

Go	At	On	For
	0.0	Start of route	0.0
	0.0	From Eleanor Roosevelt Statue walk or ride slowly down path to Greenway	0.1
<b>R</b>	0.2	Hudson River Greenway	0.1
<b>PIT</b>	<b>0.3</b>	<b>Pit stop at restrooms</b>	<b>3.8</b>
<b>R</b>	4.1	Exit Greenway toward pedestrian bridge	0.0
<b>QL</b>	4.1	bridge ramp, cross bridge & climb up path	0.2
<b>L</b>	4.4	Riverside Dr	0.1
<b>R</b>	4.5	W 155th St and bear left on Riverside Dr	0.2
<b>L</b>	4.7	At light, 3rd left uphill TRO Riverside Dr	0.3
<b>R</b>	5.0	W 162nd St	0.1
<b>L</b>	5.1	Fort Washington Ave	0.8
<b>L</b>	6.0	W 179th St and keep right	0.1
<b>BR</b>	6.1	Cabrini Blvd	0.1
<b>QL</b>	6.1	GW Bridge North Path	1.6
<b>L</b>	7.7	near sidewalk at Hudson Terrace	0.2
<b>S</b>	7.9	Continue downhill on bike path	0.4
<b>L</b>	8.2	at bottom of hill onto Henry Hudson Dr (aka River Rd)	0.9
<b>S</b>	9.1	@ Circle, continue straight TRO Henry Hudson Dr	1.5
<b>BL</b>	10.6	TRO Henry Hudson Dr	4.7
<b>S</b>	15.3	@ Circle, continue straight TRO Henry Hudson Dr <i>Final climb</i>	1.0
<b>PIT</b>	<b>16.3</b>	<b>Pit stop at Police Barracks; then continue north Water only - no food. Bring your own snacks</b>	<b>0.1</b>
<b>BL</b>	16.4	at fork	0.1
<b>QL</b>	16.5	Alpine Approach Rd	0.1
<b>QR</b>	16.6	US-9W	3.2
<b>⚠</b>	<b>19.8</b>	<b>Begin steep descent</b>	<b>2.0</b>
<b>R</b>	21.9	Rockland Rd <i>at Tallman Mtn. Park sign</i>	0.7
<b>R</b>	22.5	Ferdon Ave ⇒ Piermont Ave	4.0
<b>L</b>	26.5	Main St	0.1
<b>QR</b>	26.6	N Broadway	0.1

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<b>PIT</b>	<b>26.7</b>	<b>Lunch at Runcible Spoon Then return on N B'way</b>	<b>0.1</b>
<b>L</b>	26.8	Main St	0.1
<b>QR</b>	26.8	Piermont Ave	3.7
<b>R</b>	30.6	TRO Piermont Ave <i>Do NOT run the red light!</i>	0.7
<b>L</b>	31.3	Valentine Ave	0.2
<b>BR</b>	31.5	NY-340/Piermont Rd ⇒ NJ-501	5.7
<b>R</b>	37.2	Piermont Rd	1.3
<b>L</b>	38.6	Hudson Ave	0.2
<b>R</b>	38.8	County Rd	0.7
<b>L</b>	39.5	E Clinton Ave	0.1
<b>QR</b>	39.6	Dean Dr	0.1
<b>QL</b>	39.7	Huyler Ave ⇒ Westervelt	0.4
<b>R</b>	40.1	Engle St	0.1
<b>L</b>	40.2	Woodland Park Dr	0.4
<b>R</b>	40.6	Leroy St	0.1
<b>QL</b>	40.7	Churchill and bear right uphill	0.7
<b>R</b>	41.4	Woodland St	1.1
<b>L</b>	42.5	Pershing Rd	0.3
<b>R</b>	42.8	Summit St	0.3
<b>L</b>	43.2	E Palisade Ave	0.4
<b>R</b>	43.6	Hudson Terrace	1.9
<b>L</b>	45.5	GW Bridge North Path	1.6
<b>S</b>	47.1	W 180th St	0.1
<b>R</b>	47.2	Fort Washington Ave	0.2
<b>R</b>	47.4	W 177th St	0.1
<b>L</b>	47.5	Haven Ave	0.4
<b>L</b>	47.9	W 169th St	0.1
<b>QR</b>	47.9	Fort Washington Ave	0.2
<b>R</b>	48.1	W 165th St	0.1
<b>L</b>	48.2	Riverside Dr	3.5
	51.7	Ride ends at 97th & Riverside	0.0
	51.7	End of route	