

| Go | At | On | For |
|------------|------|---|-----|
| | 0.0 | Start of route | 0.0 |
| L | 0.0 | Riverside Dr | 3.0 |
| R | 3.0 | W. 155th St. and bear left on Riverside Dr | 0.2 |
| L | 3.2 | At 158th St, take 3rd left uphill TRO Riverside Dr | 0.3 |
| R | 3.5 | W 162nd St | 0.1 |
| L | 3.6 | Fort Washington Ave | 0.7 |
| L | 4.4 | W 177th St | 0.1 |
| R | 4.5 | Cabrini Blvd | 0.1 |
| QL | 4.5 | sidewalk and bridge ramp | 1.3 |
| R | 5.8 | Hudson Terrace | 1.9 |
| L | 7.7 | Clendinen Pl | 0.1 |
| QR | 7.7 | into parking lot <i>Park bikes on left, not against building</i> | 0.0 |
| PIT | 7.8 | Pit stop at Police Station <i>Don't make a lot of noise inside</i> | 0.0 |
| QR | 7.8 | Stephens Terrace | 0.1 |
| QL | 7.9 | Hudson Terrace | 0.1 |
| QL | 7.9 | E Palisade Ave | 0.4 |
| R | 8.3 | Summit St | 0.7 |
| L | 9.0 | Lyncrest Rd | 0.4 |
| R | 9.4 | N Woodland St | 1.0 |
| R | 10.4 | Kent Rd | 0.2 |
| L | 10.6 | E Clinton Ave <i>Caution: steep downhill</i> | 1.0 |
| R | 11.6 | Depeyster Ave | 0.4 |
| L | 12.1 | Highwood Ave | 0.1 |
| R | 12.2 | Park St | 0.2 |
| L | 12.4 | Hudson Ave | 0.0 |
| QR | 12.5 | Knoll Rd | 0.2 |
| R | 12.7 | Engle St | 0.5 |
| BL | 13.2 | Hillside Ave | 0.3 |
| R | 13.5 | County Rd | 0.6 |
| S | 14.1 | Anderson Ave | 0.5 |
| L | 14.6 | Hardenburgh Ave | 2.0 |
| R | 16.6 | Schraalenburgh Rd | 1.9 |
| BL | 18.5 | TRO Schraalenburgh Rd | 0.2 |
| R | 18.7 | Tappan Rd | 2.8 |
| R | 21.5 | Oak Tree Rd | 0.2 |
| R | 21.7 | Livingston St | 0.3 |

| Go | At | On | For |
|------------|------|--|-----|
| R | 22.0 | TRO Livingston St <i>Watch for fast-moving traffic</i> | 0.2 |
| PIT | 22.2 | Lunch at Northvale Diner <i>After lunch, continue south on Livingston</i> | 0.5 |
| L | 22.7 | Paris Ave | 1.1 |
| R | 23.7 | Piermont Rd/CR-501 | 3.9 |
| R | 27.6 | Piermont Rd | 1.3 |
| L | 29.0 | Hudson Ave | 0.2 |
| R | 29.2 | County Rd | 0.7 |
| L | 29.9 | E Clinton Ave | 0.1 |
| QR | 30.0 | Dean Dr | 0.9 |
| L | 30.9 | E Hudson Ave | 0.5 |
| R | 31.4 | at T onto Elkwood Terrace | 0.1 |
| QL | 31.5 | Lydecker St | 0.1 |
| R | 31.6 | TRO Lydecker St | 0.2 |
| L | 31.9 | Jog left/right across Glenwood TRO Lydecker | 0.6 |
| L | 32.5 | Walnut St <i>(climb)</i> | 0.6 |
| L | 33.0 | N Woodland St | 0.1 |
| R | 33.1 | Pershing Rd | 0.3 |
| R | 33.4 | Summit St | 0.3 |
| L | 33.8 | E Palisade Ave | 0.4 |
| R | 34.2 | Hudson Terrace | 1.4 |
| PIT | 35.6 | Pit stop @ Strictly Bicycles | 0.6 |
| L | 36.2 | GW Bridge bike path | 1.3 |
| R | 37.5 | Cabrini Blvd | 0.1 |
| QR | 37.5 | W 177th St | 0.0 |
| QL | 37.6 | Haven Ave | 0.5 |
| R | 38.0 | Fort Washington Ave | 0.1 |
| R | 38.1 | W 165th St | 0.1 |
| QL | 38.2 | Riverside Dr | 3.6 |
| | 41.8 | Ride ends @ 97th & Riverside | 0.0 |
| | 41.8 | End of route | |