

Go	At	On	For
	0.0	Start of route	0.1
R	0.1	Hudson River Greenway	0.3
BR	0.4	Hudson River Greenway	6.9
R	7.3	Dyckman St	0.2
L	7.5	Seaman Ave	0.7
R	8.3	W 218th St	0.3
L	8.6	9th Ave	0.2
R	8.8	at Broadway <i>Cross bridge on sidewalk</i>	0.3
L	9.0	W 228th St	0.1
R	9.1	Marble Hill Ave	0.1
QL	9.2	W 230th St	0.1
R	9.4	Tibbett Ave	0.7
L	10.0	W 240th St	0.1
BR	10.1	Irwin Ave <i>Take bike path</i>	0.1
R	10.2	Manhattan College Pkwy	0.2
BR	10.4	W 242nd St	0.1
S	10.5	Cross Broadway onto Van Cortlandt Park bike path	0.2
L	10.7	John Kieran Nature Trail	0.0
QR	10.7	John Kieran Nature Trail	0.0
QL	10.7	Van Cortlandt Ave W	0.1
PIT	10.8	Pit stop @ Golf House <i>Then continue onto bike path</i>	0.2
BR	11.0	up ramp	0.6
L	11.6	Van Cortlandt Park S.	0.0
S	11.7	Cross Mosholu Pkwy onto W Gun Hill Rd	0.4
R	12.1	Dekalb Ave	0.2
L	12.3	E 208th St	0.2
BL	12.4	across Steuben Ave TRO E 208th St	0.1
R	12.5	Bainbridge Ave	0.1
L	12.7	E 207th St	0.2
R	12.9	Hull Ave	0.4
L	13.3	Mosholu Parkway Greenway	0.4
BL	13.6	above ball fields	0.1
R	13.8	Turn right	0.5
L	14.3	Bronx Park E	0.0
QR	14.3	Bronx Park E	0.1
L	14.4	Britton St	0.1

Go	At	On	For
QR	14.5	Barker Ave	0.4
L	14.9	Waring Ave	0.3
R	15.1	Wallace Ave	0.1
L	15.2	Astor Ave	1.5
R	16.7	Gunther Ave	0.1
R	16.8	Stillwell Ave	0.1
S	16.9	Cross Pelham Pkwy at ped. crossing	0.0
QL	16.9	Greenway	0.1
S	17.1	Continue straight across cloverleafs <i>Caution: fast traffic entering & exiting</i>	0.7
L	17.8	bridge path	0.7
R	18.5	bike path at City Island Rd	1.3
S	19.8	City Island Ave at end of bridge	0.2
L	20.0	Cross St	0.0
QR	20.1	Minnieford Ave	0.3
L	20.3	Ditmars St	0.1
QR	20.4	King Ave	0.2
R	20.6	Fordham St	0.1
QL	20.7	Minnieford Ave	0.1
R	20.8	Carroll St	0.1
QL	20.8	City Island Ave	0.6
PIT	21.4	Lunch @ Johnny's Reef	0.0
S	21.4	Make a U-turn	0.7
R	22.1	Fordham St	0.1
L	22.2	King Ave	0.2
L	22.4	Ditmars St	0.0
QR	22.4	King Ave	0.2
L	22.6	Beach St	0.0
QR	22.7	Minnieford Ave	0.2
R	22.9	Kilroe St	0.0
QL	22.9	King Ave	0.2
L	23.1	Terrace St/Minnieford Ave	0.1
R	23.2	Bridge St ⇒ City Island Ave	0.1
BR	23.3	TRO City Island Ave	0.0
QR	23.3	Turn right <i>Cross bridge on bike path</i>	0.7
L	24.1	after traffic circle to continue along City Island Rd	0.6
L	24.7	at Pelham Bridge Rd	0.0

Go	At	On	For
BR	24.8	bike path to cross bridge	0.7
R	25.5	across road to bike path	0.9
R	26.3	across Pelham Pkwy at crosswalk	0.0
QR	26.3	Cross Stillwell Ave at crosswalk and turn left onto Stillwell	0.1
L	26.5	Wickham Ave	0.1
QL	26.5	Astor Ave	0.2
R	26.8	Westervelt Ave	0.1
L	26.9	Waring Ave	1.5
R	28.4	Olinville Ave	0.4
L	28.7	Britton St	0.1
R	28.9	Bronx Park E	0.1
L	29.0	into park	0.0
QR	29.0	bike path	0.5
S	29.5	Continue straight uphill at fork	0.1
QR	29.6	road	0.0
S	29.6	E 204th St	0.2
R	29.8	Perry Ave	0.3
L	30.1	Holt Pl	0.0
QR	30.1	Reservoir Oval E	0.4
R	30.5	Bainbridge Ave	0.2
L	30.8	E Gun Hill Rd	0.5
S	31.3	Cross Mosholu Pkwy	0.0
QR	31.3	Mosholu Parkway Greenway	0.7
S	32.1	Van Cortlandt Ave W	0.1
PIT	32.2	Pit stop at Golf House	0.0
QR	32.2	John Kieran Nature Trail	0.0
QL	32.3	trail	0.0
QR	32.3	trail	0.2
L	32.5	Broadway	0.2
R	32.7	W 240th St	0.0
QL	32.8	Corlear Ave	0.7
L	33.5	W 230th St	0.1
QR	33.5	Marble Hill Ave	0.1
QR	33.6	W 228th St	0.1
S	33.7	Terrace View Ave	0.2
S	33.9	W 225th St	0.2
R	34.1	bridge sidewalk <i>Yield to pedestrians</i>	0.3
R	34.4	W 218th St	0.2
L	34.6	Seaman Ave	0.4
R	35.0	Payson Ave	0.3

Go	At	On	For
R	35.3	Dyckman St	0.2
L	35.5	Greenway	6.9
BL	42.4	72nd St. exit	0.3
L	42.7	up path	0.1
QR	42.8	at circle to Riverside & 72nd	0.0
	42.8	End of route	