

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Head north on East Dr.	2.2
R	2.2	Exit park	0.0
QL	2.2	W 110th St/Central Park N	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. & bear left on Riverside Dr	0.2
L	5.6	@ 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
QR	6.8	Cabrini Blvd	0.0
QL	6.9	sidewalk & 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	0.7
L	11.3	Lyncrest Rd	0.3
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	0.4
R	15.1	County Rd	1.2
S	16.3	Anderson Ave	0.5
L	16.8	Hardenburgh Ave	1.5
R	18.3	Knickerbocker Rd	1.8
BR	20.1	Livingston St	0.7
L	20.8	Blanch Ave	0.6
R	21.4	Tappan Rd	2.1
L	23.5	Main St ⇒ Greenbush	0.6
BR	24.1	Western Hwy/CR-15	1.9
L	26.1	Convent Rd	0.9
R	26.9	Van Wyck Rd	0.1
PIT	27.0	Pit stop at Quick Stop Deli on right.	0.9
L	27.9	5th Ave	0.5
L	28.3	Sickletown Rd	1.2
L	29.5	TRO Sickletown Rd	0.4
R	29.9	Blue Hill Rd	0.8

R	30.7	Veterans Memorial Dr	0.3
L	31.0	Blue Hill Rd S ⇒ Orangeburg Rd.	1.4
L	32.4	Rivervale Rd	0.7
L	33.1	Poplar Rd ⇒ Washington Ave.	1.9
R	35.1	Westwood Ave	1.6
R	36.7	Rivervale Rd	0.0
PIT	36.7	Stop at bagel shop or deli for food & drink, Return on Rivervale past Westwood	0.2
R	36.9	Brookside Ave	0.3
R	37.3	into Pascack Brook Park. Bear right around lake	0.4
	37.7	Find picnic table - eat!	0.2
L	37.8	Brookside Ave/Emerson Rd	0.3
R	38.2	Rivervale Rd ⇒ Harriot	1.2
R	39.4	Parkside Rd ⇒ La Roche	0.3
S	39.7	La Roche Ave	0.5
BR	40.1	Elm St	0.1
QR	40.2	Schraalenburgh Rd	0.6
L	40.8	Old Hook Rd ⇒ High St.	1.2
R	42.0	Closter Dock Rd	0.2
R	42.2	County Rd	0.7
BR	43.0	Piermont Rd	0.3
R	43.2	Piermont Rd	1.8
L	45.0	Central Ave	0.1
R	45.1	County Rd	0.3
L	45.4	E Clinton Ave	0.1
QR	45.5	Dean Dr	0.9
L	46.4	E Ivy Ln	0.1
S	46.5	E Hudson Ave	0.5
R	46.9	Elkwood Terrace	0.1
L	47.0	Lydecker St	0.1
R	47.1	TRO Lydecker St	0.2
L	47.4	Jog left/quick right across Glenwood TSO Lydecker	0.0
BR	47.4	Lydecker St	0.6
L	48.0	Walnut St	0.6
L	48.5	N Woodland St	0.1
R	48.6	Pershing Ave	0.3
R	49.0	Summit St	0.3
L	49.3	E Palisade Ave	0.4
R	49.7	Hudson Terrace	2.0
L	51.7	GWB bike path	1.3
R	53.0	Cabrini Blvd	0.1
QR	53.0	W 177th St	0.0
QL	53.1	Haven Ave	0.5

<b>R</b>	53.5	Fort Washington Ave	0.1
<b>R</b>	53.7	W 165th St	0.1
<b>QL</b>	53.8	Riverside Dr	4.9
<b>L</b>	58.6	W 72nd St	0.6
<b>S</b>	59.2	72nd St Transverse	0.0
	59.2	End of route	