

Go	At	On	For
	0.0	Start of route	0.1
S	0.1	Go North on Riverside Drive	1.6
R	1.7	to 155th Street	0.0
BL	1.7	TRO Riverside Dr	0.2
L	1.9	at 158th Street up Riverside Dr Ramp	0.3
R	2.2	W 162nd St	0.1
L	2.3	Fort Washington Ave	0.7
L	3.1	W 177th St	0.1
R	3.2	Cabrini Blvd	0.1
QL	3.2	GW Bridge Bike Path	1.3
R	4.5	Hudson Terrace	2.0
L	6.5	E Palisade Ave	0.4
R	6.9	Summit St	0.3
L	7.2	Pershing Ave	0.3
R	7.5	N Woodland St	1.4
R	8.9	Kent Rd	0.2
L	9.1	E Clinton Ave	1.0
R	10.1	Depeyster Ave	0.4
L	10.6	Highwood Ave	0.1
R	10.7	Park St (to end)	0.2
L	10.9	Hudson Ave	0.4
R	11.3	County Rd	1.2
S	12.6	Continue Straight to Anderson (County Rd bears left)	0.5
L	13.0	Hardenburgh Ave	0.9
PIT	14.0	FOOD & PIT STOP Dunkin Donuts	0.6
R	14.6	Knickerbocker Rd	1.8
BR	16.3	TRO 505 Livingston St	0.3
L	16.6	Highland Ave	0.3
R	16.9	Tappan Rd	2.6
L	19.5	on Main St	0.1
QR	19.5	Washington St	1.1
R	20.7	William St	0.2
R	20.9	Valentine	0.0
BL	21.0	up hill toward 9W	0.2
BR	21.1	9W	1.1
PIT	22.2	Food STOP - 9W Market on Left side of road	0.0
QL	22.3	After food stop Go left to follow 9W South	8.7

Go	At	On	For
R	30.9	Sage Rd	0.1
L	31.0	Johnson Ave	0.4
L	31.5	Van Wagoner Dr	0.1
R	31.6	Floyd St	0.4
R	32.0	Fairview Ave	0.1
QL	32.1	Summit St	0.6
L	32.7	E Palisade Ave	0.4
R	33.1	Hudson Terrace	2.0
L	35.0	to GW Bridge Bike Path	1.3
S	36.4	Continue on W 178 Street	0.1
R	36.5	Fort Washington Ave	0.6
R	37.1	W 165th St	0.1
L	37.2	Riverside Dr	4.9
L	42.0	W 72nd St	0.0
	42.0	End of route	