

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	0.8
R	14.3	Neperan Road (steep climb for 1st 0.5 miles)	0.7
R	15.0	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	16.3	Turn sharp right onto North County Trailway. 15 minutes to lunch.	2.4
R	18.7	Route 119	0.2
PIT	18.9	Lunch at El Dorado Diner then U-turn onto Route 119	0.3
R	19.2	S County Trailway	12.0
S	31.2	Putnam Greenway	1.4
L	32.6	Turn left	0.0
QL	32.6	Finish at Van Cortlandt Golf Club-house	0.0
	32.6	End of route	