

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	path	0.2
L	0.2	at fork and continue into left-hand U-turn down hill thru underpass	0.1
QR	0.3	Hudson River Greenway	2.7
R	2.9	path to pedestrian/bicycle bridge; continue up ramp, across bridge and up ramp on far side	0.1
QL	3.0	sidewalk to crosswalk at W. 153rd St.	0.0
QL	3.1	Riverside Dr	0.1
R	3.2	W. 155th St and bear left on Riverside Dr	0.2
S	3.4	At light cross onto W 158th St bike lane (left side of road)	0.4
L	3.8	Edgecombe Ave	0.4
R	4.1	at 165th St onto bike path and bear left downhill	0.5
R	4.6	ramp down to High Bridge	0.3
BL	4.9	up ramp to exit High Bridge	0.1
QL	4.9	University Ave	0.1
QR	5.0	Sharp right onto Merriam Ave	0.1
QL	5.1	W 171st St	0.0
QR	5.1	Ogden Ave	0.1
QL	5.2	W 170th St	0.1
QL	5.2	Plimpton Ave	0.3
R	5.5	Plimpton Ave turns right and becomes W 172nd St (to end)	0.2
L	5.7	Jesup Ave (to end)	0.2
R	5.9	Featherbed Ln ⇒ Grand Ave	0.2
L	6.0	TRO Grand Ave	0.3
L	6.3	W Tremont Ave <i>Double up in bike lane at next traffic light</i>	0.4
BR	6.7	Sedgwick Ave (bottom of hill)	1.1
BR	7.8	TRO Sedgwick (at Bailey)	0.6
R	8.4	W 197th St (to end)	0.3
L	8.6	Goulden Ave (to end)	0.9
L	9.6	Sedgwick Ave	0.0
QR	9.6	1st right onto Dickinson Ave	0.1
R	9.7	W Gun Hill Rd	0.4
L	10.1	at Jerome Ave onto sidewalk and up path to parks building	0.1

Go	At	On	For
PIT	10.1	Pit stop at playground	0.0
	10.2	Return down path to Jerome Ave	0.1
QL	10.2	Jerome Ave	0.9
R	11.1	E 233rd St	0.2
L	11.3	Van Cortlandt Park E	0.5
R	11.9	E 240th St	0.2
L	12.1	2nd left onto Martha Ave	0.1
R	12.2	McLean Ave	0.0
QL	12.2	1st left onto Sterling Ave	0.4
L	12.7	at stop sign TRO Sterling (at Woodlawn)	0.2
R	12.9	Kimball Ave	1.5
R	14.4	Boulder Trail	0.4
R	14.8	TRO Boulder Trail	0.2
L	15.0	TRO Boulder Trail	0.0
QR	15.0	Langdon Terrace/Dewitt Ave	0.4
BL	15.3	Parkway Rd	0.2
S	15.5	@ Circle, take the 1st exit onto Pondfield Rd W	0.0
BR	15.5	thru underpass and continue straight on Pondfield Rd	0.2
R	15.7	Park Pl	0.0
PIT	15.7	Lunch at Lange's Deli or Il Baccio Pizza	0.1
QL	15.8	Kraft Ave	0.3
R	16.1	Midland Ave ⇒ Bronx River Rd <i>Very rough road after you bear left over Parkway</i>	2.9
R	19.0	E 240th St/McLean Ave	0.1
L	19.2	E 241st St	0.3
L	19.5	Van Cortlandt Park E	0.6
R	20.1	E 233rd St	0.2
L	20.2	Jerome Ave	0.9
PIT	21.2	Pit stop, if necessary	0.0
QR	21.2	W Gun Hill Rd	0.4
L	21.5	Dickinson Ave	0.1
R	21.6	Sedgwick Ave	0.2
BR	21.9	Van Cortlandt Ave W	0.2
S	22.1	Van Cortlandt Park S <i>Watch for traffic on right</i>	0.3
S	22.4	Cross Broadway onto W 240th St	0.1
QL	22.5	2nd left onto Tibbett Ave	0.7
L	23.1	W 230th St	0.1

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
<b>R</b>	23.3	Kingsbridge Ave/Marble Hill Ave	0.1
<b>QR</b>	23.3	W 228th St ⇒ Terrace View	0.3
<b>S</b>	23.7	W 225th St	0.2
<b>R</b>	23.8	Broadway Bridge sidewalk <i>Yield to pedestrians</i>	0.3
<b>R</b>	24.1	W 218th St	0.2
<b>L</b>	24.3	Seaman Ave	0.6
<b>R</b>	24.9	Beak St	0.1
<b>QL</b>	25.0	Payson Ave	0.2
<b>L</b>	25.2	Riverside Dr	0.1
<b>R</b>	25.3	Broadway	0.5
<b>R</b>	25.8	Bennett Ave	0.7
<b>R</b>	26.5	W 181st St	0.1
<b>QL</b>	26.6	Fort Washington Ave	0.8
<b>R</b>	27.4	W 165th St	0.1
<b>L</b>	27.5	Riverside Dr	3.5
	31.0	Ride ends at Dinosaur Play- ground - Riverside Dr. & W. 97th St	0.0
	31.0	End of route	