

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	W 110th St	0.3
R	0.3	Adam Clayton Powell Jr Blvd	0.4
L	0.6	W 117th St	0.0
QR	0.7	St Nicholas Ave	2.3
S	3.0	At W. 161st St., move into left lane. Follow bike lane onto sidewalk.	0.0
S	3.0	Amsterdam Ave	0.2
R	3.2	W 165th St	0.1
QR	3.3	Jog right/left across Edgecombe Ave onto bike path & bear left downhill.	0.5
S	3.8	High Bridge Note: Walk bikes down ramp; ride across bridge	0.3
R	4.1	University Ave Note: Bike lane goes against traffic	0.0
QL	4.1	W 170th St Note: Bike lane goes against traffic.	0.1
L	4.3	Third left onto Plimpton Ave	0.1
BL	4.4	Dr Martin Luther King Jr Blvd ⇒ University Ave.	2.4
R	6.8	Strong St	0.1
QL	6.9	Goulden Ave. Note: NOT hard left	0.6
R	7.4	W 205th St	0.2
L	7.7	Jerome Ave	0.1
QR	7.7	Van Cortlandt Ave E	0.4
L	8.2	Bainbridge Ave	0.7
S	8.9	Jerome Ave	0.6
R	9.5	E 233rd St	0.2
L	9.7	Van Cortlandt Park E	0.4
PIT	10.0	Pit stop at playground	0.4
R	10.5	McLean Ave	0.2
L	10.6	Woodlawn Ave ⇒ Sterling Ave	0.6
R	11.3	Kimball Ave ⇒ Bronxville Rd.	2.5
R	13.8	Pondfield Rd W	0.3
R	14.1	TRO Pondfield Rd W	0.0
S	14.1	@ Circle, take the 3rd exit under RR overpass and stay on Pondfield Rd W	0.5

Go	At	On	For
L	14.7	Midland Ave	1.2
S	15.8	Main St	0.1
QR	15.9	Highland Ave	0.8
L	16.6	California Rd	1.4
R	18.0	Lakeshore Dr	0.5
L	18.5	TRO Lakeshore Dr	0.5
L	18.9	New Wilmot Rd	0.0
QR	19.0	Stratton Rd	1.5
L	20.5	Heathcote Rd	1.1
R	21.6	Kelwynne Rd	0.1
QL	21.7	Birchall Dr	0.6
R	22.3	Morris Ln	0.2
L	22.5	Murray Hill Rd	0.1
QR	22.6	Cooper Rd	0.6
L	23.1	Mamaroneck Rd	0.1
QL	23.2	Post Rd/White Plains Rd	0.1
QR	23.3	Fenimore Rd	0.4
L	23.7	Brite Ave ⇒ Church Ln	1.3
R	25.0	Crane Rd	0.2
L	25.2	Chase Rd	0.1
R	25.3	Spencer Pl	0.0
PIT	25.3	Lunch @ Lange's Deli	0.1
QL	25.4	East Pkwy	0.1
QR	25.5	Popham Rd	0.2
L	25.6	Scarsdale Rd	2.5
BR	28.1	then hard left TSO Scarsdale Rd. Note: Cross BR Parkway at light	0.1
BR	28.2	bike path at crosswalk	-0.3
S	28.0	Continue on bike lane on left side of road	0.6
L	28.6	exit road	0.0
QR	28.7	Yonkers Ave	0.1
L	28.8	at Garrett Ave onto bike path	0.1
QR	28.8	across wooden bridge	0.4
BL	29.3	at "Y" in bike path	0.1
QL	29.3	Pondfield Rd W	0.1
R	29.4	TRO Pondfield Rd W	0.0
S	29.5	@ Circle, take the 2nd exit onto Parkway Rd	0.2
BR	29.7	Dewitt Ave	0.2
L	29.9	Desmond Ave	0.2
S	30.0	Midland Ave ⇒ Bronx River Rd.	2.7

Go	At	On	For
R	32.8	McLean Ave Note: Sign on left says Nereid; sign on right says E. 240th St	0.1
L	32.9	E 241st St	0.3
L	33.2	Van Cortlandt Park E	0.1
PIT	33.3	Pit stop, if needed	0.5
R	33.8	E 233rd St	0.2
L	34.0	Jerome Ave	0.6
	34.6	Official end of ride at #4 train; or bear left on Bainbridge to 206th St. for D train; or continue to Broadway for #1 train.	0.3
R	34.9	W Gun Hill Rd	0.4
L	35.3	Dickinson Ave	0.1
R	35.4	Sedgwick Ave	0.2
BR	35.6	Van Cortlandt Ave W	0.3
S	35.8	Van Cortlandt Park S	0.2
R	36.1	to 242nd St for #1 train	0.0
S	36.1	W 240th St	0.1
QL	36.2	Tibbett Ave	0.7
L	36.9	W 230th St	0.1
R	37.0	Marble Hill Ave	0.1
QL	37.1	W 228th St	0.1
R	37.2	Broadway	0.1
S	37.3	Cross Broadway Bridge on side- walk Note: Yield to pedestrians	0.3
R	37.6	W 218th St	0.2
L	37.8	Seaman Ave	0.8
L	38.6	Riverside Dr	0.0
	38.6	A train	0.0
	38.6	End of route	