


Go	At	On	For
	0.0	Start of route	0.0
L	0.0	East Dr	2.2
R	2.2	Exit park onto Adam Clayton Powell Jr Blvd	0.4
L	2.6	W 117th St	0.0
QR	2.6	Saint Nicholas Ave	1.6
BR	4.3	Donnellon Square/St Nicholas Pl	0.3
S	4.6	Cross W 155th St onto bike path	0.4
	5.0	Stop! watch for traffic exiting highway	0.0
QL	5.0	Cross exit ramp thru opening onto bike path	1.9
R	6.8	10th Ave	0.2
R	7.0	W. 201 St	0.1
L	7.1	9th Ave	0.3
R	7.4	W 207th St/University Heights Bridge	0.2
S	7.7	W Fordham Rd	0.2
L	7.9	Move into left turn lane	0.0
QL	7.9	Sedgwick Ave	0.0
QR	7.9	Webb Ave	0.1
BR	8.0	Father Zeiser Pl	0.2
L	8.2	University Ave	0.5
R	8.8	Strong St	0.1
QL	8.9	Goulden Ave	0.6
R	9.4	W 205th St/Bronx Science Blvd	0.2
L	9.7	Jerome Ave	0.1
QR	9.7	Van Cortlandt Ave E	0.3
L	10.1	E Mosholu Pkwy N	0.4
R	10.5	Gates Pl	0.1
S	10.6	Cross W. Gun Hill Rd. onto path, bear right up to restrooms; then down path to Jerome Ave	0.2
	10.8	End of route	