Go	At	On	For
	0.0	Start of route	0.0
	0.0	From 84th St & East End Ave, proceed into Carl Schurz Park	0.1
QL	0.1	East River Greenway	2.0
L	2.1	East 120th Street Pedestrian Bridge	0.1
R	2.2	E 120th St	0.1
L	2.3	Pleasant Avenue	0.1
QR	2.4	East 119th Street	1.3
R	3.6	Saint Nicholas Avenue	1.5
BR	5.1	Saint Nicholas Place	0.3
S	5.5	Harlem River Drive Greenway	2.2
S	7.7	Dyckman St	0.3
PIT	8.0	Lunch at Pizza Palace then turn right on Dyckman St	0.3
R	8.3	Seaman Avenue	0.5
PIT	8.7	Restroom on left	0.3
L	9.0	West 218th Street	0.1
S	9.1	waterfront path in Inwood Hill Park	0.7
	9.8	Stop at Shorakkopoch Rock then continue on waterfront path	0.7
S	10.5	bridge over tracks	0.1
QL	10.6	Turn left	0.4
S	10.9	Exit Inwood Hill Park	0.0
QL	11.0	Jog left right onto Hudson River Greenway	5.8
	16.8	Turn left	0.1
QR	16.9	twice	0.2
BL	17.1	Keep left	0.0
	17.1	Finish at Dinosaur Playground	0.0
	17.1	End of route	