

Go	At	On	For
	0.0	Start of route	0.0
	0.0	From Eleanor Roosevelt Statue walk or ride slowly down path to Greenway	0.1
R	0.2	Hudson River Greenway	0.1
PIT	0.3	Pit stop at restrooms	4.1
R	4.4	under highway toward W 158th St	0.0
QL	4.4	W 158th St	0.1
R	4.5	TRO W. 158th St.	0.2
L	4.7	Riverside Dr <i>2nd left at traffic light</i>	0.3
R	5.0	W 162nd St	0.1
L	5.1	Fort Washington Ave	0.7
L	5.9	W 177th St	0.1
R	6.0	Cabrini Blvd	0.1
QL	6.0	sidewalk and bridge ramp	1.3
L	7.3	after exiting bridge path, turn left onto sidewalk/bike path	0.5
L	7.8	Henry Hudson Dr	0.9
S	8.7	@ Circle, continue straight TRO Henry Hudson Dr	1.5
BL	10.1	TRO Henry Hudson Dr	4.7
S	14.9	@ Circle, continue straight TRO Henry Hudson Dr <i>Final climb</i>	1.0
PIT	15.8	Pit stop at Police Barracks <i>Water only - no food. Bring your own snacks</i>	0.1
BL	15.9	Slight left	0.1
S	16.0	Alpine Approach Rd	0.1
QR	16.1	US-9W	3.2
⚠	19.4	Begin steep descent	2.0
R	21.4	Rockland Rd <i>at Tallman Mtn. Park sign</i>	0.7
R	22.1	Ferdon Ave ⇒ Piermont Ave	4.0
L	26.1	Main St	0.1
QR	26.1	N Broadway	0.1
PIT	26.2	Pick up lunch at Runcible Spoon (Option #1) <i>Then return on N B'way</i>	0.5
L	26.7	Voorhis Ave	0.1
QR	26.8	Piermont Ave	3.3
R	30.1	Piermont Ave	0.3

Go	At	On	For
PIT	30.4	Pick up Lunch at Canzona's (Option #2) <i>Then walk bikes back to little bridge over canal and cross to Ferdon.</i>	0.0
QL	30.4	Ferdon Ave	0.4
R	30.8	Gair St	0.1
QL	30.9	Roundhouse Rd	0.1
R	31.0	Beach St/Hudson Way	0.0
PIT	31.0	Picnic lunch at Gazebo	0.0
QR	31.0	Beach St/Hudson Way turns right and becomes Round House Rd	0.1
L	31.1	Gair St	0.1
QR	31.2	Pier Rd ⇒ Ferry Rd ⇒ Paradise Ave	0.2
S	31.4	At traffic light continue straight onto Piermont Ave	0.7
L	32.2	Valentine Ave	0.2
BR	32.4	NY-340/Piermont Rd ⇒ NJ-501	5.7
R	38.1	Piermont Rd	1.3
L	39.5	Hudson Ave	0.2
R	39.7	County Rd	0.7
L	40.4	E Clinton Ave	0.1
QR	40.5	Dean Dr	0.1
QL	40.5	Huyler Ave ⇒ Westervelt	0.4
R	41.0	Engle St	0.1
L	41.1	Woodland Park Dr	0.4
R	41.5	Leroy St	0.1
QL	41.6	Churchill and bear right uphill	0.7
R	42.3	Woodland St	1.1
L	43.4	Pershing Rd	0.3
R	43.7	Summit St	0.4
L	44.2	John St	0.3
	44.5	Press pedestrian button to cross 9W	0.1
R	44.6	Hudson Terrace	1.3
PIT	45.9	Pit stop @ Strictly Bicycles	0.6
L	46.5	GW Bridge bike path	1.3
R	47.8	Cabrini Blvd	0.1
QR	47.8	W 177th St	0.0
QL	47.9	Haven Ave	0.5
R	48.3	Fort Washington Ave	0.1
R	48.5	W 165th St	0.1

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
<b>L</b>	48.6	Riverside Dr	3.5
	52.1	Ride ends at 97th & Riverside	0.0
	52.1	End of route	