

| Go | At | On | For |
|------------|------|--|-----|
| | 0.0 | Start of route | 0.0 |
| PIT | 0.0 | From Van Cortlandt Park, Broadway at 242nd Street, proceed into park and under bridge toward Putnam Greenway | 0.3 |
| S | 0.3 | Putnam Greenway | 1.4 |
| S | 1.7 | South County Trailway | 7.7 |
| PIT | 9.4 | Restroom at Starbucks on left across Saw Mill River Parkway | 4.2 |
| R | 13.7 | Route 119 sidewalk then cross Route 119 at crosswalk then turn left onto Route 119 sidewalk | 0.1 |
| QR | 13.7 | North County Trailway | 7.5 |
| PIT | 21.3 | Optional rest stop or lunch stop on left at Briarcliff Manor Pavilion | 0.7 |
| R | 21.9 | Cross Saw Mill River Road then continue north on North County Trailway | 2.7 |
| PIT | 24.6 | Lunch at Tazza Cafe or DeCicco then continue north on North County Trailway | 3.1 |
| S | 27.7 | Crossing #1: Putnam Railroad Bridge | 0.3 |
| L | 28.1 | Route 118 | 0.6 |
| S | 28.7 | Route 129 | 0.6 |
| BL | 29.3 | Old Croton Lake Rd | 0.1 |
| L | 29.4 | Crossing #2: Old Croton Dam Bridge a/k/a Gate House Bridge | 0.2 |
| S | 29.5 | Croton Dam Rd | 0.5 |
| R | 30.1 | Croton Lake Rd | 2.6 |
| R | 32.7 | Croton Dam Road. Ignore dead end warning. | 0.7 |
| S | 33.4 | Crossing #3: New Croton Dam | 0.2 |
| S | 33.6 | Batten Rd across Route 129 | 1.3 |
| BR | 34.9 | Grand St Rt 129 | 0.3 |
| BL | 35.2 | Maple St Rt 129 | 0.3 |
| PIT | 35.6 | Ice Cream at The Blue Pig | 0.6 |
| BL | 36.1 | S Riverside Ave | 0.5 |
| R | 36.6 | Croton Point Ave | 0.2 |
| PIT | 36.8 | Croton Harmon Station, Metro North Railroad | 0.2 |
| | 37.1 | End of route | |