

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
<b>BR</b>	2.2	Adam Clayton Powell Jr Blvd	0.0
<b>QL</b>	2.2	W 110th St/Central Park N	0.2
<b>S</b>	2.4	@ Circle, continue straight onto W 110th St/Cathedral Pkwy	0.7
<b>R</b>	3.1	Riverside Dr	3.6
<b>R</b>	6.7	W 181st St/Plaza Lafayette	0.3
<b>L</b>	7.0	Broadway	1.3
<b>L</b>	8.3	Academy St	0.1
<b>R</b>	8.4	Seaman Ave	0.6
<b>R</b>	9.0	W 218th St	0.2
<b>L</b>	9.2	Broadwaynorth	0.2
<b>S</b>	9.4	cross Broadway Bridge, use sidewalk <b>Note:</b> caution	0.2
<b>R</b>	9.5	W 225th St ⇒ Kingsbridge Rd	0.5
<b>L</b>	10.1	Sedgwick Ave	0.2
<b>R</b>	10.3	W 197th St	0.3
<b>L</b>	10.6	Goulden Ave	0.9
<b>L</b>	11.5	at the 1st cross street onto Sedgwick Ave	0.0
<b>QR</b>	11.5	at the 1st cross street onto Dickinson Ave	0.1
<b>BR</b>	11.6	W Gun Hill Rd	0.0
<b>S</b>	11.6	cross Mosholu Pkwy	0.3
<b>L</b>	12.0	Jerome Ave	0.9
<b>R</b>	12.9	E 233rd St	0.2
<b>L</b>	13.1	Van Cortlandt Park E	0.6
<b>R</b>	13.6	E 240th St	0.4
<b>R</b>	14.0	McLean Ave	0.1
<b>QL</b>	14.1	Bronx River Rd	2.2
<b>S</b>	16.2	Midland Ave	0.6
<b>L</b>	16.8	Parkway Rd	0.2
<b>L</b>	17.1	Paxton Ave	0.3
<b>R</b>	17.4	the Bronx River Bike Path north	4.6
<b>BR</b>	21.9	Depot Pl	0.1
<b>QL</b>	22.0	Popham Rd	0.1
<b>QL</b>	22.1	East Pkwy	0.2
<b>R</b>	22.3	Crane Rd	0.9
<b>L</b>	23.2	TRO Fox Meadow Rd	0.5
<b>L</b>	23.7	Fenimore Rd	0.2
<b>S</b>	23.9	Greenacres Ave	0.1
<b>QL</b>	24.0	Turn left, back on bike path	1.2

<b>S</b>	25.1	Bronx River Pathway	1.3
<b>BR</b>	26.4	at Bronx St	2.2
<b>L</b>	28.6	at Washington Ave N	0.3
<b>L</b>	28.9	29/N Broadway	0.0
<b>QR</b>	29.0	Park Dr E	0.2
<b>L</b>	29.2	Kensico Dam Plaza <b>Note:</b> take a break!	0.1
<b>QL</b>	29.2	Park Dr W	0.2
<b>R</b>	29.4	Park Dr E	0.0
<b>QL</b>	29.5	29/N Broadway	0.9
<b>R</b>	30.4	TRO W Westlake Dr	0.1
<b>BL</b>	30.4	Lake Dr	0.0
<b>QR</b>	30.5	W Westlake Dr	0.0
<b>QL</b>	30.5	TRO W Westlake Dr	0.0
<b>BL</b>	30.5	Kens Ave	0.3
<b>L</b>	30.8	29/Broadway	0.3
<b>R</b>	31.1	Turn right	1.4
<b>BR</b>	32.5	at Fisher Ln	1.1
<b>BR</b>	33.6	to continue toward Bronx River Pathway	0.2
<b>L</b>	33.8	Bronx River Pathway	0.1
<b>QL</b>	33.9	into Westchester Civic Center Parking Lot	0.0
<b>QR</b>	33.9	Turn right	0.1
<b>R</b>	34.0	Bronx St	0.2
<b>L</b>	34.2	Main St/Rte 119 E	0.1
<b>QR</b>	34.3	Bank St	0.3
<b>S</b>	34.6	Fisher Ave	0.5
<b>S</b>	35.1	Walworth Ave	2.5
<b>R</b>	37.6	Crane Rd	0.1
<b>S</b>	37.7	East Pkwy	0.2
<b>R</b>	37.9	Popham Rd/ Ardsley Rd	0.1
<b>L</b>	38.0	Lynwood Rd⇒ Scarsdale Rd	2.5
<b>S</b>	40.6	Parkview Ave	1.0
<b>L</b>	41.6	Pondfield Rd W	0.2
<b>R</b>	41.8	TRO Pondfield Rd W	0.0
<b>S</b>	41.8	@ Circle, take the 2nd exit onto Parkway Rd	0.5
<b>R</b>	42.3	Midland Ave⇒ Bronx River Rd⇒ Webster Ave	2.8
<b>R</b>	45.0	McLean Ave	0.1
<b>L</b>	45.2	E 241st St	0.3
<b>L</b>	45.5	Van Cortlandt Park E	0.6
<b>R</b>	46.1	E 233rd St	0.2
<b>L</b>	46.2	Jerome Ave	0.6
<b>BR</b>	46.8	TRO Jerome Ave	0.3

<b>R</b>	47.2	W Gun Hill Rd	0.4
<b>L</b>	47.5	cross Mosholu Pkwy	0.1
<b>QR</b>	47.6	Sedgwick Ave	0.3
<b>R</b>	47.9	Sedgwick Ave turns slightly right and becomes Van Cortlandt Ave W	0.1
<b>QL</b>	48.0	Orloff Ave	0.3
<b>L</b>	48.3	Fort Independence St	0.1
<b>R</b>	48.4	Bailey Pl	0.1
<b>R</b>	48.5	TRO Bailey Pl	0.0
<b>QL</b>	48.5	Bailey Ave	0.6
<b>R</b>	49.1	W 225th St	0.2
<b>L</b>	49.3	Broadway	0.1
<b>QR</b>	49.4	W 225th St	
<b>S</b>	49.4	walk bike on Broadway Bridge on bike path	0.3
<b>R</b>	49.7	W 218th St	0.2
<b>L</b>	49.9	Seaman Ave	0.8
<b>L</b>	50.6	Riverside Dr	0.0
<b>BR</b>	50.6	Slight right	0.0
<b>QR</b>	50.7	Broadway	0.5
<b>R</b>	51.1	Bennett Ave	0.7
<b>R</b>	51.9	W 181st St	0.1
<b>QL</b>	52.0	Fort Washington Ave	0.8
<b>R</b>	52.8	W 165th St	0.1
<b>QL</b>	52.8	Riverside Dr	2.2
	55.0	Grant's Tomb	0.0
	55.1	End of route	