

Go	At	On	For
	0.0	Start of route	0.0
<b>L</b>	0.0	East Dr	2.2
<b>R</b>	2.2	Exit park onto Adam Clayton Powell Jr Blvd	0.4
<b>L</b>	2.6	W 117th St	0.0
<b>QR</b>	2.6	Saint Nicholas Ave	2.3
<b>L</b>	5.0	Jog left/right TRO St. Nicholas	0.4
<b>L</b>	5.4	W 168th St	0.2
<b>R</b>	5.5	Fort Washington Ave	0.4
<b>L</b>	5.9	W 177th St	0.1
<b>R</b>	6.0	Cabrini Blvd	0.1
<b>QL</b>	6.1	sidewalk and left again onto bridge ramp	1.3
<b>R</b>	7.4	Hudson Terrace	2.0
<b>L</b>	9.4	E Palisade Ave	0.4
<b>R</b>	9.8	Summit St	0.7
<b>L</b>	10.5	Lyncrest Rd	0.4
<b>R</b>	10.8	N Woodland St	1.0
<b>R</b>	11.9	Kent Rd	0.2
<b>L</b>	12.1	E Clinton Ave	1.0
<b>R</b>	13.1	Depeyster Ave	0.4
<b>L</b>	13.5	Highwood Ave	0.1
<b>R</b>	13.7	Park St	0.2
<b>L</b>	13.9	Hudson Ave	0.4
<b>R</b>	14.3	County Rd	1.2
<b>S</b>	15.5	Straight onto Anderson Ave (County Rd. turns left)	0.5
<b>L</b>	16.0	Hardenburgh Ave	2.0
<b>R</b>	18.0	Schraalenburgh Rd	1.9
<b>BL</b>	19.9	TRO Schraalenburgh Rd	0.2
<b>R</b>	20.1	Tappan Rd	2.6
<b>S</b>	22.7	Main St	0.2
<b>R</b>	23.0	Oak Tree Rd	0.2
<b>R</b>	23.1	Livingston St	0.3
<b>R</b>	23.4	TRO Livingston St	-0.0
<b>PIT</b>	23.4	Lunch at Northvale Diner <b>Note:</b> Continue south on Livingston/CR-505 after lunch	0.7
<b>L</b>	24.1	Paris Ave	1.1
<b>R</b>	25.2	Piermont Rd	3.7
<b>BR</b>	28.9	Piermont Rd. (County Rd. turns left)	1.5

Go	At	On	For
<b>L</b>	30.4	Hudson Ave	0.3
<b>R</b>	30.7	Magnolia Ave	0.6
<b>L</b>	31.3	Hillside Ave	0.1
<b>QR</b>	31.4	Serpentine Rd	0.4
<b>L</b>	31.8	Westervelt Ave	0.1
<b>R</b>	31.9	Engle St	0.1
<b>L</b>	32.0	Woodland Park Dr	0.4
<b>R</b>	32.5	Leroy St	0.1
<b>QL</b>	32.5	Churchill; bear right up hill	0.7
<b>R</b>	33.2	Woodland St	0.8
<b>L</b>	34.0	Lyncrest Rd	0.4
<b>R</b>	34.4	Summit St	0.7
<b>L</b>	35.1	E Palisade Ave	0.4
<b>R</b>	35.5	Hudson Terrace	2.0
<b>L</b>	37.4	GWB bike path	1.3
<b>R</b>	38.7	Cabrini Blvd	0.1
<b>QR</b>	38.8	W 177th St	0.0
<b>QL</b>	38.8	Haven Ave	0.5
<b>R</b>	39.3	Fort Washington Ave	0.1
<b>R</b>	39.4	W 165th St	0.1
<b>QL</b>	39.5	Riverside Dr	4.9
<b>L</b>	44.4	W 72nd St	0.6
<b>S</b>	45.0	72nd St Transverse	0.0
<b>QR</b>	45.0	Terrace Dr	0.1
<b>BL</b>	45.1	TRO Terrace Dr	0.4
<b>L</b>	45.5	Sharp left onto East Dr	0.1
	45.6	End of route	