

Go	At	On	For
	0.0	Start of route	0.0
<b>L</b>	0.0	East Dr	1.1
<b>R</b>	1.1	E 96th St	0.0
<b>QL</b>	1.1	E 96th St	0.0
<b>QR</b>	1.1	E 96th St	0.0
<b>QL</b>	1.2	E 96th St	0.0
<b>QR</b>	1.2	E 96th St	0.7
<b>L</b>	1.9	1st Ave bike lane	0.3
<b>R</b>	2.2	E 102nd St	0.1
<b>BL</b>	2.3	FDR overpass onto Ward's Island Bridge	0.4
<b>L</b>	2.7	Harlem River Pathway	0.6
<b>L</b>	3.3	Little Hell Gate Bridge	0.1
<b>L</b>	3.4	Harlem River Pathway	1.1
<b>L</b>	4.5	Central Rd	0.1
<b>S</b>	4.6	Randall's Island Connector	0.2
<b>R</b>	4.9	E 132nd St	0.1
<b>QL</b>	4.9	Walnut Ave	0.3
<b>L</b>	5.2	E 138th St	0.5
<b>R</b>	5.8	St Ann's Ave	0.6
<b>R</b>	6.3	E 149th St	0.5
<b>L</b>	6.8	Prospect Ave	1.6
<b>S</b>	8.4	Crotona Ave	0.4
<b>PIT</b>	8.8	Pit stop for bathroom	0.1
<b>QR</b>	8.9	park path	0.2
<b>BL</b>	9.1	at oval	0.1
<b>BR</b>	9.2	TRO Crotona Park Greenway	0.1
<b>BR</b>	9.2	TRO Crotona Park Greenway	0.0
<b>BL</b>	9.3	TRO Crotona Park Greenway	0.1
<b>BR</b>	9.4	TRO Crotona Park Greenway	0.0
<b>QL</b>	9.4	to exit park and continue straight on Charlotte St	0.3
<b>BL</b>	9.7	Jennings St	0.4
<b>S</b>	10.1	Cross Sheridan Blvd at light, then left on Edgewater Rd	0.2
<b>R</b>	10.2	path thru park	0.3
<b>S</b>	10.5	Take the pedestrian overpass and turn right at top onto E 174th St	0.2
<b>R</b>	10.7	Bronx River Ave	1.0
<b>L</b>	11.7	at end onto Story Ave	0.1
<b>QR</b>	11.8	Colgate Ave	0.2
<b>R</b>	12.1	park path	0.0

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<b>PIT</b>	12.1	Pit stop at park bathrooms	0.0
<b>QR</b>	12.1	at T	0.1
<b>QL</b>	12.2	at T	0.8
<b>R</b>	13.0	Take 2nd right on path	0.2
<b>R</b>	13.2	around amphitheatre	0.4
<b>R</b>	13.6	Exit park Right onto Leland Ave	0.2
<b>L</b>	13.8	Gildersleeve Ave	0.3
<b>L</b>	14.0	Stephens Ave	0.1
<b>R</b>	14.2	bike path, follow around park	0.9
<b>BR</b>	15.0	Continue on path	0.3
<b>S</b>	15.3	Exit park onto Castle Hill Ave	0.1
<b>QR</b>	15.4	Zerega Ave	0.3
<b>L</b>	15.7	Lacombe Ave	0.0
<b>BR</b>	15.8	Havemeyer Ave	0.7
<b>R</b>	16.4	Quimby Ave	0.2
<b>L</b>	16.6	Zerega Ave	0.7
<b>R</b>	17.3	Westchester Ave	0.3
<b>BR</b>	17.6	E Tremont Ave	1.3
<b>L</b>	18.9	Lafayette Ave	0.5
<b>L</b>	19.4	At end onto Shore Dr ⇒ Stadium Ave	0.3
<b>S</b>	19.7	Cross Waterbury Ave TRO Stadium Ave	0.8
<b>S</b>	20.5	park drive	0.1
<b>BR</b>	20.7	at end of drive bear right then left around oval	0.2
<b>BL</b>	20.9	around oval	0.1
<b>BR</b>	21.0	Slight right	0.1
<b>S</b>	21.1	Exit park, jog left/right across Middletown Rd onto Robertson Pl	0.1
<b>QL</b>	21.2	Ampere Ave	0.0
<b>QR</b>	21.2	Kennellworth Pl	0.3
<b>R</b>	21.5	Country Club Rd ⇒ Jarvis Ave	0.3
<b>L</b>	21.8	Middletown Rd	0.4
<b>L</b>	22.3	Westchester Ave	0.1
<b>QR</b>	22.4	At Waters Pl turn right onto bike path	0.1
<b>QR</b>	22.5	bike path on far side	0.9
<b>L</b>	23.4	toward Stillwell Ave (at Pkwy exit)	0.1
<b>R</b>	23.5	Cross Pkwy at Stillwell Ave and turn left onto bike path	1.3
<b>R</b>	24.8	Exit bike path at Bronxwood Ave	0.0

Go	At	On	For
QL	24.9	Jog left/right across Pelham Pkwy N onto Bronxwood Ave	0.7
L	25.6	Arnow Ave	0.0
QR	25.6	Williamsbridge Rd	0.2
R	25.8	Wallace Ave	0.2
R	26.0	S Oak Dr	0.0
QL	26.0	N Oak Dr	0.2
BR	26.2	Rosewood St	0.2
S	26.4	Cross Bronx Blvd into park and bear left on path	0.1
BR	26.5	at fork across next path	0.0
QR	26.6	at T	0.2
L	26.8	2nd left after crossing Bronx River	0.1
BR	26.9	Mosholu Parkway Greenway	0.2
S	27.1	Cross Mosholu Pkwy TRO Greenway	0.1
L	27.2	Exit bike path onto Dr Theodore Kazimiroff Blvd/Southern Blvd	0.1
BL	27.3	TRO Dr Theodore Kazimiroff Blvd/Southern Blvd	0.6
BR	27.9	Crotona Ave	0.2
R	28.1	E 189th St	0.0
QR	28.2	TRO E 189th St	0.2
PIT	28.4	Michelangelo's - ravioli, tortellini, gnocchi - Mangia!	0.4
R	28.8	Webster Ave	0.1
L	28.9	at E Fordham Rd	0.0
QR	28.9	Decatur Ave	0.1
L	29.0	E 194th St	0.1
R	29.2	Bainbridge Ave	0.5
L	29.7	Bedford Park Blvd	0.1
BR	29.8	TRO Bedford Park Blvd	0.1
QR	29.9	Grand Concourse	0.1
S	29.9	Make a U-turn	0.1
QR	30.0	Bedford Park Blvd	0.1
	30.2	Ride ends at Bedford Park Blvd D train at Grand Concourse or #4 train at Jerome Ave	0.0
	30.2	End of route	