

Go	At	On	For
	0.0	Start of route	0.0
	0.0	The Boathouse, Central Park, head north on the East Drive	2.2
BR	2.2	Adam Clayton Powell Jr Blvd	0.0
QL	2.2	W 110th St/Central Park N	0.2
S	2.4	@ Circle, continue straight onto W 110th St/Cathedral Pkwy	0.7
R	3.1	Riverside Dr	3.6
R	6.7	W 181st St/Plaza Lafayette	0.3
L	7.0	Broadway	1.3
L	8.3	Academy St	0.1
R	8.4	Seaman Ave	0.6
R	9.0	W 218th St	0.2
L	9.2	Broadwaynorth	0.2
S	9.4	cross Broadway Bridge, use sidewalk Note: caution	0.2
R	9.5	W 225th St ⇒ Kingsbridge Rd	0.5
L	10.1	Sedgwick Ave	0.2
R	10.3	W 197th St	0.3
L	10.6	Goulden Ave	0.9
L	11.5	at the 1st cross street onto Sedgwick Ave	0.0
QR	11.5	at the 1st cross street onto Dickinson Ave	0.1
BR	11.6	W Gun Hill Rd	0.0
S	11.6	cross Mosholu Pkwy	0.3
L	12.0	Jerome Ave	0.9
R	12.9	E 233rd St	0.2
L	13.1	Van Cortlandt Park E	0.7
S	13.8	Kimball Ave	3.1
S	16.9	Bronxville Rd	0.2
R	17.1	Pondfield Rd W	0.1
L	17.2	Parkview Ave	1.0
S	18.2	Scarsdale Rd	1.2
BR	19.5	TRO Scarsdale Rd	1.0
BL	20.5	Lynwood Rd	0.2
R	20.7	Ardsley Rd/ Popham Rd Note: Scarsdale	0.2
L	20.9	East Pkwy	0.2
R	21.1	Crane Rd	0.0
QL	21.2	Fox Meadow Rd	0.9
L	22.1	TRO Fox Meadow Rd ⇒ Walworth Ave⇒ Fisher Ave	2.1
S	24.2	Bank St	0.4

L	24.6	Hamilton Ave/Rte 119 W	0.1
QR	24.6	Bronx St	0.1
L	24.8	Left into Westchester Civiv Center parking lot	0.1
R	24.9	Bronx River Pathway	0.3
BR	25.2	at Bronx St	2.2
L	27.4	at Washington Ave N	0.4
L	27.7	29/N Broadway	0.0
QR	27.7	Park Dr E	0.2
L	27.9	Kensico Dam Plaza Note: take a break!	0.1
QL	28.0	Park Dr W	0.2
R	28.2	Park Dr E	0.1
QL	28.2	29/N Broadway	0.4
R	28.6	NY-22 N	4.1
L	32.7	Rt 120 north/King St	0.2
BR	32.9	Whippoorwill Rd Note: climb!	1.2
R	34.1	Whippoorwill Rd E	0.9
L	35.0	Main St	0.5
R	35.6	School St	0.3
L	35.9	Cox Ave⇒ High St⇒ Tripp St	3.1
L	39.0	Sheather Rd	0.1
BR	39.1	Harriman Rd	0.9
S	40.0	Byram Lake Rd	0.5
L	40.5	Main St	0.3
R	40.8	Lexington Ave⇒ S Moger Ave	1.3
L	42.1	Kirby Plaza	0.0
PIT	42.2	Mt Kisco Railroad Station Note: Lunch	
QL	42.2	Turn left	0.1
R	42.3	S Moger Ave	0.1
L	42.4	Green St	0.1
R	42.5	Main St	0.5
L	43.0	S Bedford Rd	0.2
BL	43.3	NY-172 E/S Bedford Rd	0.5
R	43.8	Sarles St	1.9
L	45.7	left TRO Sarles	1.8
L	47.5	High St	0.8
S	48.3	Cox Ave	0.2
R	48.5	Leisure Farm Dr	0.1
QL	48.6	128 south	1.1
R	49.7	Old Rte 22	0.6
S	50.3	Old Post Rd	
S	50.3	cross Rt 22	0.9
R	51.2	NY-120 N	0.0

QL	51.2	Rt 22 south	3.0
S	54.2	Take the ramp to Bronx Pkwy/Taconic Pkwy	0.1
S	54.3	Cross Kensico Dam	0.4
R	54.8	TRO W Westlake Dr	0.1
BL	54.8	Lake Dr	0.0
QR	54.9	W Westlake Dr	0.0
QL	54.9	TRO W Westlake Dr	0.0
BL	54.9	Kens Ave	0.3
L	55.2	Broadway⇒ Rt 22 south	3.0
BR	58.2	Martine Ave	0.2
L	58.5	Mamaroneck Ave	0.1
R	58.6	Quarropas St	0.3
S	58.9	Fisher Ave⇒ Walworth Ave⇒ Fox Meadow Rd	3.2
R	62.1	Crane Rd	0.0
S	62.2	East Pkwy	0.2
R	62.4	Popham Rd/ Ardsley Rd	0.1
L	62.5	Lynwood Rd⇒ Scarsdale Rd	2.5
S	65.1	Parkview Ave	1.0
L	66.1	Pondfield Rd W	0.2
R	66.3	TRO Pondfield Rd W	0.0
S	66.3	@ Circle, take the 2nd exit onto Parkway Rd	0.5
R	66.8	Midland Ave⇒ Bronx River Rd⇒ Webster Ave	2.8
R	69.5	McLean Ave	0.1
L	69.7	E 241st St	0.3
L	70.0	Van Cortlandt Park E	0.6
R	70.6	E 233rd St	0.2
L	70.8	Jerome Ave	0.6
BR	71.3	TRO Jerome Ave	0.4
R	71.7	W Gun Hill Rd	0.4
L	72.1	cross Mosholu Pkwy	0.1
QR	72.2	Sedgwick Ave	0.3
R	72.4	Sedgwick Ave turns slightly right and becomes Van Cortlandt Ave W	0.1
QL	72.5	Orloff Ave	0.3
L	72.8	Fort Independence St	0.1
R	72.9	Bailey Pl	0.1
R	73.0	TRO Bailey Pl	0.0
QL	73.0	Bailey Ave	0.6
R	73.6	W 225th St	0.2
L	73.8	Broadway	0.0
QR	73.9	W 225th St	0.0

S	73.9	walk bike on Broadway Bridge on bike path	0.3
R	74.2	W 218th St	0.2
L	74.4	Seaman Ave	0.8
L	75.2	Riverside Dr	0.0
BR	75.2	Slight right	0.0
QR	75.2	Broadway	0.5
R	75.7	Bennett Ave	0.7
R	76.4	W 181st St	0.1
QL	76.5	Fort Washington Ave	0.8
R	77.3	W 165th St	0.1
QL	77.3	Riverside Dr	2.2
	79.6	Grant's Tomb	0.0
	79.6	End of route	