

Go	At	On	For
	0.0	Start of route	0.0
	0.0	Start @ E 84th St & East End Ave. Enter Carl Schurz Park	0.1
QL	0.1	John Finley Walk	1.1
L	1.2	Ward's Island Bridge	0.3
L	1.5	Harlem River Pathway	0.6
L	2.1	Little Hell Gate Bridge	0.0
S	2.1	X Little Hell Gate Inlet	0.1
QR	2.2	Harlem River Pathway	0.2
L	2.4	Onto Central Rd	0.1
L	2.5	X and QL	0.4
S	2.9	X Randall's Island Connector to Bronx	0.2
L	3.2	E 132nd St	0.2
R	3.4	Onto Cypress then L onto sidewalk, up stairs, and X bridge	0.4
R	3.8	and continue on bike path	0.2
L	4.1	By restrooms X road into parking lot and then go L onto ramp up north side of bridge	0.7
R	4.7	Onto E 127th St ⇒ First Ave	0.2
Uturn	4.9	U turn to L up curb cut onto Willis Avenue Bridge path (at 125th)	0.5
L	5.5	E 135th St	0.3
L	5.8	3rd Avenue to sidewalk ramp up to bridge (north side)	0.4
S	6.2	Onto sidewalk around playing fields	0.3
S	6.5	2nd Ave	0.1
R	6.6	E 126th St	0.3
R	6.9	Park Ave	0.3
L	7.2	E 132nd St	0.1
R	7.3	Madison Ave	0.2
S	7.5	Madison Ave Bridge right sidewalk to Bronx	0.3
L	7.8	and take X-walk to north side of bridge	0.0
QR	7.8	bike lane	0.0
QL	7.8	Gerard Ave	0.1
BR	7.9	TRO Gerard Ave	0.3
L	8.2	E 149th St	0.1
S	8.3	145th St Bridge to Manhattan (ON ROADWAY)	0.3

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R	8.6	Malcolm X Blvd	0.1
L	8.7	W 147th St	0.2
R	8.9	Adam Clayton Powell Jr Blvd	0.3
R	9.2	BR sidewalk @ 153rd (curb cut) to continue onto Macombs Dam Bridge to Bronx	0.3
S	9.4	X Maj Deegan 2x in crosswalks TRO bridge	0.2
S	9.6	Straight onto Jerome Avenue (exit sidewalk onto roadway)	0.6
L	10.2	Edward L Grant Hwy	0.3
BL	10.5	TRO Edward L. Grant Hwy	0.3
L	10.8	BL into bus lane	0.0
QL	10.8	bike lane	0.0
QR	10.8	University Ave	0.2
R	11.0	bike path into Highbridge Park	0.1
QR	11.1	and continue onto High Bridge to Manhattan then continue south on bike path	0.7
R	11.8	turn R past flagpole and go up ramp alongside stairs, then hard R onto Edgecombe heading north	0.3
R	12.2	BR onto Amsterdam Ave	0.1
PIT	12.3	Highbridge Park Water/Bathrooms	0.4
R	12.7	Laurel Hill Terrace	0.1
QR	12.8	sidewalk toward Washington Bridge	0.4
L	13.2	X University Ave then turn left	0.8
L	14.1	W Burnside Ave to end	0.3
R	14.3	W 179th St	0.1
QR	14.4	Cedar Ave	0.5
L	14.9	sidewalk @ gas station (do not X Fordham Rd)	0.0
S	14.9	University Heights Bridge to Manhattan	0.3
L	15.2	9th Ave	0.1
QR	15.3	W 206th St	0.1
R	15.4	10th Ave	0.5
R	15.8	W 215th St	0.1
L	16.0	9th Ave	0.3
R	16.3	Broadway Bridge on sidewalk	0.3
L	16.5	W 228th St	0.1

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R	16.7	Marble Hill Ave	0.1
QL	16.8	W 230th St	0.2
L	17.0	Irwin Ave	0.1
R	17.1	Hard right on Johnson Ave (uphill)	0.5
L	17.6	W 235th St	0.1
QL	17.6	Netherland Ave	0.1
R	17.8	W 232nd St	0.2
L	17.9	Henry Hudson Pkwy	0.3
L	18.3	up stairs to sidewalk of Henry Hudson Bridge	0.4
R	18.7	the Greenway path	0.4
R	19.0	Up stairs over RR tracks	0.1
QL	19.1	waterfront path	0.3
BR	19.4	path	0.1
S	19.5	Continue straight across Dykman St	0.1
S	19.6	ramp up to Hudson River Greenway	1.3
R	20.9	Sharp right onto ramp to bridge X'ing hwy	0.1
QR	21.0	Riverside Dr	0.1
QL	21.1	W 181st St	0.1
R	21.2	Cabrini Blvd	0.1
QL	21.2	W 180th St	0.1
R	21.3	Fort Washington Ave	0.6
L	21.9	W 168th St	0.2
R	22.1	St Nicholas Ave	0.4
R	22.5	Amsterdam Ave	0.1
QL	22.5	W 160th St	0.0
QR	22.6	St Nicholas Ave	0.4
R	23.0	at W 152nd St toward Convent Ave	0.0
BL	23.0	Convent Ave	1.3
S	24.3	Morningside Ave	0.7
S	25.0	Manhattan Ave	0.2
L	25.2	W 110th	0.1
QR	25.2	Frederick Douglass Cir	0.0
S	25.3	Continue straight into Central Park	0.0
	25.3	Ride ends at Central Park West & 110th St	0.0
	25.3	End of route	

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