

Go	At	On	For
	0.0	Start of route	
L	0.0	Head north on East Dr	2.2
R	2.2	park exit	0.0
QL	2.2	W 110th St/Central Park N	0.2
S	2.4	@ Circle, continue straight onto W 110th St	0.6
R	3.0	Riverside Dr	2.4
R	5.4	155th St.	0.0
BL	5.4	Riverside Dr	0.2
L	5.6	after intersection and up ramp 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	0.1
QL	6.9	GW Bridge Bike Path	1.3
L	8.2	Hudson Terrace sidewalk/bike path	0.5
L	8.7	Henry Hudson Dr	0.9
S	9.6	@ Circle, take the 2nd exit TRO Henry Hudson Dr	1.5
L	11.0	Stay left TRO Henry Hudson Dr	4.7
S	15.7	@ Circle, take 2nd exit TRO Henry Hudson Dr	1.0
PIT	16.7	Pit stop at police station. Use bike racks.	0.1
BL	16.8	to join Alpine Approach Rd	0.2
R	17.0	Rte 9W	4.1
R	21.1	Washington Spring Rd (traffic light)	0.3
BL	21.4	TRO Washington Spring Rd	0.3
L	21.7	Snedens Landing and descend to river.	0.1
L	21.8	Return up hill on Snedens Landing	0.2
R	22.0	Washington Spring Rd	0.5
R	22.6	Rte 9W	1.3
BL	23.9	Highland Ave (Caution: oncoming traffic)	0.1
BR	24.0	Valentine Ave. NY-340W	0.3
L	24.3	Piermont Ave. (becomes Orangeburg Rd)	0.2
R	24.5	Kings Hwy	0.1
QL	24.5	TRO Kings Hwy	1.5
R	26.0	NY-303 N	0.2

R	26.3	Mountain View Ave	0.0
BL	26.3	Greenbush Rd	1.3
BR	27.6	NY-303 N	0.1
BR	27.7	to rejoin Greenbush Rd	0.5
R	28.2	Bradley Pkwy	0.6
BR	28.8	TRO Bradley Pkwy	0.4
BR	29.2	Co Rd 5 (becomes Tweed Blvd)	3.7
⚠	32.9	Caution: sharp, steep turn, abrupt end into fast moving traffic.	0.0
QR	32.9	Rte 9W	0.6
BR	33.5	Highland Ave	0.1
L	33.6	Piermont Ave NY-340	0.0
QR	33.6	NY-340 turns right and becomes Valentine Ave	0.2
L	33.8	Ferdon Ave	0.5
PIT	34.3	across canal to deli, then return across canal and left on Ferndon.	0.0
QR	34.4	Rockland Rd	0.6
L	35.0	Rte 9W	1.1
R	36.2	Oak Tree Rd	0.2
L	36.3	Closter Rd (become Rockleigh Rd)	1.3
L	37.6	Piermont Rd	3.4
S	41.0	Piermont Rd joins County Rd	0.2
BR	41.2	TRO Piermont Rd	0.8
L	42.1	Union Ave	0.3
S	42.4	Hillside Ave	0.3
BL	42.6	TRO Hillside Ave	0.2
R	42.8	Kennedy Dr	0.2
L	43.0	Eisenhower Dr	0.6
L	43.6	Truman Dr	0.2
R	43.8	Jackson Dr	0.1
R	44.0	Hemlock Dr	0.2
R	44.1	Rio Vista Dr	0.7
R	44.8	The Esplanade	0.1
QR	44.9	Rte 9W	2.5
R	47.4	Sage Rd	0.1
L	47.5	Johnson Ave	0.4
L	47.9	Van Wagoner Dr	0.1
R	48.1	Floyd St	1.0
L	49.1	E Palisade Ave	0.2
R	49.3	Hudson Terrace	2.0
L	51.3	GWB Bike Path	1.3
R	52.6	Cabrini Blvd	0.1
QR	52.6	W 177th St	0.0
QL	52.7	Haven Ave	0.5

<b>R</b>	53.1	Fort Washington Ave	0.1
<b>R</b>	53.3	W 165th St	0.1
<b>QL</b>	53.4	Riverside Dr	3.9
<b>L</b>	57.3	W 90th St	0.7
<b>R</b>	57.9	West Dr	1.7
<b>S</b>	59.6	Center Drive	0.5
<b>BL</b>	60.1	East Dr	0.3
<b>L</b>	60.4	Central Park Boathouse	0.1
	60.5	End of route	