

| Go | At | On | For |
|------------|------|---|------|
| | 0.0 | Start of route | 0.0 |
| PIT | 0.0 | From 242nd Street & Broadway, proceed west on 242nd Street | 0.1 |
| S | 0.1 | Manhattan College Pkwy | 0.3 |
| BL | 0.4 | TRO Manhattan College Parkway | 0.2 |
| R | 0.6 | Fieldston Road | 0.2 |
| S | 0.8 | At roundabout, continue onto Fieldston Road | 1.4 |
| L | 2.2 | West 262nd Street | 0.0 |
| QR | 2.2 | Tyndall Avenue | 0.1 |
| QL | 2.3 | West 263rd Street | 0.1 |
| R | 2.4 | Riverdale Avenue | 1.5 |
| S | 3.9 | Warburton Avenue | 4.6 |
| L | 8.5 | Broadway | 1.5 |
| L | 10.0 | Broadway | 3.5 |
| PIT | 13.5 | Rest stop at Bridge Plaza on right | 0.5 |
| R | 14.0 | LOW GEAR and turn right onto Benedict Avenue | 0.1 |
| QL | 14.1 | Grove Street | 0.3 |
| R | 14.4 | LOW GEAR and turn right onto Neperan Road | 0.6 |
| R | 14.9 | Cross Sunnyside Avenue then bear right onto Tarrytown Lakes Trail | 1.1 |
| L | 16.0 | Jog left right across Old Saw Mill River Road TRO Tarrytown Lakes Trail | 0.2 |
| R | 16.2 | Turn sharp right onto North County Trailway. 15 minutes to lunch. | 2.4 |
| L | 18.6 | sidewalk | 0.0 |
| QR | 18.7 | to cross Main Street at crosswalk then turn right onto far sidewalk | 0.0 |
| PIT | 18.7 | Lunch at Rini's then proceed south on South County Trailway | 12.0 |
| S | 30.7 | Putnam Greenway | 1.4 |
| L | 32.1 | Turn left | 0.0 |
| QL | 32.1 | Finish at Van Cortlandt Golf Club-house | 0.0 |
| | 32.1 | End of route | |