

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	W 110th St	0.3
R	0.3	Adam Clayton Powell Jr Blvd	0.4
L	0.6	W 117th St	0.0
QR	0.7	St Nicholas Ave	2.3
S	3.0	Follow bike path onto left sidewalk and bear right onto Amsterdam Ave	0.2
R	3.2	W 165th St	0.1
QR	3.3	Jog right/left across Edgecombe Ave onto bike path and bear left	0.5
S	3.8	Continue past the stairs and down ramp onto High Bridge Note: Walk bikes on ramp; ride across bridge	0.3
R	4.1	University Ave Note: Bike lane goes against traffic	0.0
QL	4.1	W 170th St	0.1
L	4.3	Third left onto Plimpton Ave	0.1
BL	4.4	Dr Martin Luther King Jr Blvd ⇒ University Ave	2.4
R	6.8	Strong St	0.1
QL	6.9	Goulden Ave. (NOT hard left)	0.6
R	7.4	W 205th St	0.2
L	7.7	Jerome Ave	0.1
QR	7.7	Van Cortlandt Ave E	0.4
L	8.2	Bainbridge Ave	0.5
L	8.7	E 212th St	0.1
L	8.8	Jerome Ave	0.1
R	8.9	at Gun Hill Rd. onto path up to restrooms	0.1
PIT	9.0	Pit stop, then return to Jerome Ave.	0.1
L	9.2	Jerome Ave	0.9
R	10.1	E 233rd St	0.2
L	10.3	Van Cortlandt Park E	0.8
R	11.1	McLean Ave	0.2
L	11.3	Woodlawn Ave ⇒ Sterling	0.6
R	11.9	Kimball Ave ⇒ Bronxville Rd.	2.5
R	14.4	Pondfield Rd W	0.3
R	14.7	TRO Pondfield Rd W	0.0
S	14.8	@ Circle, take the 3rd exit and stay on Pondfield Rd W	0.2

Go	At	On	For
PIT	15.0	Lunch in Bronxville Note: Lange's Deli - 94 Pondfield; or Il Bacio (pizza) 1 Park Pl.	0.0
	15.0	After lunch, continue on Pondfield or take Park Pl. to Kraft, left on Kraft	0.2
R	15.3	Midland Ave ⇒ Bronx River Rd	3.0
R	18.3	McLean Ave Note: Sign on left says Nereid Ave; sign on right says E. 240 St	0.1
L	18.4	E 241st St	0.3
L	18.7	Van Cortlandt Park E	0.6
R	19.3	E 233rd St	0.2
L	19.5	Jerome Ave	0.6
	20.1	#4 train or bear left on Bainbridge to D train at 206th St.	0.3
R	20.4	W Gun Hill Rd	0.3
S	20.7	Van Cortlandt Park S	0.0
QR	20.8	Cross onto sidewalk and turn right onto Mosholu Greenway	0.9
R	21.7	John Kieran Nature Trail Note: May be muddy!	0.3
L	22.0	trail	0.0
QR	22.0	(after muddy section)	0.2
L	22.2	Broadway Note: #1 train.	0.2
R	22.4	at the 1st cross street onto W 240th St	0.1
QL	22.5	2nd left onto Tibbett Ave	0.7
L	23.2	W 230th St	0.1
R	23.3	1st right onto Marble Hill Ave	0.1
QL	23.4	1st left onto W 228th St	0.1
R	23.5	Broadway Note: #1 train	0.1
S	23.6	Cross Broadway Bridge on sidewalk Note: Yield to pedestrians	0.3
R	23.9	W 218th St	0.2
L	24.1	Seaman Ave	0.7
R	24.8	Dyckman St Note: Turn left on Dyckman for A train. Official end of ride	0.2

Go	At	On	For
L	25.1	Hudson River Greenway Note: Bear left at Y in path	0.2
S	25.3	Hudson River Greenway	5.6
L	30.9	Exit Greenway at 100th St.	0.0
QL	30.9	under highway	0.1
QR	31.0	Turn right twice	0.1
L	31.1	Riverside Dr	0.1
	31.2	End of route	