	Haverstraw Rd	0.7
L	47.0	Goebel Rd	1.0
L	48.0	Congers Rd	0.1
R	48.1	Strawtown Rd	2.3
L	50.4	TRO Strawtown Rd	2.3
L	52.6	W Nyack Rd	0.4
R	53.0	Western Hwy	5.2
L	58.3	Old Tappan Rd	0.2
R	58.5	Main St	0.1
BL	58.6	Bear leftt onto Oak Tree Rd	1.1
R	59.7	NY-340 E (Piermont Rd)	4.5
S	64.2	Piermont Rd joins County Rd	0.2
BR	64.5	Piermont Rd	1.3
L	65.8	Hudson Ave	0.5
R	66.3	Engle St	1.1
L	67.4	Woodland Park Dr	0.4
R	67.8	Leroy St ⇒ Elkwood Terrace	0.5
L	68.3	Lydecker St	0.1
R	68.5	TRO Lydecker St	0.2
L	68.7	Jog L/R to cross Glenwood Rd and continue on Lydecker	0.6
L	69.3	Walnut St	0.5
L	69.8	N Woodland St	0.1
R	70.0	Pershing Ave	0.3
R	70.3	Summit St	0.3
L	70.6	E Palisade Ave	0.4
R	71.0	Hudson Terrace	2.0
L	73.0	GW Bridge bike path	1.3
R	74.3	Cabrini Blvd	0.0
QR	74.3	W 177th St	0.0
QL	74.4	Haven Ave	0.5
S	74.8	W 168th St	0.2
R	75.0	Saint Nicholas Ave	0.4
R	75.4	Amsterdam Ave	0.1
QL	75.5	W 160th St	0.0
QR	75.5	Saint Nicholas Ave	1.8
S	77.3	Manhattan Ave	0.7
L	78.0	W 110th St/Cathedral Pkwy	0.1
S	78.1	Arrive CPW and 110St	0.0
	78.2	NW corner Central Park	
	78.2	End of route	