

| Go | At | On | For |
|-----|------|--|-----|
| | 0.0 | Start of route | |
| R | 0.0 | Columbus Circlehead north on Central Park West | 2.5 |
| S | 2.5 | @ Circle, take the 3rd exit onto W 110th St/Cathedral Pkwy | 0.7 |
| R | 3.3 | Riverside Dr | 2.8 |
| R | 6.1 | W 165th St | 0.1 |
| L | 6.2 | at the 1st cross street onto Fort Washington Ave | 0.6 |
| L | 6.7 | W 177th St | 0.1 |
| QR | 6.8 | Cabrini Blvd | 0.0 |
| QL | 6.9 | the south GW Bridge bike path | 1.3 |
| R | 8.2 | Hudson Terrace/Rt 505 north | 2.0 |
| L | 10.2 | E Palisade Ave | 0.4 |
| R | 10.6 | Summit St | 0.7 |
| L | 11.3 | Lyncrest Rd | 0.4 |
| R | 11.6 | N Woodland St | 1.3 |
| L | 12.9 | E Clinton Ave | 1.3 |
| R | 14.2 | County Rd/ Rt 501 | 2.7 |
| S | 16.9 | Piermont Rd/ Rt 501 | 4.1 |
| S | 21.1 | NY-340 W | 0.4 |
| L | 21.4 | Oak Tree Rd | 0.8 |
| PIT | 22.2 | Break for food/fluids Note: Tappan | 0.3 |
| S | 22.6 | Main St | 0.1 |
| S | 22.6 | Kings Hwy | 0.1 |
| S | 22.7 | Greenbush Rd | 0.5 |
| BR | 23.2 | Western Hwy/ Rt 15 | 4.8 |
| L | 28.0 | W Nyack Rd | 0.4 |
| R | 28.4 | Strawtown Rd/ Rt 23 | 0.7 |
| R | 29.1 | Old Mill Rd | 2.3 |
| L | 31.4 | Kings Hwy/ Rt 13 | 1.7 |
| S | 33.1 | cross Rt 80, ⇒ Old Haverstraw Rd | 1.6 |
| R | 34.7 | NY-304 N | 0.1 |
| L | 34.8 | Rt 9W north | 2.5 |
| R | 37.3 | Westside Ave | 0.4 |
| L | 37.7 | Samsondale Ave | 0.7 |
| R | 38.4 | E Railroad Ave | 0.5 |
| L | 38.9 | E Railroad Ave turns slightly left and becomes Beach Rd | 1.2 |
| S | 40.0 | River Rd | 0.2 |
| L | 40.2 | River Rd turns slightly left and becomes Grassy Point Rd | 0.6 |
| R | 40.9 | Beach Rd | 0.4 |
| L | 41.3 | Beach Rd turns left and becomes Tomkins Ave | 0.4 |

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| R | 41.7 | Rt 9W north | 7.9 |
| S | 49.6 | @ Circle, take the 2nd exit onto US-9W N | 1.8 |
| R | 51.4 | Old NY-218 N/Old State Rd | 1.3 |
| S | 52.7 | Merge onto Main St/ Rt 218 | 0.8 |
| L | 53.5 | Mountain Ave/ Rt 218 Note: (re-routed from original, which went thru West Point to Lee's Gate) | 1.1 |
| S | 54.6 | Take the ramp to N Rte 9W N | 0.2 |
| S | 54.8 | Merge onto N Rte 9W N | 0.7 |
| R | 55.5 | Take the NY-218 exit | 2.3 |
| S | 57.8 | Storm King Highway, NY 218 | 3.6 |
| S | 61.4 | Hudson St | 0.4 |
| R | 61.8 | at the 1st cross street onto River Ave⇒Shore Rd | 1.2 |
| R | 63.0 | Rt 9W north | 0.8 |
| BR | 63.9 | Old Rte 9W | 0.3 |
| BR | 64.2 | River Rd | 2.3 |
| S | 66.4 | 66.4 miles, break Note: 1 hour, 30 minutes | 1.0 |
| R | 67.4 | Grand Ave | 0.3 |
| L | 67.7 | Beacon Newburgh Bridge bike path under overpass | 2.0 |
| R | 69.8 | NY-9D S | 8.4 |
| S | 78.2 | cross Rt 301/Main StCold Spring | 8.6 |
| R | 86.8 | NY-9D S turns slightly right and becomes US-202 W/US-6 W | 0.6 |
| S | 87.4 | @ Circle, take the 3rd exit onto Rt 9W south | 0.5 |
| R | 87.9 | Seven Lakes Drive | 0.2 |
| | 88.1 | Break, Bear Mtn Inn | 0.2 |
| R | 88.3 | Sharp right onto Rt 9W south | 7.5 |
| L | 95.8 | Tomkins Ave | 0.4 |
| R | 96.2 | Tomkins Ave turns right and becomes Beach Rd | 0.4 |
| L | 96.6 | Grassy Point Rd | 0.6 |
| R | 97.2 | Grassy Point Rd turns slightly right and becomes River Rd | 0.2 |
| S | 97.5 | Beach Rd | 1.1 |
| R | 98.6 | Beach Rd turns slightly right and becomes E Railroad Ave | 0.1 |
| L | 98.7 | Taneyanns Ln | 0.3 |
| L | 99.0 | Samsondale Ave | 0.3 |
| L | 99.3 | Samsondale Ave turns slightly left and becomes Broadway | 0.6 |

