

Go	At	On	For
	0.0	Start of route	
L	0.0	East Dr	2.2
R	2.2	Exit park at Adam Clayton Powell Jr Blvd and turn left onto 110th St.	0.2
S	2.4	@ Circle, take the 2nd exit onto W 110th St/Cathedral Pkwy	0.7
R	3.1	Riverside Dr	2.3
R	5.4	155th St. and bear left onto Riverside Dr.	0.2
L	5.6	At 158th St. take 3rd left up hill 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
QR	6.8	Cabrini Blvd	0.0
QL	6.9	sidewalk and left again onto GWB bike ramp	1.3
R	8.2	Hudson Terrace	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	1.0
R	12.7	Kent Rd	0.2
L	12.8	E Clinton Ave	1.0
R	13.9	Depeyster Ave	0.4
L	14.3	Highwood Ave	0.1
R	14.4	Park St	0.2
L	14.7	Hudson Ave	0.1
QR	14.7	Knoll Rd	0.2
R	15.0	Engle St	0.4
BL	15.4	Hillside Ave ⇒ Union Ave.	0.6
R	16.0	Cross RR tracks & bear right TRO Union Ave	0.0
S	16.1	Straight (slight left) onto Grant Ave	0.4
R	16.4	Brookside Ave	0.8
L	17.2	Hardenburgh Ave	0.3
R	17.5	Knickerbocker Rd ⇒ Livingston	2.5
L	20.0	Blanch Ave	0.6
R	20.6	Tappan Rd	2.1
L	22.8	TRO Main St	0.1
BL	22.9	Greenbush Rd	0.5
R	23.4	Western Hwy	2.3
L	25.6	Blauvelt Rd	0.7
R	26.4	Van Wyck Rd	0.5

L	26.9	5th Ave	0.5
R	27.4	Sickletown Rd	0.8
R	28.2	TRO Sickletown Rd ⇒ Strawtown Rd.	3.3
S	31.5	Brewery Rd where CR 23 turns right	1.2
L	32.6	3rd St	0.6
S	33.3	Cross 304	0.2
L	33.4	S Main St	0.2
PIT	33.7	CITY LINE DINER <b>Note:</b> Left out of parking lot onto S. Main St. after lunch	0.2
L	33.9	Laurel Rd	0.9
R	34.8	Brewery Rd	0.7
S	35.5	Strawtown Rd/CR-23	2.3
L	37.7	W Nyack Rd	0.4
R	38.1	CR-15/Western Hwy	3.8
L	41.9	Highview Ave <b>Note:</b> Caution crossing RR tracks	0.1
L	42.0	Greenbush Rd	0.1
R	42.1	Orangeburg Rd	0.0
S	42.2	Cross NY-303 onto NY-340 E	1.2
L	43.4	Kings Hwy ⇒ Hickey	0.1
R	43.5	Rte. 9W	11.7
L	55.2	E Palisade Ave	0.1
R	55.3	Hudson Terrace	2.0
L	57.3	GWB bike path	1.3
R	58.6	Cabrini Blvd	0.0
	58.6	End of route	