

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	2.0
L	7.8	E Palisade Ave	0.4
R	8.2	Summit St	0.4
L	8.6	Chestnut St	0.3
R	8.9	N Woodland St	1.3
R	10.3	Kent Rd	0.2
L	10.4	E Clinton Ave	1.0
R	11.5	Depeyster Ave	0.4
L	11.9	Highwood Ave	0.1
R	12.0	Park St	0.2
L	12.3	Hudson Ave	0.0
QR	12.3	Knoll Rd	0.2
R	12.6	Engle St	0.5
BL	13.0	Hillside Ave	0.3
R	13.3	County Rd	0.6
S	13.9	Anderson Ave	0.5
L	14.4	Hardenburgh Ave	0.9
PIT	15.3	Pit stop @ Dunkin' Donuts	1.1
R	16.4	Schraalenburgh Rd ⇒ Lafayette	3.1
L	19.5	Blanch Ave ⇒ Cripplebush ⇒ Washington	1.3
L	20.8	Old Tappan Rd	1.1
R	21.8	Rivervale Rd ⇒ N/ Middletown Rd	2.8
L	24.6	Gilbert Ave	0.3
R	24.9	S William St	0.5
L	25.4	Franklin Ave	0.1
QR	25.5	S Main St	0.0
PIT	25.5	Lunch @ Muddy Brook Cafe <b>Note:</b> Then continue on Main St.	0.0
QR	25.6	E Central Ave	0.5
L	26.0	N Middletown Rd	0.3

Go	At	On	For
R	26.3	Blauvelt Rd	1.2
S	27.6	Sickletown Rd	1.2
R	28.8	5th Ave	0.5
L	29.2	Sunset Rd	0.6
R	29.9	Old Western Hwy	0.1
R	30.0	Western Hwy N	3.3
L	33.2	Old Tappan Rd ⇒ Washington	1.4
R	34.6	William St	0.2
R	34.9	Valentine and bear left uphill to 9W <b>Note:</b> Regroup @ Market; regroup @ Kiku	5.7
PIT	40.5	Pit stop @ PIPC Barracks	3.9
R	44.5	E Clinton Ave	0.5
L	45.0	Buckingham Rd	0.2
L	45.1	Woodland St.	0.9
L	46.1	Lyncrest Rd	0.4
R	46.4	Summit St	0.7
L	47.1	E Palisade Ave	0.4
R	47.5	Hudson Terrace	2.0
L	49.5	GWB bike path	1.3
R	50.8	Cabrini Blvd	0.0
	50.8	Ride ends on NY side of bridge	0.0
	50.9	End of route	