

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	East Dr	2.2
R	2.2	Exit park and turn left on W. 110th St.	0.9
R	3.1	Riverside Dr	2.3
R	5.4	W. 155th St. and bear left	0.2
L	5.6	At 158th St., take 3rd left uphill TRO Riverside Dr	0.3
R	5.9	W 162nd St	0.1
L	6.0	Fort Washington Ave	0.7
L	6.7	W 177th St	0.1
R	6.8	Cabrini Blvd	0.1
QL	6.9	onto sidewalk and left again onto bridge ramp	1.3
R	8.2	Hudson Terrace	2.0
L	10.2	E Palisade Ave	0.4
R	10.6	Summit St	0.3
L	10.9	Pershing Ave	0.3
L	11.2	N Woodland St	0.1
R	11.3	Walnut St	0.3
R	11.7	Brayton St	0.2
L	11.9	Chestnut St	0.5
R	12.4	Engle St	0.1
L	12.5	E Hamilton Ave	0.4
R	13.0	Tenafly Rd	0.0
QL	13.0	Jane St ⇒ Tryon Ave.	0.3
S	13.3	Tryon Ave	1.1
BL	14.4	onto Queen Anne Rd	0.9
R	15.3	at "No Outlet" sign into park	0.1
PIT	15.4	Pit stop at Milton Votee Park; then return to Queen Anne Rd.	0.1
R	15.5	Queen Anne and bear right under highway.	1.4
R	16.9	Degraw Ave ⇒ E. Main St. ⇒ Salem St.	1.5
L	18.4	State St	0.6
L	19.0	Essex St	0.1
BR	19.1	Hudson St	1.2
R	20.3	Moonachie Rd ⇒ Liberty St.	0.5
L	20.7	W Gate	0.0
QR	20.8	Summit Pl	0.1
	20.8	Gethsemane Cemetery on right. Walk around, read plaques. Then return on Summit to West Gate.	0.1

Go	At	On	For
QL	20.9	W Gate	0.0
QL	21.0	Liberty St	0.0
PIT	21.0	Lunch stop at Palermo's Cafe & Bakery; then continue south on Moonachie	0.3
R	21.3	Main St	0.2
R	21.5	Phillips Ave	0.3
L	21.8	E Grove St	0.2
R	22.0	Huyler St ⇒ State St.	1.3
L	23.3	Essex St	0.1
QR	23.4	Union St	0.2
S	23.6	Jog right/left across Myer St TRO Union	0.4
L	24.0	Central Ave	0.6
R	24.6	Prospect Ave	0.5
L	25.1	Hamilton Pl ⇒ E. Pleasant Ave.	1.1
R	26.2	Spring Valley Rd	0.7
R	26.9	up ramp to go over Rte. 4 and stay on Spring Valley Rd	0.2
BR	27.1	at bottom of ramp TRO Spring Valley Rd	2.6
R	29.7	E Ridgewood Ave	0.6
L	30.3	Maple Ave	0.3
R	30.6	Oradell Ave	0.3
R	31.0	Elm St	0.6
L	31.5	New Milford Ave	0.1
QR	31.6	Madison Ave	2.8
S	34.4	@ Circle, continue straight TRO Madison Ave	0.0
PIT	34.4	Pit stop at gas station	0.8
R	35.2	Piermont Rd	0.5
L	35.6	Hudson Ave	0.3
R	35.9	Magnolia Ave	0.6
L	36.6	Hillside Ave	0.1
QR	36.6	Serpentine Rd	0.4
L	37.0	Westervelt Ave	0.1
R	37.1	Engle St	0.1
L	37.3	Woodland Park Dr	0.4
R	37.7	Leroy St	0.1
QL	37.7	Churchill and bear right up hill	0.7
R	38.4	Woodland St	0.8
L	39.2	Lyncrest Rd	0.4

Go	At	On	For
R	39.6	Summit St	0.7
L	40.3	E Palisade Ave	0.4
R	40.7	Hudson Terrace	2.0
L	42.7	GWB bike path	1.3
R	44.0	Cabrini Blvd	0.1
QR	44.0	W 177th St	0.0
QL	44.1	Haven Ave	0.5
R	44.5	Fort Washington Ave	0.1
R	44.7	W 165th St	0.1
QL	44.8	Riverside Dr	4.9
L	49.6	W 72nd St	0.0
	49.6	End of route	