

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Riverside Dr	3.0
R	3.0	W 155th St and bear left on Riverside Dr	0.2
L	3.2	Riverside Dr	0.3
R	3.5	W 162nd St	0.1
L	3.6	Fort Washington Ave	0.8
L	4.5	W 179th St and stay far right	0.1
BR	4.6	Cabrini Blvd	0.1
QL	4.6	GWB North Walk	1.4
R	6.0	Hudson Terrace	1.9
L	8.0	E Palisade Ave	1.0
L	9.0	Jones Rd (light)	1.0
R	10.0	Van Nostrand Ave (stop sign)	0.3
L	10.3	1L Broad Ave (light)	0.3
R	10.6	Sheffield Ave (light)	0.3
L	10.9	Grand Ave (long light)	1.0
R	11.8	Fort Lee Rd (light)	0.2
L	12.0	at Overpeck Pk Driveway onto bike path	0.1
QR	12.1	bike path ⇒ bridge	0.3
PIT	12.4	Pit stop @ park bathrooms	0.2
BL	12.6	at fork	0.1
QL	12.7	at fork	0.0
QL	12.7	at fork	0.9
L	13.6	toward Challenger Rd	0.0
QR	13.6	toward Challenger Rd	0.0
QL	13.6	Challenger Rd	0.4
R	14.0	Emerson St <i>uphill</i>	0.4
R	14.5	Teaneck Rd at T	0.1
L	14.6	2L onto Christie St	0.2
R	14.7	1R onto Euclid Ave <i>Note the war memorials in center</i>	0.5
L	15.2	Preston St at T	0.2
R	15.4	Main St at T	0.1
QL	15.5	QBL soft L onto Hackensack Ave	0.4
R	15.9	Railroad Ave ⇒ W Shore Ave	0.4
BL	16.3	thru underpass onto River Rd	3.3
L	19.6	RiverVIEW Ave	0.2
L	19.8	Old New Bridge Rd	0.1
S	19.9	Take the pedestrian overpass	0.1
	19.9	Wander thru historic site (gravel) <i>Then continue out on Main St</i>	0.3

Go	At	On	For
R	20.3	into CVS parking lot to end	0.0
QL	20.3	behind buildings toward exit	0.1
R	20.5	Bogert Rd <i>uphill - go own pace</i>	0.5
L	21.0	Howland Ave (light)	0.8
R	21.8	Forest Ave (light)	0.8
R	22.6	Spring Valley Rd (light)	0.2
R	22.8	Continental Ave	0.0
PIT	22.8	Pick up lunch at Ted's North Deli	0.1
R	22.9	into park on roadway <i>Pass tennis, carousel, playground</i>	0.4
PIT	23.3	Picnic lunch & bathrooms <i>Then U-turn & return to exit</i>	0.4
L	23.7	Continental Ave	0.1
R	23.8	Spring Valley Rd at T	1.1
R	24.9	Ridgewood Ave (stop sign)	0.6
L	25.5	Maple Ave	0.3
R	25.8	Oradell Ave <i>watch tracks</i>	0.6
L	26.5	Grant Ave at T	0.3
BR	26.8	Sunset Ave	1.0
L	27.7	Haworth Dr	0.3
R	28.1	Haworth Ave	0.7
L	28.7	Valley Rd (light)	0.6
R	29.3	Durie Ave at T	0.1
QR	29.4	Schraalenburgh Rd (light)	0.7
L	30.1	Hardenburgh Ave	1.1
R	31.3	County Rd	0.2
BR	31.5	Piermont Rd	1.3
L	32.8	Hudson Ave	0.3
R	33.1	Magnolia Ave to end	0.6
L	33.7	Hillside Ave	0.1
QR	33.8	Serpentine Rd <i>sign says Ravine</i>	0.4
L	34.2	Westervelt Ave to end	0.1
R	34.3	Engle St	0.1
L	34.4	Woodland Park Dr	0.4
R	34.9	Leroy St	0.1
QL	34.9	Churchill Rd & bear right uphill <i>Regroup at top</i>	0.7
R	35.6	Woodland St	1.1
L	36.8	Pershing Rd	0.3
R	37.1	Summit St	0.3
L	37.4	E Palisade Ave	0.4
R	37.8	Hudson Terrace	1.9

Go	At	On	For
L	39.8	GWB North Walk	1.4
S	41.2	W 180th St	0.1
R	41.3	Fort Washington Ave	0.7
R	42.0	W 165th St	0.1
L	42.1	Riverside Dr	3.6
	45.7	Ride ends @ Dinosaur Play-ground	0.0
	45.7	End of route	