

| 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 | 0.7 |
| L | 4.6 | W 177th St | 0.1 |
| R | 4.7 | Cabrini Blvd | 1.3 |
| L | 6.1 | Bike Path Link to HH Drive | 0.5 |
| L | 6.5 | Henry Hudson Dr | 0.9 |
| S | 7.4 | @ Circle, continue straight TRO Henry Hudson Dr | 1.5 |
| BL | 8.9 | TRO Henry Hudson Dr | 4.7 |
| S | 13.6 | @ Circle, continue straight uphill TRO Henry Hudson Dr | 1.0 |
| PIT | 14.6 | Pit stop @ Alpine Station <i>Then continue north on Henry Hudson Dr</i> | 0.1 |
| Slight Left | 14.7 | Alpine Approach Rd | 0.1 |
| QL | 14.8 | At stop sign turn left toward 9W <i>Caution: fast traffic from right</i> | 0.1 |
| L | 14.9 | 9W | 1.8 |
| R | 16.7 | The Esplanade | 0.1 |
| QL | 16.7 | Rio Vista Dr | 0.7 |
| L | 17.4 | Hemlock Dr | 0.2 |
| L | 17.6 | Jackson Dr | 0.1 |
| R | 17.7 | Truman Dr | 0.6 |
| L | 18.3 | Hillside Ave | 0.2 |
| R | 18.5 | Ross Ave | 0.5 |
| L | 19.0 | County Rd | 0.5 |
| R | 19.4 | Sharp right onto E Madison Ave | 0.3 |
| PIT | 19.8 | LUNCH Farmhouse Cafe & Eatery | 0.0 |
| QL | 19.8 | Exit Cafe - R onto E. Madison, QL onto Piermont Rd | 0.9 |

| Go | At | On | For |
|-----------|------|--------------------------|-----|
| R | 20.7 | Central Ave | 0.1 |
| L | 20.9 | Tenafly Rd | 1.3 |
| L | 22.2 | W Hudson Ave | 0.3 |
| S | 22.5 | Continue on E Hudson Ave | 0.5 |
| R | 22.9 | Elkwood Terrace | 0.1 |
| QL | 23.0 | Lydecker St | 0.1 |
| L | 23.2 | Next Day Hill Dr | 0.4 |
| L | 23.6 | Speer Ave | 0.1 |
| L | 23.7 | Highview Rd | 0.2 |
| S | 24.0 | Illingworth Ave | 0.2 |
| R | 24.1 | Woodland St | 0.5 |
| L | 24.6 | Lyncrest Rd | 0.4 |
| R | 25.0 | Summit St | 0.7 |
| L | 25.7 | E Palisade Ave | 0.4 |
| R | 26.1 | Hudson Terrace | 2.0 |
| L | 28.1 | GWB Bike Path | 1.3 |
| R | 29.4 | X GWB on Bike Path | 0.0 |
| QR | 29.4 | Cabrini Blvd | 0.1 |
| | 29.4 | End of route | |