

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Riverside Dr	3.0
R	3.0	W. 155th St. and bear left on Riverside Dr	0.2
L	3.2	At 158th St. take third left uphill TRO Riverside Dr	0.3
R	3.5	W 162nd St	0.1
L	3.6	Fort Washington Ave	0.8
L	4.5	W 179th St	0.0
BR	4.5	TRO W 179th St	0.1
BR	4.6	Cabrini Blvd	0.1
QL	4.6	GWB North Walk	1.4
R	6.0	Hudson Terrace	1.9
L	8.0	E Palisade Ave	0.8
L	8.7	S Woodland St to end	0.5
R	9.2	E Linden Ave	0.2
L	9.4	Jones Rd	0.7
R	10.2	Ridgeland Terrace	0.4
R	10.5	Edgewood Rd	0.2
BL	10.7	Nordhoff Dr	0.1
QR	10.8	Grandview Terrace	0.2
BR	11.0	Hillside Ave	0.5
L	11.5	Grand Ave	0.3
R	11.7	Fort Lee Rd <i>Double up in left lane</i>	0.2
L	11.9	at Overpeck Pk Driveway	0.1
QR	12.0	main bike trail	0.3
PIT	12.3	Pit stop	0.1
BL	12.4	at fork	0.2
L	12.6	Continue bearing left to stay by water	0.9
L	13.5	toward Challenger Rd	0.0
QR	13.5	toward Challenger Rd	0.0
QL	13.5	Challenger Rd	0.4
R	13.9	Emerson St	0.4
R	14.4	Teaneck Rd	0.1
L	14.5	Christie St	0.2
R	14.6	Euclid Ave <i>Enjoy the war memorials</i>	0.5
L	15.1	Preston St	0.2
R	15.3	Main St ⇒ Queen Anne Rd	0.6
L	15.9	Oakwood Ave	0.3

Go	At	On	For
R	16.2	Palisade Ave	2.1
PIT	18.3	Pit stop @ Field House	0.3
R	18.6	Court St	0.1
L	18.7	Queen Anne Rd	0.6
S	19.3	E Tryon Ave	1.0
S	20.3	Jane St	0.3
L	20.5	Tenafly Rd	1.5
R	22.1	Washington St	0.2
R	22.2	Piermont Rd	0.0
PIT	22.2	Lunch @ Cafe Angelique <i>Then continue south on Piermont Rd</i>	0.1
BL	22.3	E Clinton Ave	0.1
QR	22.4	Dean Dr	0.1
QL	22.5	Huyler Ave ⇒ Westervelt Ave	0.4
R	22.9	Engle St	0.1
L	23.0	Woodland Park Dr	0.4
R	23.4	Leroy St	0.1
QL	23.5	Churchill and bear right uphill	0.7
R	24.2	Woodland St	0.9
L	25.1	Booth Ave	0.2
L	25.2	Fairview Ave	0.2
R	25.5	Summit St	0.6
L	26.0	E Palisade Ave	0.4
R	26.4	Hudson Terrace	1.9
L	28.4	GWB North Walk	1.4
S	29.8	W 180th St	0.1
R	29.9	Fort Washington Ave	0.2
R	30.0	W 177th St	0.1
L	30.2	Haven Ave	0.4
L	30.5	W 169th St	0.1
QR	30.6	Fort Washington Ave	0.2
R	30.8	W 165th St	0.1
L	30.9	Riverside Dr	3.6
	34.5	Ride ends @ Dinosaur Play-ground	0.0
	34.5	End of route	