Go	At	On	For
GO	0.0	Start of route	0.0
L	0.0		
R		Riverside Dr.  W. 155th St. and bear left on	3.0
	3.0	Riverside Dr	_
L	3.2	At W. 158th St., take 3rd left uphill TRO Riverside Dr	0.3
R	3.5	W 162nd St	0.1
L	3.6	Fort Washington Ave	0.7
L	4.4	W 177th St	0.1
R	4.5	Cabrini Blvd	0.1
QL	4.5	sidewalk and ramp to bridge	1.3
R	5.8	TRO Hudson Ter.	1.9
L	7.7	Clendinen	0.1
QR	7.7	into police station parking lot	0.0
PIT	7.8	Pit stop at police station  Note: Park bikes on left; go in 3 or 4 at a time and be quiet.	0.0
QR	7.8	Stephens Ter.	0.1
QL	7.8	Hudson Terrace	0.1
QL	7.9	E Palisade Ave	0.4
R	8.3	Summit St	0.7
L	9.0	Lyncrest Rd	0.4
R	9.4	N Woodland St	8.0
L	10.2	Churchill Rd	0.7
R	10.9	Leroy St	0.1
QL	10.9	Woodland Park Dr	0.4
R	11.3	Engle St	1.1
L	12.5	Hudson Ave	0.5
R	13.0	Piermont Rd	0.5
R	13.5	Union Ave	0.1
PIT	13.5	Lunch at Bagel Shop	0.2
R	13.7	County Rd	1.3
L	15.1	E Clinton Ave	0.1
QR	15.1	Dean Dr	0.9
L	16.0	E Ivy Ln	0.1
S	16.1	E Hudson Ave	0.5
R	16.5	Elkwood Terrace	0.1
QL	16.6	Lydecker St	0.1
R	16.8	TRO Lydecker St	0.2
S	17.0	Jog left/right across Glenwood Rd TSO Lydecker	0.5
L	17.5	Cedar St	0.2

Go	At	On	For
R	17.7	Brayton St	0.1
L	17.8	Walnut St	0.3
L	18.2	N Woodland St	0.1
R	18.3	Pershing Rd	0.3
R	18.6	Summit St	0.4
L	19.0	John St	0.3
S	19.4	At 9W, push pedestrian button to cross	0.1
R	19.5	Hudson Terrace	1.8
L	21.3	GW Bridge bike path	1.3
R	22.6	Cabrini Blvd	0.1
QR	22.7	W 177th St	0.0
QL	22.7	Haven Ave	0.5
R	23.2	Fort Washington Ave	0.1
R	23.3	W 165th St	0.1
QL	23.4	Riverside Dr	3.6
	27.0	Ride ends at 97th & Riverside	0.0
	27.0	End of route	