



Go	At	On	For
	0.0	Start of route	0.0
S	0.0	Start on the Park Drive by the Boathouse and head north	2.2
BR	2.2	Adam Clayton Powell Jr Blvd	0.0
QL	2.2	Central Park N	0.2
S	2.5	110th after the circle	0.7
R	3.1	Riverside Dr	2.8
R	5.9	W 165th St	0.1
L	6.0	Fort Washington Ave	0.6
L	6.6	W 177th St	0.1
QR	6.7	Cabrini Blvd	0.1
QL	6.7	sidewalk toward ramp onto the GWB	0.0
QL	6.8	the ramp	1.3
L	8.0	the dual use sidewalk	0.5
L	8.5	Henry Hudson Dr	0.9
S	9.4	@ Circle, continue straight TRO Henry Hudson Dr	1.4
BL	10.8	TRO Henry Hudson Dr	3.3
S	14.1	Henry Hudson Dr	1.4
S	15.6	@ Circle, continue straight TRO Henry Hudson Dr	1.1
L	16.6	Alpine Approach Rd	0.2
R	16.8	New York State Bicycle Rte 9	4.1
R	20.9	Turn rt onto Washington Spring Rd	0.3
L	21.2	TRO Washington Spring Rd	0.3
L	21.5	Snedens Landing to River then U-Turn and return	0.4
R	21.8	Washington Spring Rd	0.3
R	22.1	TRO Washington Spring Rd	0.3
R	22.4	Rte 9W N	0.6
L	22.9	road through former IBM complex. Sign now says HNA.	0.8
R	23.7	NY-340 W	0.9
L	24.6	Piermont Ave	0.2
R	24.9	Hickey St	0.0
QL	24.9	Kings Hwy	1.5
R	26.4	NY-303 N	0.2
R	26.7	Mountain View Ave	1.3
BR	28.0	NY-303 N	0.1
BR	28.1	Greenbush Rd	0.5
R	28.6	Bradley Hill Rd	1.0

Go	At	On	For
BR	29.6	Tweed Blvd/CR-5	1.5
S	31.1	Tweed Blvd	2.2
	33.3	Be very careful and slow as possible on the final steep descent ramp to 9W as there is no run-off	0.0
QR	33.3	9W	0.1
	33.4	Be attentive of cars on 9W prior to making the left turn onto Crescent Rd	0.0
QL	33.4	Crescent Rd	0.2
L	33.7	Piermont Pl	0.1
QR	33.7	Ash St	0.1
R	33.8	Sharp right onto Ash St	0.1
QL	33.9	TRO Ash St	0.1
QR	34.0	Piermont Ave	0.1
PIT	34.0	Community Market for take-out or seating and bathrooms	0.0
S	34.0	With take-out return north on Piermont Ave	0.1
QR	34.1	Ash St	0.1
L	34.2	Round House Rd⇒Hudson Way	0.1
	34.3	Have lunch in the Gazebo. Piermont Bike Shop for bathrooms & fixes	0.0
QR	34.3	Turn rt onto Hudson Way	0.0
QL	34.3	Chiggelzby Ave⇒Roundhouse Rd	0.1
R	34.4	Gair St	0.1
QL	34.5	Piermont Ave	0.4
L	34.9	Rockland Rd	0.7
L	35.5	Rte 9W S	1.1
R	36.6	Closter Rd	0.7
S	37.3	Rockleigh Rd	0.7
L	38.1	Piermont Rd	3.6
R	41.7	Piermont Rd	0.8
L	42.5	Union Ave ⇒ Hillside Ave	0.7
R	43.2	Kennedy Dr	0.2
L	43.4	Eisenhower Dr	0.6
L	44.1	Truman Dr	0.2
R	44.3	Jackson Dr	0.1
R	44.4	Hemlock Dr	0.2
R	44.6	Rio Vista Dr	0.7
R	45.3	The Esplanade	0.1

Go	At	On	For
QR	45.3	Rte 9W	2.5
R	47.8	Sage Rd	0.1
L	48.0	Johnson Ave	0.4
L	48.4	Van Wagoner Dr	0.1
R	48.5	Floyd St	1.0
L	49.5	E Palisade Ave	0.2
R	49.8	Hudson Terrace	2.0
L	51.7	GWB bike path/sidewalk	1.3
R	53.0	Cabrini Blvd	0.1
QR	53.1	W 177th St	0.0
QL	53.1	Haven Ave	0.4
L	53.5	W 169th St	0.1
QR	53.6	Fort Washington Ave	0.2
R	53.7	W 165th St	0.2
L	53.9	Riverside Dr	3.9
L	57.8	W 90th St	0.6
S	58.5	Continue straight into Central Park and continue south on Park Drive	1.1
L	59.6	Sharp left onto Terrace Dr	0.3
L	59.9	Sharp left onto East Dr	0.1
S	60.0	Boat House and end of route	0.0
	60.1	End of route	