

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	From Boathouse, go north on East Dr.	2.2
R	2.2	Exit park & turn right onto Adam Clayton Powell Jr Blvd	0.4
L	2.6	W 117th St	0.0
QR	2.6	St Nicholas Ave	2.3
S	4.9	Follow bike path onto sidewalk and bear right onto Amsterdam Ave	0.2
R	5.1	W 165th St	0.1
QR	5.2	Jog right/left across Edgecombe Ave onto bike path and bear left	0.5
S	5.7	Continue past the stairs and down ramp onto High Bridge Note: Walk bikes on ramp	0.3
R	6.0	University Ave Note: Bike lane goes against traffic	0.0
QL	6.1	W 170th St	0.1
L	6.2	Third left onto Plimpton Ave	0.1
BL	6.3	Dr Martin Luther King Jr Blvd ⇒ University Ave	2.4
R	8.7	Strong St	0.1
QL	8.8	Goulden Ave. (NOT hard left)	0.6
R	9.4	W 205th St	0.2
L	9.6	Jerome Ave	0.1
QR	9.7	Van Cortlandt Ave E	0.3
L	10.0	E Mosholu Pkwy N	0.4
R	10.4	Gates Pl	0.1
S	10.6	Cross Gun Hill Rd onto bike path and bear right uphill to bathrooms	0.1
PIT	10.6	Pit stop; then continue down path to Jerome Ave	0.1
QL	10.7	Jerome Ave	0.3
BL	11.0	TRO Jerome Ave	0.6
R	11.6	E 233rd St	0.2
L	11.8	Van Cortlandt Park E	0.8
R	12.6	McLean Ave	0.2
L	12.8	Woodlawn Ave ⇒ Sterling	0.6
R	13.4	Kimball Ave ⇒ Bronxville Rd.	2.5
R	16.0	Pondfield Rd W	0.3
R	16.3	TRO Pondfield Rd W	0.0

Go	At	On	For
S	16.3	@ Circle, take the 3rd exit and stay on Pondfield Rd W	0.3
PIT	16.5	Lunch @ Lange's Deli or turn right on Park Pl for Pizza Note: After lunch, continue on Pondfield	0.3
R	16.8	Midland Ave ⇒ Bronx River Rd	3.0
R	19.8	McLean Ave Note: Sign on left says Nereid Ave; sign on right says E. 240 St	0.1
L	19.9	E 241st St	0.3
L	20.2	Van Cortlandt Park E	0.6
R	20.9	E 233rd St	0.2
L	21.0	Jerome Ave	0.6
	21.6	#4 train at Woodlawn, or bear left onto Bainbridge for 0.7 mi to 206th St. for D train.	0.4
R	21.9	W Gun Hill Rd	0.3
L	22.3	Go straight across Mosholu Pkwy onto sidewalk and turn right onto Mosholu Greenway	0.9
R	23.2	bike path	0.1
QR	23.2	John Kieran Nature Trail Note: Caution: may be muddy	0.0
QL	23.3	Turn left	0.0
QR	23.3	Turn right	0.2
L	23.5	Broadway	0.2
R	23.7	W 240th St	0.0
QL	23.7	Corlear Ave	0.7
L	24.4	W 230th St	0.1
QR	24.5	Marble Hill Ave	0.1
QL	24.6	W 228th St	0.1
R	24.7	Broadway	0.1
S	24.9	Cross Broadway Bridge on sidewalk Note: Go slow and yield to pedestrians	0.2
L	25.1	Exit sidewalk onto Broadway	0.1
R	25.2	W 218th St	0.2
L	25.4	Seaman Ave	0.7
R	26.1	Dyckman St	0.2
L	26.3	ramp to Greenway. Go left at "Y" in ramp	6.2

Go	At	On	For
BL	32.5	to exit Greenway at W. 92nd St	0.1
QL	32.6	Turn left	0.1
R	32.7	Riverside Dr	0.1
QL	32.8	W 90th St	0.7
R	33.4	West Dr	1.1
L	34.5	Terrace Dr	0.3
L	34.8	Sharp left onto East Dr	0.1
	35.0	Ride ends at Boathouse	0.0
	35.0	End of route	