

Go	At	On	For
	0.0	Start of route	0.0
	0.0	The Boathouse, Central Park, head north on the East Drive	2.2
<b>BR</b>	2.2	Adam Clayton Powell Jr Blvd	0.0
<b>QL</b>	2.2	W 110th St/Central Park N	0.2
<b>S</b>	2.4	@ Circle, continue straight onto W 110th St/Cathedral Pkwy	0.7
<b>R</b>	3.1	Riverside Dr	3.6
<b>R</b>	6.7	W 181st St/Plaza Lafayette	0.1
<b>QL</b>	6.8	Cabrini Blvd	0.7
<b>S</b>	7.4	@ Circle, exit onto Margaret Corbin Dr	0.7
<b>BL</b>	8.1	TRO Margaret Corbin Dr	0.2
<b>S</b>	8.3	Merge onto Henry Hudson Pkwy north, keep far to right on shoulder <b>Note:</b> Caution!	0.2
<b>S</b>	8.5	Take exit 17 toward Dyckman Street <b>Note:</b> Caution!	0.1
<b>L</b>	8.7	Henshaw St	0.1
<b>QR</b>	8.7	Dyckman St	0.1
<b>QL</b>	8.8	Seaman Ave	0.7
<b>R</b>	9.6	W 218th St	0.2
<b>L</b>	9.7	Broadwaynorth	0.2
<b>S</b>	9.9	cross Broadway Bridge, use sidewalk <b>Note:</b> caution	0.2
<b>R</b>	10.1	W 225th St ⇒ Kingsbridge Rd	0.5
<b>L</b>	10.6	Sedgwick Ave	0.2
<b>R</b>	10.8	W 197th St	0.3
<b>L</b>	11.1	Goulden Ave	0.3
<b>R</b>	11.4	Bedford Park Blvd W	0.9
<b>L</b>	12.3	Southern Blvd	0.8
<b>S</b>	13.2	Allerton Ave	0.6
<b>R</b>	13.7	Williamsbridge Rd	0.6
<b>L</b>	14.3	Pelham Pkwy S	1.0
<b>S</b>	15.3	Bronx and Pelham Pkwy	0.1
<b>S</b>	15.4	Take the Hutchinson River Parkway exit toward Queens/Whitestone Bridge	0.0
<b>QL</b>	15.5	Turn left	0.1
<b>BL</b>	15.6	the ramp to Bronx and Pelham Pkwy	0.2
<b>S</b>	15.8	Merge onto Bronx and Pelham Pkwy	0.7

<b>S</b>	16.5	Shore Rd	0.7
<b>S</b>	17.2	Enter the traffic circle	0.1
<b>S</b>	17.3	Exit the traffic circle onto Shore Rd <b>Note:</b> note: bike path on left side of road	1.4
<b>S</b>	18.7	Pelham Shore Rd/Shore Rd Service Rd E	0.1
<b>S</b>	18.8	Shore Rd⇒ Pelham Shore Rd	2.5
<b>S</b>	21.3	River St	0.2
<b>BR</b>	21.5	Palmer Ave	0.8
<b>S</b>	22.3	Potter Ave	0.2
<b>L</b>	22.5	5th Ave	0.2
<b>R</b>	22.7	Pinebrook Rd	0.2
<b>R</b>	22.9	TRO Pinebrook Rd	0.0
<b>S</b>	22.9	Beechmont Dr	0.0
<b>QL</b>	23.0	Pinebrook Blvd	2.9
<b>R</b>	25.9	Stratton Rd	0.6
<b>L</b>	26.5	Rural Dr⇒ Lincoln Rd	0.3
<b>R</b>	26.9	Crossway	0.2
<b>L</b>	27.0	Mamaroneck Rd	0.2
<b>R</b>	27.2	Saxon Woods Rd	1.0
<b>S</b>	28.2	Saxon Wood Rd	0.3
<b>L</b>	28.5	Rosedale Ave	0.4
<b>PIT</b>	28.9	deli on right	0.9
<b>R</b>	29.9	North St	0.4
<b>L</b>	30.3	Polly Park Rd⇒ Bowman Ave	2.3
<b>L</b>	32.6	S Ridge St	1.9
<b>L</b>	34.5	Turn left	0.0
<b>QR</b>	34.5	N Ridge St	0.0
<b>QR</b>	34.5	N Ridge St	0.0
<b>QL</b>	34.5	N Ridge St	0.6
<b>R</b>	35.2	King St/Rt 120A S	0.0
<b>QL</b>	35.2	Glen Ridge Rd	0.5
<b>BL</b>	35.7	Glenville St	0.1
<b>L</b>	35.8	Riversville Rd <b>Note:</b> Glenville	5.8
<b>R</b>	41.6	TRO Riversville Rd	0.8
<b>R</b>	42.4	NY-22 N	1.6
<b>R</b>	44.0	Windmill Rd	0.8
<b>R</b>	44.7	TRO Windmill Rd	0.2
<b>L</b>	45.0	Thornewood Rd	0.7
<b>R</b>	45.6	Middle Patent Rd	0.5
<b>L</b>	46.1	Bedford-Banksville Rd	3.5
<b>R</b>	49.6	Rt 22 north	0.2
<b>BR</b>	49.8	Pound Ridge Rd	0.1

