

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	East Dr	2.2
R	2.2	Exit park, then left on 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	W. 155th St. then bear left up Riverside Dr.	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	sidewalk, then left onto bridge ramp	1.3
R	8.2	Hudson Terrace	1.5
R	9.7	Allison Park Rd	0.0
QR	9.8	TRO Allison Park Rd	0.3
PIT	10.1	Pit stop at Allison Park	0.3
L	10.4	TRO Allison Park Rd	0.0
QR	10.5	Hudson Terrace	0.5
L	10.9	E Palisade Ave	0.4
R	11.3	Summit St	0.7
L	12.0	Lyncrest Rd	0.4
R	12.4	N Woodland St	1.0
R	13.4	Kent Rd	0.2
L	13.6	E Clinton Ave	1.0
R	14.6	Depeyster Ave	0.4
L	15.0	Highwood Ave	0.1
R	15.2	Park St	0.2
L	15.4	Hudson Ave	0.4
R	15.8	County Rd	1.2
S	17.0	on Anderson Ave (County Rd. turns left)	1.4
L	18.5	Alpine Dr	0.8
R	19.3	Piermont Rd	3.3
L	22.6	Oak Tree Rd	0.6
R	23.2	Joseph B. Clarke Rail-Trail	1.0
R	24.2	William St	0.2
S	24.4	Ferdon Ave	0.8
R	25.3	Paradise Ave ⇒ Ferry Rd.	0.2

Go	At	On	For
R	25.5	TRO Ferry Rd	0.1
PIT	25.6	Lunch at Goswick Pavillion. Then return on Ferry	0.1
QL	25.6	TRO Ferry Rd	0.0
S	25.7	Paradise Ave	0.2
L	25.9	Ferdon Ave	0.8
L	26.7	NY-340 ⇒ NJ-501/Piermont Rd.	5.8
S	32.5	Piermont Rd (County Rd. goes left)	1.3
L	33.8	Hudson Ave	0.2
R	34.0	County Rd	0.7
L	34.7	E Clinton Ave	0.1
QR	34.8	Dean Dr	0.9
L	35.7	E Ivy Ln ⇒ E. Hudson	0.5
R	36.2	Elkwood Terrace	0.1
QL	36.3	Lydecker St	0.1
R	36.4	TRO Lydecker St	0.2
L	36.7	Jog left/right across Glenwood Rd TRO Lydecker	0.5
L	37.2	Cedar St	0.2
R	37.4	Brayton St	0.1
L	37.5	Walnut St	0.3
L	37.8	N Woodland St	0.1
R	37.9	Pershing Ave	0.3
R	38.3	Summit St	0.3
L	38.6	E Palisade Ave	0.4
R	39.0	Hudson Terrace	2.0
L	41.0	GWB bike path	1.3
R	42.3	Cabrini Blvd	0.1
QR	42.3	W 177th St	0.0
QL	42.4	Haven Ave	0.5
R	42.8	Fort Washington Ave	0.1
R	43.0	W 165th St	0.1
QL	43.1	Riverside Dr	3.9
L	47.0	W 90th St	0.7
R	47.6	West Dr	1.1
L	48.7	Terrace Dr	0.3
L	49.0	Sharp left onto East Dr	0.1
	49.2	End of route	