

Go	At	On	For
	0.0	Start of route	0.2
<b>L</b>	0.2	Make left hand U-turn toward Hudson River Greenway	0.1
<b>QR</b>	0.3	Hudson River Greenway	1.8
<b>L</b>	2.1	TRO Hudson River Greenway	0.8
<b>R</b>	2.9	exit Greenway toward Denny Farrell Bridge	0.0
<b>QL</b>	2.9	Up ramp to cross Farrell Bridge	0.2
<b>L</b>	3.1	Riverside Dr	0.2
<b>R</b>	3.3	W 155th St and bear left on Riverside Dr	0.2
<b>L</b>	3.5	3rd left up Riverside Drive Ramp	0.3
<b>R</b>	3.8	W 162nd St	0.1
<b>L</b>	3.9	Fort Washington Ave	0.8
<b>L</b>	4.8	W 179th St and stay far right	0.1
<b>BR</b>	4.9	Cabrini Blvd	0.1
<b>QL</b>	4.9	GWB North Walk	1.4
<b>R</b>	6.3	Hudson Terrace	1.9
<b>L</b>	8.3	E Palisade Ave	0.2
<b>R</b>	8.5	Floyd St	1.0
<b>L</b>	9.5	Van Wagoner Dr	0.1
<b>R</b>	9.6	Johnson Ave	0.4
<b>R</b>	10.1	Sage Rd	0.1
<b>L</b>	10.2	Rte 9W	3.6
<b>L</b>	13.8	Closter Dock Rd	0.1
<b>PIT</b>	13.9	Pit stop @ gas station	2.5
<b>L</b>	16.3	High St ⇒ Old Hook Rd.	1.2
<b>R</b>	17.6	Schraalenburgh Rd	0.7
<b>BL</b>	18.3	TRO Schraalenburgh Rd ⇒ Lafayette Rd	1.2
<b>L</b>	19.4	Blanch Ave	0.4
<b>BL</b>	19.9	Cripplebush ⇒ Washington	1.6
<b>S</b>	21.5	Poplar Rd	0.7
<b>R</b>	22.2	Rivervale Rd	0.7
<b>R</b>	22.9	Orangeburgh Rd	1.4
<b>R</b>	24.3	Veterans Memorial Dr	0.3
<b>L</b>	24.5	Blue Hill Rd	0.8
<b>L</b>	25.3	Sickletown Rd <i>Gear down for hill</i>	0.4
<b>R</b>	25.8	TRO Sickletown Rd	0.2
<b>R</b>	26.0	Blauvelt Rd	1.0
<b>L</b>	27.0	Van Wyck Rd	0.4

Go	At	On	For
<b>R</b>	27.4	Erie St W	1.1
<b>R</b>	28.4	Right Turn onto Railroad St	0.1
<b>QL</b>	28.5	Left into Driveway at picket fence to Dunkin' Donuts.	0.1
<b>PIT</b>	28.6	Pit stop @ Dunkin	0.0
<b>QR</b>	28.6	Right turn onto Railroad St.	0.1
<b>QR</b>	28.7	Erie St. Double up at light.	0.2
<b>L</b>	28.9	Greenbush Rd	0.3
<b>BR</b>	29.1	bike path	0.2
<b>S</b>	29.3	Greenbush Rd	0.5
<b>R</b>	29.8	Bradley Pkwy	1.3
<b>L</b>	31.0	Highland Ave	0.2
<b>L</b>	31.3	S Highland Ave	0.6
<b>PIT</b>	31.9	Pick up lunch at Pal's Deli	0.0
<b>QR</b>	31.9	Sickles Ave	0.4
<b>R</b>	32.3	N Franklin St	0.3
<b>L</b>	32.5	Depew Ave	0.4
<b>PIT</b>	32.9	Picnic in park (bathrooms in stone building) <i>Then return up Depew</i>	0.1
<b>L</b>	33.0	Piermont Ave	0.4
<b>R</b>	33.5	Clinton Ave	0.2
<b>L</b>	33.6	Raymond G. Esposito Trail	0.2
<b>BL</b>	33.9	Cuomo Bridge trail	0.1
<b>QL</b>	33.9	bridge bike path	3.5
<b>L</b>	37.5	S Broadway	0.7
<b>R</b>	38.2	E Elizabeth St	0.1
<b>QL</b>	38.2	Grove St	0.1
<b>QR</b>	38.3	Neperan Rd	0.6
<b>BR</b>	38.9	bike path at Sunnyside Ave	1.1
<b>R</b>	40.0	Cross Old Saw Mill River Rd & turn right onto sidewalk	0.1
<b>QL</b>	40.1	bikepath	0.1
<b>R</b>	40.2	Sharp right onto N County Trailway <i>Watch for traffic from left</i>	2.4
<b>L</b>	42.6	W Main St to crosswalk. Cross with walk light and turn right onto far sidewalk	0.0
<b>QL</b>	42.6	S County Trailway	4.2
<b>R</b>	46.9	Lawrence St. Cross Pkwy in crosswalk	0.1

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
<b>PIT</b>	46.9	Starbucks. Pit stop	0.0
<b>Uturn</b>	46.9	Return to Lawrence St. Cross in same crosswalk	0.1
<b>QR</b>	47.0	S County Trailway	7.8
<b>S</b>	54.9	Old Putnam Trail	1.2
<b>R</b>	56.1	Exit Trailway onto path	0.0
<b>QR</b>	56.1	John Kieran Nature Trail	0.1
<b>L</b>	56.2	Sharp left at reverse fork	0.2
<b>R</b>	56.5	at fork	0.1
<b>L</b>	56.6	Broadway. <i>Or turn right for Lloyd's Carrot Cake</i>	0.1
	56.7	Ride ends at #1 train	0.1
	56.8	End of route	