

Go	At	On	For
	0.0	Start of route	
R	0.0	enter Dyckman Fields from Dyckman St just west of the Henry Hudson Pkwy overpass	0.0
S	0.0	follow path between the ballfields on your left and the fence beside the railroad tracks on your right	0.3
R	0.3	Carry your bike up the stairs to your right, crossing over the railroad tracks on the overpass	0.0
S	0.4	walk down the stairs and follow path to your left	0.1
S	0.4	after rising, path dips and then rises again	0.3
R	0.7	obscure bridge "bike path" entrance	0.0
QL	0.7	to access the bridge "bike path" Note: No bike riding on the bridge "bike path"!	0.5
L	1.2	Walk down stairs to exit bridge "bike path"	
QL	1.2	Henry Hudson Pkwy W	0.1
QR	1.2	Independence Ave	0.3
R	1.6	W 232nd St	0.1
QL	1.6	Henry Hudson Parkway East	0.5
S	2.1	@ Circle, continue straight TRO Henry Hudson Parkway East	0.1
BR	2.2	Slight right	0.1
QR	2.3	Manhattan College Pkwy	0.6
BR	2.9	W 242nd St	0.1
	3.0	242nd St & Broadwaycross Broadway to enter Van Cortlandt Park and follow path to the Old Putnam Trail Note: this is also the terminus of the #1 Train	0.0
	3.0	End of route	