

Go	At	On	For
	0.0	Start of route	0.0
<b>S</b>	0.0	Exit train station to traffic light	0.0
<b>QL</b>	0.0	Ferris Ave	0.1
<b>QR</b>	0.1	Water St ⇒ Barker	0.5
<b>L</b>	0.6	N Broadway/NY-22 N	1.5
<b>BL</b>	2.1	NY-22 N	4.7
<b>L</b>	6.8	King St/NY-120	0.2
<b>BR</b>	7.0	Whippoorwill Rd	2.6
<b>▲ End</b>	9.6	Take a break in front of the country club...but don't go in	0.8
<b>L</b>	10.4	TRO Whippoorwill Rd	1.4
<b>R</b>	11.7	N Bedford Rd/NY-117	0.0
<b>⚠</b>	11.8	Busy road, no shoulder	0.3
<b>L</b>	12.1	Roaring Brook Rd	0.6
<b>R</b>	12.7	Old Roaring Brook Rd <b>Note:</b> 1/2 mile unpaved at top. Some loose stones.	1.9
<b>R</b>	14.6	Milwood Rd./NY-133 E at T	0.4
<b>L</b>	15.0	Crow Hill Rd	0.4
<b>L</b>	15.4	TRO Crow Hill Rd	1.6
<b>L</b>	17.0	NY-100 S	0.7
<b>L</b>	17.7	Seven Bridges Rd	0.9
<b>R</b>	18.6	Milwood Rd./NY-133 W	1.5
<b>L</b>	20.2	Sharp left onto Quaker Rd at light	0.2
<b>R</b>	20.3	Hardscrabble Rd <b>Note:</b> Downshift before turn - steep uphill.	4.1
<b>L</b>	24.4	Pleasantville Rd	0.6
<b>S</b>	25.0	Bedford Rd	0.1
<b>PIT</b>	25.0	Lunch @ Jean-Jacques	0.0
<b>QR</b>	25.0	Marble Ave	0.9
<b>R</b>	26.0	NY-141/Franklin Ave ⇒ Commerce St.	1.2
<b>BL</b>	27.1	TRO Commerce St (NY-141 goes right)	3.0
<b>R</b>	30.1	Legion Dr	0.3
<b>R</b>	30.4	NY-100 N	1.0
<b>L</b>	31.4	NY-100A S	3.6
<b>R</b>	35.0	Ridge Rd	0.3
<b>R</b>	35.3	TRO Ridge Rd	0.4
<b>PIT</b>	35.7	Right turn into County Park for pit stop <b>Note:</b> Go straight at circle; bathrooms ahead on left.	0.3

Go	At	On	For
<b>R</b>	36.0	exit park	0.0
<b>QR</b>	36.1	Ridge Rd ⇒ Sprain Rd.	1.3
<b>R</b>	37.4	Underhill Rd ⇒ Sprain Rd.	1.7
<b>L</b>	39.1	Jackson Ave at T. <b>Note:</b> Stop sign at bottom of steep downhill	0.4
<b>R</b>	39.5	Grassy Sprain Rd to end	2.6
<b>L</b>	42.1	Tuckahoe Rd	0.5
<b>R</b>	42.6	Bronxville Rd ⇒ Kimball ⇒ Van Cortlandt Park E.	4.7
<b>R</b>	47.2	E 233rd St	0.2
<b>L</b>	47.4	Jerome Ave	0.6
<b>BR</b>	48.0	TRO Jerome Ave <b>Note:</b> #4 Train	0.4
<b>R</b>	48.3	W Gun Hill Rd	0.3
<b>BL</b>	48.6	Dickinson	0.1
<b>R</b>	48.8	Sedgwick Ave	0.2
<b>BL</b>	49.0	uphill TRO Sedgwick Ave	0.5
<b>R</b>	49.5	Fort Independence St	0.1
<b>BL</b>	49.6	Heath Ave <b>Note:</b> Watch for traffic from right	0.5
<b>R</b>	50.1	W Kingsbridge Rd ⇒ W. 225th St.	0.3
<b>L</b>	50.4	Broadway	0.0
<b>QR</b>	50.5	Cross Broadway Bridge on sidewalk <b>Note:</b> Yield to pedestrians	0.2
<b>R</b>	50.7	Exit sidewalk onto Broadway	0.1
<b>R</b>	50.8	W 218th St	0.2
<b>L</b>	50.9	Seaman Ave	0.8
<b>L</b>	51.7	Riverside Dr	0.0
<b>QR</b>	51.8	Broadway <b>Note:</b> A Train	0.5
<b>R</b>	52.2	Bennett Ave	0.7
<b>R</b>	52.9	W 181st St	0.1
<b>QL</b>	53.0	Fort Washington Ave	0.8
<b>R</b>	53.8	W 165th St	0.1
<b>QL</b>	53.9	Riverside Dr	2.4
<b>L</b>	56.3	W 120th St	0.4
<b>R</b>	56.7	Morningside Dr	0.5
<b>L</b>	57.2	W 110th St	0.4
<b>R</b>	57.5	into Central Park	0.0
<b>S</b>	57.6	West Dr	2.3
<b>L</b>	59.9	Terrace Dr	0.3

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
L	60.2	Sharp left onto East Dr	0.1
L	60.3	Ride ends @ Boathouse	0.0
	60.4	End of route	