

| Go | At | On | For | Go | At | On | For |
|--------------|------|---|-----|----|------|---|-----|
| | | | | R | 16.8 | County Rd | 0.2 |
| | 0.0 | Start of route | 0.0 | L | 17.1 | Broadway | 0.4 |
| L | 0.0 | West 22nd Street | 0.0 | L | 17.5 | Piermont Rd | 0.7 |
| QL | 0.0 | Hudson River Greenway | 3.2 | R | 18.2 | Central Ave | 0.1 |
| Slight Left | 3.2 | Hudson River Greenway | 0.0 | L | 18.4 | Tenafly Rd | 2.3 |
| Slight Right | 3.2 | Turn slight right onto Riverside Walk | 0.5 | S | 20.7 | @ Circle, take the 4th exit onto W Palisade Ave | 2.0 |
| S | 3.6 | Riverside Walk | 0.4 | R | 22.7 | Hudson Terrace/ New York State Bicycle Rte 9 | 1.9 |
| Slight Left | 4.0 | Cherry Walk | 1.7 | L | 24.6 | Turn left | 1.2 |
| S | 5.7 | Continue straight TRO Empire State Trl/ Hudson River Greenway | 0.2 | L | 25.8 | Hudson Terrace/ New York State Bicycle Rte 9 | 0.0 |
| L | 5.8 | TRO Empire State Trl/ Hudson River Greenway | 0.1 | QL | 25.9 | New York State Bicycle Rte 9 | 1.3 |
| BL | 6.0 | Empire State Trl | 0.4 | R | 27.2 | the ramp to W 178th St | 0.0 |
| R | 6.4 | TRO Empire State Trl | 0.2 | QR | 27.2 | Cabrini Blvd | 0.0 |
| R | 6.6 | Turn right | 0.0 | QL | 27.2 | the ramp | 0.0 |
| QL | 6.6 | Turn left | 0.0 | | 27.2 | End of route | |
| BR | 6.7 | Slight right | 0.3 | | | | |
| L | 7.0 | Riverside Dr | 0.1 | | | | |
| R | 7.1 | TRO Riverside Dr | 0.2 | | | | |
| L | 7.3 | Turn left | 0.2 | | | | |
| R | 7.5 | W 160th St | 0.1 | | | | |
| L | 7.6 | Fort Washington Ave | 0.8 | | | | |
| L | 8.5 | W 177th St | 0.2 | | | | |
| L | 8.6 | New York State Bicycle Rte 9 | 0.0 | | | | |
| QL | 8.7 | New York State Bicycle Rte 9 | 1.3 | | | | |
| R | 9.9 | TRO New York State Bicycle Rte 9 | 0.0 | | | | |
| QR | 9.9 | Hudson Terrace/ New York State Bicycle Rte 9 | 2.0 | | | | |
| L | 11.9 | New York State Bicycle Rte 9/ E Palisade Ave | 0.2 | | | | |
| R | 12.1 | Floyd St | 1.0 | | | | |
| L | 13.1 | Allison Dr | 0.2 | | | | |
| L | 13.3 | Johnson Ave | 0.2 | | | | |
| R | 13.5 | N Woodland St | 0.9 | | | | |
| R | 14.4 | Kent Rd | 0.2 | | | | |
| L | 14.6 | E Clinton Ave | 1.0 | | | | |
| R | 15.6 | Depeyster Ave | 0.6 | | | | |
| R | 16.2 | Park St | 0.2 | | | | |
| L | 16.4 | Hudson Ave | 0.4 | | | | |