

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Head north on East Dr.	2.2
R	2.2	Exit park	0.0
QL	2.2	W 110th St/Central Park N	0.2
S	2.4	@ Circle, take the 2nd exit onto W 110th St/Cathedral Pkwy	0.7
R	3.1	Riverside Dr	2.3
R	5.4	155th St. & bear left on Riverside Dr	0.2
L	5.6	@ 158th St. take 3rd left uphill TRO Riverside Dr	0.3
R	5.9	W 162nd St	0.1
L	6.0	Fort Washington Ave	0.8
L	6.8	W 179th St and stay far right	0.1
BR	6.9	Cabrini Blvd	0.1
QL	7.0	GWB North Walk	1.4
R	8.4	Hudson Terrace	1.9
L	10.3	E Palisade Ave	0.4
R	10.7	Summit St	0.7
L	11.4	Lyncrest Rd	0.4
R	11.8	N Woodland St	1.0
R	12.8	Kent Rd	0.2
L	13.0	E Clinton Ave	1.0
R	14.0	Depeyster Ave	0.4
L	14.5	Highwood Ave	0.1
R	14.6	Park St	0.2
L	14.8	Hudson Ave	0.4
R	15.2	County Rd	1.2
S	16.5	Anderson Ave	0.5
L	17.0	Hardenburgh Ave	1.5
R	18.5	Knickerbocker Rd	1.8
BR	20.2	Livingston St	0.7
L	21.0	Blanch Ave	0.6
R	21.6	Tappan Rd	2.1
L	23.7	Main St ⇒ Greenbush	0.6
BR	24.3	Western Hwy/CR-15	1.9
L	26.2	Convent Rd	0.9
R	27.1	Van Wyck Rd	0.1
PIT	27.2	Pit stop at Quick Stop Deli on right.	0.8
L	28.0	5th Ave	0.5
L	28.5	Sickletown Rd	1.2

Go	At	On	For
L	29.7	TRO Sickletown Rd	0.4
R	30.1	Blue Hill Rd	0.8
R	30.9	Veterans Memorial Dr	0.3
L	31.2	Blue Hill Rd S ⇒ Orangeburg Rd.	1.4
L	32.6	Rivervale Rd	0.7
L	33.3	Poplar Rd ⇒ Washington Ave.	1.9
R	35.2	Westwood Ave	1.6
PIT	36.9	Pick up lunch at Adam's Bagels Then return to Rivervale Rd	0.1
QR	36.9	Rivervale Rd	0.1
R	37.1	Brookside Ave	0.3
R	37.4	into Pascack Brook Park. Bear right around lake	0.4
PIT	37.8	Find picnic table - eat! Bathrooms in building on right on the way out	0.2
L	38.0	Brookside Ave/Emerson Rd	0.3
R	38.3	Rivervale Rd ⇒ Harriot	1.2
R	39.5	Parkside Rd ⇒ La Roche	0.3
S	39.8	La Roche Ave	0.5
BR	40.3	Elm St	0.1
QR	40.4	Schraalenburgh Rd	0.5
L	40.9	Old Hook Rd ⇒ High St.	1.2
R	42.2	Closter Dock Rd	0.2
R	42.4	County Rd	0.7
BR	43.1	Piermont Rd	0.3
R	43.4	Piermont Rd	1.8
L	45.1	Central Ave	0.1
QR	45.2	County Rd	0.4
L	45.6	E Clinton Ave	0.1
QR	45.6	Dean Dr	0.9
L	46.5	E Ivy Ln	0.1
S	46.6	E Hudson Ave	0.5
R	47.0	Elkwood Terrace	0.1
QL	47.1	Lydecker St	0.1
R	47.3	TRO Lydecker St	0.2
L	47.5	Jog left/quick right across Glenwood TSO Lydecker	0.0
BR	47.5	Lydecker St	0.6
L	48.1	Walnut St	0.6
L	48.7	N Woodland St	0.1
R	48.8	Pershing Ave	0.3

Go	At	On	For
R	49.1	Summit St	0.3
L	49.4	E Palisade Ave	0.4
R	49.8	Hudson Terrace	1.9
L	51.8	Turn left	0.1
R	51.9	Turn right	1.3
S	53.2	W 180th St	0.1
R	53.3	Fort Washington Ave	0.7
R	54.0	W 165th St	0.1
QL	54.1	Riverside Dr	4.9
L	59.0	W 72nd St	0.6
S	59.5	72nd St Transverse	0.0
	59.6	End of route	