

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	to exit Park.	0.0
<b>QL</b>	2.2	W 110th St/Central Park N	0.2
<b>S</b>	2.4	Straight thru traffic circle, on W 110th St	0.7
<b>R</b>	3.1	Riverside Dr	2.3
<b>R</b>	5.4	W. 155th St. and bear left	0.2
<b>L</b>	5.6	past 158th St. up the hill on Riverside Dr Ramp	0.3
<b>R</b>	5.9	W 162nd St	0.1
<b>L</b>	6.0	Fort Washington Ave	0.7
<b>L</b>	6.7	W 177th St	0.1
<b>R</b>	6.8	Cabrini Blvd	0.1
<b>QL</b>	6.9	GW Bridge Bike Path	1.3
<b>L</b>	8.2	sidewalk/bike path after you exit GW Bridge Bike Path	0.5
<b>L</b>	8.6	Henry Hudson Dr/River Rd.	0.9
<b>S</b>	9.5	@ Circle, take the 2nd exit and stay on Henry Hudson Dr	1.5
<b>BL</b>	11.0	TRO Henry Hudson Dr	5.7
<b>PIT</b>	16.7	Pit stop @ police station	0.1
<b>BL</b>	16.8	Slight left	0.1
<b>BL</b>	16.9	to exit Henry Hudson Drive (River Road)	0.1
<b>R</b>	17.0	Rte 9W N	4.4
<b>R</b>	21.4	into Tallman Mt State Bike Path (Hardpack) after 9W Market	1.4
<b>L</b>	22.8	at fork (at gate)	0.1
<b>R</b>	22.9	park road	0.1
<b>R</b>	23.0	Turn right, go through barrier ("road closed" sign)	0.5
<b>R</b>	23.5	Ferdon Ave ⇒ Piermont Ave	3.8
<b>L</b>	27.3	Main St	0.1
<b>QR</b>	27.4	N Broadway	0.0
<b>PIT</b>	27.4	Food Stop - Runcible Spoon - To return go south on Broadway (Left)	0.1
<b>QL</b>	27.5	Main St	0.1
<b>QR</b>	27.6	Piermont Ave	3.7
<b>BR</b>	31.3	Ferdon Ave. (after bridge)	0.8
<b>L</b>	32.1	NY-340 E	0.0
<b>BR</b>	32.2	TSO NY-340 ⇒ Piermont Rd. - ⇒ County Rd.	5.7

Go	At	On	For
<b>L</b>	37.9	TSO County Rd.	2.5
<b>L</b>	40.4	E Clinton Ave	0.1
<b>QR</b>	40.5	Dean Dr	0.1
<b>QL</b>	40.5	Huyler Ave ⇒ Westervelt	0.4
<b>R</b>	41.0	Engle St	0.1
<b>L</b>	41.1	Woodland Park Dr	0.4
<b>R</b>	41.5	Leroy St	0.1
<b>QL</b>	41.6	Left onto Churchill Rd then bear right uphill	0.7
<b>R</b>	42.3	Woodland St	0.8
<b>L</b>	43.1	Lyncrest Rd	0.4
<b>R</b>	43.4	Summit St	0.7
<b>L</b>	44.1	E Palisade Ave	0.4
<b>R</b>	44.5	Hudson Terrace	2.0
<b>L</b>	46.5	to GW Bridge Bike Path	1.3
<b>R</b>	47.8	Cabrini Blvd	0.1
<b>QR</b>	47.9	W 177th St	0.0
<b>QL</b>	47.9	Haven Ave	0.5
<b>R</b>	48.4	Fort Washington Ave	0.1
<b>R</b>	48.5	W 165th St	0.1
<b>L</b>	48.6	Riverside Dr	4.9
<b>L</b>	53.5	W 72nd St	0.6
<b>S</b>	54.0	72nd St Transverse	0.0
<b>QR</b>	54.1	Into Central Park	0.0
	54.1	End of route	