

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	W. 110th St.	0.2
R	0.3	Adam Clayton Powell Jr Blvd	0.4
L	0.6	W 117th St	0.0
QR	0.7	St Nicholas Ave	2.3
S	3.0	Move left to follow bike lane onto sidewalk; cross W. 162nd St and bear right onto Amsterdam	0.2
R	3.2	W 165th St	0.1
QR	3.3	Jog right/left across Edgecombe Ave onto bike path and bear left downhill	0.5
R	3.7	Continue past tower and turn right onto ramp down to High Bridge Note: Walk bikes on ramp; ride across bridge	0.3
R	4.1	University Ave Note: Bike lane goes against one-way traffic for 1/2 block	0.0
QL	4.1	W 170th St	0.1
L	4.2	Plimpton Ave	0.1
BL	4.4	University Ave.	2.4
R	6.7	Strong St	0.1
QL	6.8	Goulden Note: Not hard left.	0.6
R	7.4	W 205th St	0.2
L	7.6	Jerome Ave	0.1
QR	7.7	Van Cortlandt Ave E	0.4
L	8.2	Bainbridge Ave	0.5
L	8.6	E 212th St	0.1
L	8.8	Jerome Ave	0.1
R	8.9	up path to restroom (at Gun Hill Rd.)	0.1
PIT	9.0	Pit stop Note: Then return down path to Jerome Ave.	0.1
QL	9.0	Jerome Ave.	0.9
R	10.0	E 233rd St	0.2
L	10.1	Van Cortlandt Park E	0.5
R	10.7	E 240th St	0.4
R	11.1	McLean Ave	0.1
QL	11.1	Bronx River Rd	2.7
BR	13.8	Midland	1.5

Go	At	On	For
R	15.4	Highland Ave	0.8
L	16.1	California Rd	1.4
R	17.5	Lakeshore Dr	0.5
L	18.0	TRO Lakeshore Dr	0.5
L	18.4	Wilmot Rd	0.2
R	18.6	Old Wilmot Rd	0.0
BR	18.6	Wilmot Rd	1.3
L	19.9	Baraud Rd ⇒ Drake Rd	1.0
S	21.0	Cross Post Rd onto Crane Rd	0.5
L	21.4	Chase Rd	0.1
R	21.6	Spencer Pl	0.0
PIT	21.6	Lunch @ Lange's	0.1
QL	21.7	East Pkwy	0.1
QR	21.7	Popham Rd	0.1
L	21.9	Scarsdale Rd	2.5
BR	24.3	Bear right, then hard left across Parkway on Scarsdale Rd.	0.1
BR	24.5	bike path	0.6
R	25.1	Turn right	0.5
R	25.5	Pondfield Rd W	0.2
L	25.7	Bronxville Rd ⇒ Kimball	2.5
L	28.2	Sterling Ave ⇒ Woodlawn	0.6
L	28.9	McLean Ave	0.1
QR	28.9	E 241st St	0.3
L	29.2	Van Cortlandt Park E	0.6
R	29.8	E 233rd St	0.2
L	30.0	Jerome Ave	0.6
BR	30.6	TRO Jerome Ave Note: #4 Train or bear right down Bainbridge to D train at 206th St. OFFICIAL END OF RIDE	0.4
R	30.9	W Gun Hill Rd	0.4
L	31.3	Dickinson Ave	0.1
R	31.4	Sedgwick Ave Note: Stay to right	0.2
BR	31.6	Van Cortlandt Ave W	0.3
S	31.9	Van Cortlandt Park S	0.2
S	32.1	W 240th St	0.1
QL	32.2	Tibbett Ave	0.7
L	32.9	W 230th St	0.1
R	33.0	Marble Hill Ave	0.1
QL	33.1	W 228th St	0.1

Go	At	On	For
R	33.2	Broadway	0.1
	33.4	Cross B'way Bridge on sidewalk. Yield to pedestrians	0.3
R	33.7	W 218th St	0.2
L	33.9	Seaman Ave	0.7
	34.6	Option to go right on Dykman to ramp up to Hudson Greenway	0.1
QL	34.6	Riverside Dr	0.0
QR	34.7	Broadway	0.5
R	35.1	Bennett Ave	0.7
R	35.9	W 181st St	0.1
QL	36.0	Fort Washington Ave	0.8
R	36.7	W 165th St	0.1
QL	36.8	Riverside Dr	3.6
	40.4	Ride ends at 97th & Riverside	0.0
	40.4	End of route	