

| Go | At | On | For |
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| | 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 3rd left uphill on Riverside Dr | 0.3 |
| R | 3.5 | W 162nd St | 0.1 |
| L | 3.6 | Fort Washington Ave | 0.7 |
| L | 4.4 | W 177th St | 0.1 |
| R | 4.5 | Cabrini Blvd | 0.1 |
| QL | 4.5 | sidewalk and bridge ramp | 1.3 |
| R | 5.8 | Hudson Ter. | 2.0 |
| L | 7.8 | E Palisade Ave | 0.4 |
| R | 8.2 | Summit St to end. | 0.7 |
| L | 8.9 | Lyncrest Rd to end | 0.4 |
| R | 9.3 | N Woodland St | 0.8 |
| L | 10.0 | Churchill Rd | 0.7 |
| R | 10.8 | Leroy St | 0.1 |
| QL | 10.8 | Woodland Park Dr. to end | 0.4 |
| R | 11.2 | Engle St. to end | 1.1 |
| L | 12.4 | Hudson Ave | 0.4 |
| R | 12.8 | Madison Ave | 0.1 |
| L | 12.9 | N Summit St | 0.2 |
| R | 13.0 | Piermont Rd | 0.1 |
| PIT | 13.2 | Pit stop @ Dunkin' Donuts | 1.1 |
| L | 14.2 | County Rd ⇒ Piermont Rd. | 3.6 |
| R | 17.9 | Rockleigh Rd ⇒ Closter Rd. Note: Regroup at flashing light at Oak Tree | 1.3 |
| R | 19.2 | Oak Tree Rd | 0.1 |
| L | 19.3 | US-9W N | 1.1 |
| R | 20.5 | Rockland Rd (at brown Park sign) | 0.1 |
| R | 20.6 | at park entrance | 0.4 |
| R | 21.0 | at fork; go around yellow gate onto unpaved road. | 0.5 |
| R | 21.5 | Ferdon Ave | 0.2 |
| PIT | 21.6 | Pick up lunch at Bunbury or pizza shop or Bicycle Connection Note: Then continue to Hudson Way | 0.2 |

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| R | 21.8 | Hudson Way | 0.1 |
| PIT | 21.9 | Picnic lunch at Gazebo Note: Bathrooms at either library or bike shop | 0.0 |
| QR | 21.9 | Hudson Way turns right and becomes Round House Rd | 0.0 |
| QR | 22.0 | Ash St | 0.1 |
| QL | 22.0 | Roundhouse Rd | 0.1 |
| QR | 22.1 | Gair St | 0.1 |
| QL | 22.2 | onto Piermont Ave | 0.1 |
| R | 22.3 | Piermont Ave ⇒ Orangeburg Rd. | 1.1 |
| L | 23.3 | Kings Hwy | 1.4 |
| L | 24.7 | TRO Kings Hwy ⇒ Main St. | 0.1 |
| R | 24.9 | TRO Main St ⇒ Tappan Rd. | 2.6 |
| L | 27.5 | Highland Ave | 0.3 |
| R | 27.8 | Livingston St | 0.3 |
| BR | 28.0 | Knickerbocker Rd | 2.9 |
| S | 30.9 | @ Circle, take the 3rd exit onto Madison Ave Note: Steep descent on Madison, DON'T GO FAST | 0.4 |
| R | 31.3 | Jefferson Ave at light , middle of downhill | 1.2 |
| L | 32.5 | W Clinton Ave, at "T" | 0.4 |
| R | 32.9 | E Clinton Ave | 0.1 |
| QR | 32.9 | Dean Dr | 0.9 |
| L | 33.8 | E Ivy Ln ⇒ E. Hudson to end | 0.5 |
| R | 34.3 | Elkwood Terrace | 0.1 |
| QL | 34.4 | Lydecker St | 0.1 |
| R | 34.6 | TRO Lydecker St | 0.2 |
| L | 34.8 | Jog left/right onto across Glenwood Rd TSO Lydecker | 0.6 |
| L | 35.4 | Walnut St | 0.6 |
| L | 36.0 | N Woodland St | 0.1 |
| R | 36.1 | Pershing Rd | 0.3 |
| R | 36.4 | Summit St | 0.3 |
| L | 36.7 | E Palisade Ave | 0.4 |
| R | 37.1 | Hudson Terrace | 2.0 |
| L | 39.1 | GWB bike path | 1.3 |
| R | 40.4 | Cabrini Blvd | 0.1 |
| QR | 40.4 | W 177th St | 0.0 |
| QL | 40.5 | Haven Ave | 0.5 |
| R | 40.9 | Fort Washington Ave | 0.1 |

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| R | 41.1 | W 165th St | 0.1 |
| QL | 41.2 | Riverside Dr | 3.6 |
| | 44.7 | Ride ends at Riverside & 97th | 0.0 |
| | 44.7 | End of route | |