

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Ride slowly down path toward Greenway	0.1
R	0.1	Greenway	0.1
PIT	0.2	Pit stop at restrooms <i>Then continue north on Greenway</i>	4.3
R	4.5	under highway to ramp	0.0
QR	4.5	the ramp to W 158th St	0.0
QL	4.5	W 158th St	0.2
L	4.7	Take second left onto Riverside Dr	0.3
R	5.0	W 162nd St	0.1
L	5.1	Fort Washington Ave	0.7
L	5.9	W 177th St	0.1
R	6.0	Cabrini Blvd	0.1
QL	6.0	sidewalk and bridge ramp	1.3
R	7.3	Hudson Terrace	1.9
L	9.2	Clendinen Pl	0.1
QR	9.2	into parking lot	0.0
PIT	9.3	Pit stop at police station <i>Park bikes on left, not against building</i>	0.0
QR	9.3	Stephens Ter.	0.1
QL	9.4	Hudson Terrace	0.1
QL	9.4	E Palisade Ave	0.4
R	9.8	Summit St	0.3
L	10.2	Pershing Rd	0.3
R	10.5	N Woodland St	1.3
L	11.8	Buckingham Rd	0.4
R	12.2	Devon Rd	0.3
L	12.5	Leroy St	0.2
R	12.7	Sharp right onto Stonehurst Dr	0.4
R	13.1	TRO Stonehurst Dr	0.2
R	13.3	Engle St	0.8
L	14.1	Hudson Ave	0.3
R	14.4	County Rd	1.2
S	15.6	Anderson Ave	0.5
L	16.1	Hardenburgh Ave	2.0
R	18.1	Schraalenburgh Rd	1.9
BL	20.0	TRO Schraalenburgh Rd	0.2
R	20.2	Tappan Rd	2.8
R	23.0	Oak Tree Rd	0.2

Go	At	On	For
R	23.2	Livingston St	0.3
BR	23.5	TRO Livingston St <i>Watch for traffic</i>	0.2
PIT	23.7	Lunch at Northvale Diner <i>Then continue south on Livingston</i>	0.5
L	24.2	Paris Ave	1.1
R	25.2	Piermont Rd ⇒ County Rd.	3.9
BR	29.2	Piermont Rd	1.3
L	30.5	Hudson Ave	0.3
R	30.8	Magnolia Ave	0.6
L	31.4	Hillside Ave	0.1
QR	31.5	Serpentine Rd	0.4
L	31.8	Westervelt Ave	0.1
R	32.0	Engle St	0.1
L	32.1	Woodland Park Dr	0.4
R	32.5	Leroy St	0.1
QL	32.6	Churchill and bear right uphill	0.7
R	33.3	Woodland St	0.8
L	34.1	Lyncrest Rd	0.4
R	34.4	Summit St	0.7
L	35.1	E Palisade Ave	0.4
R	35.5	Hudson Terrace	2.0
L	37.5	GW Bridge bike path	1.3
R	38.8	Cabrini Blvd	0.1
QR	38.9	W 177th St	0.0
QL	38.9	Haven Ave	0.5
R	39.4	Fort Washington Ave	0.1
R	39.5	W 165th St	0.1
QL	39.6	Riverside Dr	3.5
	43.1	Ride ends at 97th & Riverside	0.0
	43.2	End of route	