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| S | 99.9 | West St | 0.2 |
| R | 100.0 | Tor Ave | 0.1 |
| QL | 100.1 | Maple Ave | 0.2 |
| S | 100.3 | West St | 0.2 |
| S | 100.5 | Riverside Ave | 0.2 |
| L | 100.7 | Short Clove Rd | 0.3 |
| L | 101.0 | Rt 9W south | 0.4 |
| BR | 101.4 | Short Clove Rd/ Rt 90/S Mtn Rd | 0.6 |
| L | 102.0 | Ridge Rd/ Rt 23 | 0.8 |
| S | 102.8 | cross Rt 304 | 0.6 |
| S | 103.4 | Rt 23/ Strawtown Rd | 2.3 |
| L | 105.7 | TRO Strawtown Rd | 2.3 |
| L | 108.0 | W Nyack Rd | 0.4 |
| R | 108.4 | Western Hwy/ Rt15 | 3.1 |
| BL | 111.5 | Mountain View Ave | 0.3 |
| PIT | 111.8 | Break, Marty's Bagels | 0.1 |
| QR | 111.9 | NY-303 S | 0.4 |
| L | 112.2 | NY-340 E | 1.6 |
| BL | 113.9 | Highland Ave | 0.2 |
| BR | 114.1 | US-9W S | 10.2 |
| S | 124.2 | 200 kilometers here Note: 200 k | 1.0 |
| L | 125.2 | E Palisade Ave | 0.1 |
| R | 125.4 | Hudson Terrace | 2.0 |
| R | 127.3 | south GW Bridge bike path | 1.3 |
| R | 128.6 | Cabrini Blvd | 0.1 |
| QR | 128.7 | W 177th St | 0.0 |
| QL | 128.7 | Haven Ave | 0.5 |
| R | 129.2 | Fort Washington Ave | 0.1 |
| R | 129.3 | W 165th St | 0.1 |
| L | 129.4 | Riverside Dr | 0.2 |
| BR | 129.7 | Riverside Dr W | 2.6 |
| L | 132.2 | W 110th St/Cathedral Pkwy | 0.7 |
| S | 132.9 | @ Circle, take the 1st exit onto Central Park West | 1.2 |
| L | 134.2 | at W 85th St | 0.0 |
| QL | 134.2 | W 85th St | 0.0 |
| QR | 134.2 | W 85th St | 0.1 |
| S | 134.3 | West Dr | 0.7 |
| BR | 135.0 | Terrace Dr | 0.0 |
| BL | 135.0 | West Dr | 0.2 |
| R | 135.2 | West Dr | 0.0 |
| QL | 135.2 | West Dr | 0.1 |
| QL | 135.2 | West Dr | 0.0 |
| QR | 135.3 | West Dr | 0.3 |
| | 135.6 | Columbus Circle Note: (218 kilometers) | 0.0 |

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| 135.6 | End of route |
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