

Go	At	On	For
	0.0	Start of route	0.2
Uturn	0.2	U Turn to follow bike path to greenway	0.1
QR	0.3	Hudson River Greenway	2.6
R	2.8	entrance to Denny Farrell Bridge	0.1
QR	2.9	Bridge	0.1
L	3.0	Riverside Dr	0.2
R	3.3	W 155th St and bear left on Riverside Dr	0.2
L	3.5	At light, take 3rd left uphill on Riverside Dr	0.3
R	3.8	W 162nd St	0.1
L	3.9	Fort Washington Ave	0.8
L	4.7	W 179th St	0.0
BR	4.7	TRO W 179th St	0.1
BR	4.8	Cabrini Blvd	0.1
QL	4.9	GWB North Walk	1.4
L	6.3	TRO sidewalk	0.3
S	6.6	Main St	0.2
L	6.8	Henry Hudson Dr	0.9
S	7.7	@ Circle, continue straight TRO Henry Hudson Dr	1.5
BL	9.1	TRO Henry Hudson Dr	4.7
S	13.9	@ Circle, continue straight uphill TRO Henry Hudson Dr	1.0
PIT	14.8	Pit stop @ Alpine Station <i>Then continue north on Henry Hudson Dr</i>	0.1
Slight Left	14.9	Alpine Approach Rd	0.1
QL	15.0	At stop sign turn left toward 9W <i>Caution: fast traffic from right</i>	0.1
L	15.1	9W	1.8
R	16.9	The Esplanade	0.1
QL	17.0	Rio Vista Dr	0.7
L	17.7	Hemlock Dr	0.2
L	17.8	Jackson Dr	0.1
R	18.0	Truman Dr	0.6
L	18.5	Hillside Ave	0.2
R	18.7	Ross Ave	0.5
L	19.2	County Rd	0.5
R	19.7	Sharp right onto E Madison Ave	0.3
PIT	20.0	LUNCH Farmhouse Cafe & Eatery	0.0

Go	At	On	For
QL	20.1	Exit Cafe - R onto E. Madison, QL onto Piermont Rd	0.9
R	21.0	Central Ave	0.1
L	21.1	Tenafly Rd	1.3
L	22.4	W Hudson Ave	0.3
S	22.7	Continue on E Hudson Ave	0.5
R	23.2	Elkwood Terrace	0.1
QL	23.3	Lydecker St	0.1
L	23.4	Next Day Hill Dr	0.4
L	23.8	Speer Ave	0.1
L	24.0	Highview Rd	0.2
S	24.2	Illingworth Ave	0.2
R	24.4	Woodland St	0.5
L	24.9	Lyncrest Rd	0.4
R	25.2	Summit St	0.7
L	25.9	E Palisade Ave	0.4
R	26.4	Hudson Terrace	1.9
L	28.3	GWB North Walk	1.4
S	29.7	W 180th St	0.1
R	29.8	Fort Washington Ave	0.2
R	30.0	W 177th St	0.1
QR	30.1	Cabrini Blvd	0.1
	30.1	End of route	