

Go	At	On	For
	0.0	Start of route	0.0
<b>L</b>	0.0	path	0.2
<b>L</b>	0.2	at fork and continue into left-hand U-turn down hill thru underpass	0.1
<b>QR</b>	0.3	Hudson River Greenway	2.7
<b>R</b>	2.9	path to pedestrian/bicycle bridge; continue up ramp, across bridge and up ramp on far side	0.1
<b>QL</b>	3.0	sidewalk to crosswalk at W. 153rd St.	0.0
<b>QL</b>	3.1	Riverside Dr	0.1
<b>R</b>	3.2	W. 155th St and bear left on Riverside Dr	0.2
<b>S</b>	3.4	At light cross onto W 158th St bike lane (left side of road)	0.3
<b>L</b>	3.7	St Nicholas Ave	0.2
<b>BL</b>	3.9	Follow bike lane onto left side and up onto sidewalk	0.0
<b>S</b>	3.9	Cross W. 162nd St onto Amsterdam Ave bike lane	0.2
<b>R</b>	4.1	W 165th St	0.1
<b>S</b>	4.2	Cross Edgecombe Ave onto bike path and bear left downhill	0.5
<b>R</b>	4.7	ramp down to High Bridge	0.3
<b>BL</b>	4.9	up ramp to exit High Bridge	0.1
<b>QL</b>	5.0	University Ave	0.2
<b>R</b>	5.2	Dr Martin Luther King Jr Blvd	0.1
<b>QL</b>	5.3	1st left onto Plimpton Ave	0.1
<b>R</b>	5.4	Plimpton Ave turns right and becomes W 172nd St (to end)	0.2
<b>L</b>	5.6	Jesup Ave (to end)	0.2
<b>R</b>	5.8	Featherbed Ln	0.1
<b>QL</b>	5.9	1st left onto Macombs Rd uphill	0.2
<b>R</b>	6.0	3rd right onto W 176th St	0.1
<b>QL</b>	6.1	1st left onto Harrison Ave	0.1
<b>QL</b>	6.2	1st left onto W Tremont Ave bike lane	0.3
<b>BR</b>	6.5	Sedgwick Ave (bottom of hill)	1.1
<b>BR</b>	7.6	TRO Sedgwick (at Bailey)	0.6
<b>R</b>	8.2	W 197th St (to end)	0.3
<b>L</b>	8.5	Goulden Ave (to end)	0.9
<b>L</b>	9.4	Sedgwick Ave	0.0
<b>QR</b>	9.4	1st right onto Dickinson Ave <i>Very rough road</i>	0.1

Go	At	On	For
<b>R</b>	9.6	W Gun Hill Rd	0.4
<b>L</b>	9.9	at Jerome Ave onto sidewalk and up path to parks building	0.1
<b>PIT</b>	10.0	Pit stop at playground	0.0
	10.0	Return down path to Jerome Ave	0.1
<b>QL</b>	10.1	Jerome Ave	0.9
<b>R</b>	11.0	E 233rd St	0.2
<b>L</b>	11.2	Van Cortlandt Park E	0.5
<b>R</b>	11.7	E 240th St	0.2
<b>L</b>	11.9	2nd left onto Martha Ave	0.1
<b>R</b>	12.1	McLean Ave	0.0
<b>QL</b>	12.1	1st left onto Sterling Ave	0.4
<b>L</b>	12.5	at stop sign TRO Sterling (at Woodlawn)	0.2
<b>R</b>	12.7	Kimball Ave	1.9
<b>R</b>	14.6	Glen Washington Rd (at light at top of hill) <i>Sarah Lawrence College sign</i>	0.1
<b>S</b>	14.7	Boulder Trail <i>Go around island with bush</i>	0.2
<b>L</b>	14.9	at stop sign TRO Boulder Trail	0.0
<b>QR</b>	14.9	Immediate right onto Langdon Terrace/Dewitt Ave	0.4
<b>BL</b>	15.3	Parkway Rd	0.2
<b>S</b>	15.5	@ Circle, take the 1st exit onto Pondfield Rd W	0.0
<b>BR</b>	15.5	thru underpass and continue straight on Pondfield Rd	0.2
<b>R</b>	15.7	Park Pl	0.0
<b>PIT</b>	15.7	Lunch at Lange's Deli or Il Baccio Pizza	0.1
<b>QL</b>	15.8	Kraft Ave	0.3
<b>R</b>	16.1	Midland Ave ⇒ Bronx River Rd <i>Very rough road after you bear left over Parkway</i>	2.9
<b>R</b>	19.0	E 240th St/McLean Ave	0.1
<b>L</b>	19.1	E 241st St	0.3
<b>L</b>	19.4	Van Cortlandt Park E	0.6
<b>R</b>	20.0	E 233rd St	0.2
<b>L</b>	20.2	Jerome Ave	0.9
<b>PIT</b>	21.1	Pit stop, if necessary	0.0
<b>QR</b>	21.1	W Gun Hill Rd	0.4
<b>L</b>	21.5	Dickinson Ave	0.1

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<b>R</b>	21.6	Sedgwick Ave	0.2
<b>BR</b>	21.8	Van Cortlandt Ave W	0.2
<b>S</b>	22.0	Van Cortlandt Park S <i>Watch for traffic on right</i>	0.3
<b>S</b>	22.3	Cross Broadway onto W 240th St	0.1
<b>QL</b>	22.4	2nd left onto Tibbett Ave	0.7
<b>L</b>	23.1	W 230th St	0.1
<b>R</b>	23.2	Kingsbridge Ave/Marble Hill Ave	0.1
<b>QR</b>	23.3	W 228th St ⇒ Terrace View	0.3
<b>S</b>	23.6	W 225th St	0.2
<b>R</b>	23.8	Broadway Bridge sidewalk <i>Yield to pedestrians</i>	0.3
<b>R</b>	24.1	W 218th St	0.2
<b>L</b>	24.3	Seaman Ave	0.6
<b>R</b>	24.9	Beak St	0.1
<b>QL</b>	24.9	Payson Ave	0.2
<b>L</b>	25.1	Riverside Dr	0.1
<b>R</b>	25.2	Broadway	0.5
<b>R</b>	25.7	Bennett Ave	0.7
<b>R</b>	26.4	W 181st St	0.1
<b>QL</b>	26.5	Fort Washington Ave	0.8
<b>R</b>	27.3	W 165th St	0.1
<b>L</b>	27.4	Riverside Dr	3.5
	31.0	Ride ends at Dinosaur Play-ground - Riverside Dr. & W. 97th St	0.0
	31.0	End of route	