


Go	At	On	For
	0.0	Start of route	0.0
	0.0	Manitou Metro North stop	0.6
<b>R</b>	0.6	Right turn onto 9D south	1.3
<b>BR</b>	1.9	Bear Mtn Bridge <i>A shoulder will soon appear. Expansion joints are rideable</i>	0.6
<b>S</b>	2.5	Bear Mtn Traffic Circle, take 3rd exit onto 9W south	1.5
<b>R</b>	4.0	Turn sharp right onto what is called South Entrance Road <i>This is where one begins the Bear Mtn Hill Repeat</i>	0.7
<b>S</b>	4.7	At roundabout, take 2nd exit, which means continue straight	0.0
<b>S</b>	4.8	You are now formally on 7 Lakes Drive	4.0
<b>BL</b>	8.8	descent to get back on Perkins Memorial Drive. <i>Note: if you go straight/right you will end in a dead end and need to re-ascend unless you are willing to bushwack!</i>	2.0
<b>BL</b>	10.8	7 Lakes Drive going north, back the way you came	1.8
<b>S</b>	12.6	At roundabout, take 2nd exit, TRO 7 Lakes Drive. Sign: to Bear Mtn Inn	0.5
<b>L</b>	13.1	At traffic light, turn slight left onto US 9W north	0.4
<b>S</b>	13.5	Bear Mtn Traffic Circle, take 1st exit to cross Bear Mountain Bridge <i>Keep far to right at toll plaza</i>	0.6
	14.1	left turn crosses oncoming traffic approaching bridge on Rts 6 & 202	0.0
<b>QL</b>	14.1	9D north	4.5
<b>L</b>	18.6	Lower Station Rd	0.7
<b>L</b>	19.3	Turn left, crossing railroad tracks on overpass	0.0
<b>QL</b>	19.3	Turn left, follow straight to Metro North southbound Garrison platform	0.2

Go	At	On	For
	19.5	Garrison southbound Metro North platform	0.0
	19.5	End of route	