L	49.9	Sharp left onto Village Green	0.0
<b>PIT</b>	49.9	Lunch on Bedford town green	0.1
<b>QR</b>	50.0	North on Rt 22	0.2
L	50.2	Cantitoe St/Guard Hill Rd <b>Note:</b> becomes hardpack	3.2
L	53.4	W Patent Rd	0.8
R	54.2	NY-172 W	0.2
L	54.4	Sarles St	1.9
R	56.4	Westwood Dr	0.5
<b>BR</b>	56.9	Sheather Rd	0.5
L	57.4	NY-128 S	2.4
R	59.8	Wampus Lakes Dr	0.3
R	60.1	Meadow Hill Pl	0.5
R	60.7	Whippoorwill Rd	0.8
L	61.4	Whippoorwill Crossing	1.4
L	62.9	NY-120 S	0.1
<b>BL</b>	63.0	NY-120 S	0.3
R	63.3	Nanny Hagen Rd	1.6
L	64.9	Westlake Dr	1.6
L	66.5	TRO Westlake Dr	0.2
R	66.7	Lochland Rd	0.0
<b>QL</b>	66.7	Westlake Dr	1.0
L	67.7	Columbus Ave	0.1
<b>QR</b>	67.8	Lakeview Ave	0.5
S	68.3	Cross Taconic Pkwy <b>Note:</b> Caution!	0.0
S	68.3	cross Metro North tracks <b>Note:</b> Caution!	0.7
S	69.0	Merge onto NY-100 S	0.5
S	69.6	NY-100A south/Knollwood	2.0
S	71.6	cross Rt 119	1.6
R	73.2	Ridge Rd⇒ Sprain Rd	2.0
R	75.2	Underhill Rd	0.1
S	75.3	Sprain Rd	1.5
L	76.9	Jackson Ave	0.4
R	77.3	Grassy Sprain Rd	2.6
L	79.9	Tuckahoe Rd	0.5
R	80.4	Bronxville Rd⇒ Kimball Ave	1.0
L	81.4	Bronxville Rd	0.6
<b>BR</b>	82.0	Midland Ave⇒ Bronx River Rd⇒ Webster Ave	4.9
R	86.8	E Mosholu Pkwy N	0.2
L	87.1	Bainbridge Ave	0.3
R	87.4	Bedford Park Blvd	0.1
<b>BR</b>	87.5	TRO Bedford Park Blvd	0.5
L	88.0	Goulden Ave	0.4

S	88.3	Merge onto Reservoir Ave	0.1
R	88.5	W 195th St	0.2
L	88.7	Sedgwick Ave	0.1
<b>QR</b>	88.8	W Kingsbridge Rd	0.5
L	89.3	Left on Broadway	0.0
S	89.3	walk bike over Broadway Bridge	0.3
R	89.6	W 218th St	0.2
L	89.8	Seaman Ave	0.8
L	90.6	Riverside Dr	0.0
<b>QR</b>	90.6	Sharp right onto Broadway	0.5
R	91.1	Bennett Ave	0.4
R	91.5	W 187th St	0.1
<b>QR</b>	91.6	Overlook Terrace	0.2
L	91.8	Overlook Terrace turns left and becomes W 190th St	0.0
<b>QL</b>	91.8	Fort Washington Ave	1.2
R	93.0	W 165th St	0.1
<b>QL</b>	93.1	Riverside Dr	2.2
	95.3	Grant's Tomb	
	95.3	End of route	