

Go	At	On	For
	0.0	Start of route	0.0
S	0.0	Start on the Park Drive by the Boathouse and head north	2.2
BR	2.2	Adam Clayton Powell Jr Blvd	0.0
QL	2.2	Central Park N	0.2
S	2.5	110th after the circle	0.7
R	3.1	Riverside Dr	2.8
R	5.9	W 165th St	0.1
L	6.0	Fort Washington Ave	0.7
L	6.7	W 179th St	0.0
BR	6.7	TRO W 179th St	0.1
BR	6.8	Cabrini Blvd	0.1
QL	6.8	GWB North Walk	1.4
L	8.2	Hudson Terrace	0.2
S	8.4	Make a U-turn at Central Ave	0.4
L	8.8	Henry Hudson Dr	0.9
S	9.7	@ Circle, continue straight TRO Henry Hudson Dr	1.4
BL	11.2	TRO Henry Hudson Dr	3.3
S	14.5	Henry Hudson Dr	1.4
S	15.9	@ Circle, continue straight TRO Henry Hudson Dr	1.1
L	17.0	Alpine Approach Rd	0.2
R	17.1	New York State Bicycle Rte 9	4.1
R	21.3	Turn rt onto Washington Spring Rd	0.3
L	21.5	TRO Washington Spring Rd	0.3
L	21.8	Snedens Landing to River then U-Turn and return	0.4
R	22.2	Washington Spring Rd	0.3
R	22.5	TRO Washington Spring Rd	0.3
R	22.7	Rte 9W N	0.6
L	23.3	road through former IBM complex. Sign now says HNA.	0.8
R	24.1	NY-340 W	0.9
L	25.0	Piermont Ave	0.2
R	25.2	Hickey St	0.0
QL	25.3	Kings Hwy	1.5
R	26.8	NY-303 N	0.2
R	27.0	Mountain View Ave	1.3
BR	28.3	NY-303 N	0.1
BR	28.4	Greenbush Rd	0.5

Go	At	On	For
R	28.9	Bradley Hill Rd	1.0
BR	30.0	Tweed Blvd/CR-5	1.5
S	31.5	Tweed Blvd	2.2
	33.6	Be very careful and slow as possible on the final steep descent ramp to 9W as there is no run-off	0.0
QR	33.7	9W	0.1
	33.7	Be attentive of cars on 9W prior to making the left turn onto Crescent Rd	0.0
QL	33.7	Crescent Rd	0.2
L	34.0	Piermont Pl	0.1
QR	34.1	Ash St	0.1
R	34.2	Sharp right onto Ash St	0.1
QL	34.3	TRO Ash St	0.1
QR	34.3	Piermont Ave	0.1
PIT	34.4	Community Market for take-out or seating and bathrooms	0.0
S	34.4	With take-out return north on Piermont Ave	0.1
QR	34.4	Ash St	0.1
L	34.5	Round House Rd⇒Hudson Way	0.1
	34.6	Have lunch in the Gazebo. Piermont Bike Shop for bathrooms & fixes	0.0
QR	34.6	Turn rt onto Hudson Way	0.0
QL	34.7	Chiggelzby Ave⇒Roundhouse Rd	0.1
R	34.8	Gair St	0.1
QL	34.8	Piermont Ave	0.4
L	35.2	Rockland Rd	0.7
L	35.9	Rte 9W S	1.1
R	36.9	Closter Rd	0.7
S	37.7	Rockleigh Rd	0.7
L	38.4	Piermont Rd	3.6
R	42.0	Piermont Rd	0.8
L	42.8	Union Ave ⇒ Hillside Ave	0.7
R	43.6	Kennedy Dr	0.2
L	43.8	Eisenhower Dr	0.6
L	44.4	Truman Dr	0.2
R	44.6	Jackson Dr	0.1
R	44.8	Hemlock Dr	0.2
R	44.9	Rio Vista Dr	0.7

Go	At	On	For
R	45.6	The Esplanade	0.1
QR	45.7	Rte 9W	2.5
R	48.2	Sage Rd	0.1
L	48.3	Johnson Ave	0.4
L	48.7	Van Wagoner Dr	0.1
R	48.9	Floyd St	1.0
L	49.9	E Palisade Ave	0.2
R	50.1	Hudson Terrace	1.9
L	52.0	GWB North Walk	1.4
S	53.4	W 180th St	0.1
R	53.5	Fort Washington Ave	0.2
R	53.7	W 177th St	0.1
L	53.8	Haven Ave	0.4
L	54.2	W 169th St	0.1
QR	54.3	Fort Washington Ave	0.2
R	54.4	W 165th St	0.2
L	54.6	Riverside Dr	3.9
L	58.6	W 90th St	0.6
S	59.2	Continue straight into Central Park and continue south on Park Drive	1.1
L	60.3	Sharp left onto Terrace Dr	0.3
L	60.6	Sharp left onto East Dr	0.1
S	60.8	Boat House and end of route	0.0
	60.8	End of route	