

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Riverside Dr	1.6
R	1.6	W 155th St and bear left on Riverside Dr	0.2
S	1.8	At light go straight onto bike lane on left side of W 158th St.	0.2
L	2.0	Amsterdam Ave	0.3
R	2.3	W 164th St	0.1
S	2.4	Cross Edgecombe Ave onto bike path into park and bear left downhill	0.5
R	3.0	The High Bridge	0.0
QL	3.0	TRO The High Bridge	0.2
L	3.2	to exit High Bridge up ramp	0.1
QL	3.3	Dr M.L.K. Jr Blvd/University Ave	0.2
L	3.5	At major intersection, walk bikes across University Ave at cross walk	0.0
QL	3.6	(go north) onto Dr M.L.K. Jr Blvd/University Ave	2.3
R	5.8	Strong St	0.1
QL	5.9	Goulden Ave	1.0
L	6.9	Sedgwick Ave	0.0
QR	6.9	Dickinson Ave	0.1
BR	7.0	Van Cortlandt Park S ⇒ W Gun Hill Rd	0.4
L	7.4	Jerome Ave	0.9
R	8.3	E 233rd St	0.2
L	8.5	Van Cortlandt Park E	0.5
BR	9.0	E 240th St	0.4
R	9.4	McLean Ave	0.1
QL	9.5	Bronx River Rd ⇒ Midland Ave	2.7
BR	12.2	over bridge on Midland Ave and immediate LEFT on Parkway Rd	0.0
QL	12.3	Parkway Rd	0.5
S	12.7	@ Circle, take the 2nd exit bearing left onto Pondfield Rd W	0.2
R	13.0	Parkview Ave	1.0
BR	14.0	Bear RIGHT then immediate LEFT onto Scarsdale Rd	2.5
R	16.5	at end onto Ardsley Rd/Popham Rd	0.1

Go	At	On	For
L	16.6	East Pkwy	0.2
R	16.8	Crane Rd	0.0
QL	16.9	Fox Meadow Rd ⇒ Walworth Ave ⇒ Fisher Ave	3.1
S	19.9	Bank St ⇒ Ferris	0.5
R	20.4	Water St ⇒ Barker Ave	0.3
L	20.8	Church St	0.6
BR	21.4	Westview Ave	0.1
L	21.5	N Broadway	0.1
QR	21.6	Orchard St	0.3
L	21.9	TRO Orchard St	0.4
R	22.3	Old Orchard St	2.6
R	25.0	NY-22 N <i>CAUTION: fast traffic</i>	2.3
R	27.3	NY-120 S and immediate LEFT (at One-Way/Do Not Enter signs) to cross NY-120N onto Old Post Rd	0.8
R	28.1	Right then left to continue on Old Post Rd	0.2
S	28.3	At light cross NY-22 TRO Old Post Rd	0.6
L	28.9	NY-128/Main St <i>Several food/pit stops along here. Bike shop on right</i>	0.8
R	29.6	School St	0.3
L	29.9	Cox Ave ⇒ High St	1.3
R	31.3	Sarles St	1.8
R	33.1	Sarles St/Woodside Rd	1.9
R	35.0	NY-172 E <i>CAUTION: Fast traffic</i>	0.2
L	35.2	W Patent Rd	1.6
L	36.9	Broad Brook Rd/McLain St at T	0.0
QR	36.9	Springhurst Rd	0.6
L	37.5	Main St at T	0.4
L	37.9	Adams St at T	0.1
BR	38.0	NY-117/Bedford Rd	0.2
BL	38.2	Cherry St at Y	2.2
L	40.4	NY-35/Woods Bridge Rd at T <i>CAUTION: Fast traffic</i>	0.7
R	41.1	NY-100 N	0.6
BL	41.7	NY-139/Primrose St	2.8
BR	44.4	Lovell St <i>After TL at Brick Hill Rd</i>	0.5

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PIT	45.0	Pit stop @ Super Deli on left in shopping strip <i>Then continue north on Lovell St</i>	1.6
BR	46.5	E Lovell St	0.5
R	47.0	Union Valley Rd <i>Street sign hidden by stop sign!</i>	0.2
BL	47.2	Watermelon Hill Rd	1.5
R	48.7	Croton Falls Rd	0.1
QL	48.8	Shear Hill Rd	1.8
S	50.6	Washington Rd (gravel) (cross US-6)	1.6
BR	52.2	Crane Rd	0.4
R	52.6	Dixon Rd	1.9
L	54.5	NY-301 at T	0.5
R	55.0	East Boyds Rd	2.4
R	57.4	Nimham Rd	0.7
BR	58.1	TRO Nimham Rd	0.4
L	58.6	TRO Nimham Rd	0.8
R	59.4	Farmers Mills Rd at T	0.5
BL	59.9	White Pond Rd (as Farmers Mills curves right)	1.3
L	61.2	TRO White Pond Rd (1st left except for driveways)	1.4
R	62.6	NY-52 E	0.2
L	62.8	Mountain Top Rd	1.0
L	63.8	Stormville Mountain Rd at T	0.3
R	64.1	1st right onto Eder Rd	1.1
BR	65.2	S Green Haven Rd <i>Twisty descent!</i>	2.1
R	67.3	NY-216 E	2.6
BL	69.9	Beekman-Poughquag Rd/CR-7	0.3
S	70.2	Church St at stop sign	0.3
R	70.5	Gardner Hollow Rd Ext	0.1
QL	70.6	State Rte 55 W	0.2
R	70.7	1st right onto Gardner Hollow Rd	0.1
QL	70.8	1st left onto Hynes Rd	1.7
R	72.5	at T onto Clove Valley Rd ⇒ Clove Rd	4.5
S	77.0	Chestnut Ridge Rd	3.7
BR	80.7	TRO CR-24/Halls Corners Rd	2.9
R	83.6	NY-343	1.2
BR	84.9	to continue on NY-343 W <i>Follow sign to Dover Plains</i>	0.7

Go	At	On	For
L	85.6	NY-22 N	0.0
PIT	85.6	Food stop @ Ana's Restaurant <i>Then return south on NY-22</i>	0.4
L	86.0	Mill St ⇒ Maple Lane	1.0
R	87.1	Lime Kiln Rd	1.7
BL	88.8	Old Post Rd/Old Rte 22 at T	4.5
L	93.3	NY-55	1.8
R	95.1	Duell Hollow Rd	1.6
BL	96.7	Byrds Hill Rd <i>Dirt; STEEP HILL</i>	1.3
BR	97.9	N Quaker Hill Rd	0.8
S	98.7	Old Quaker Hill Rd	4.7
L	103.4	S Quaker Hill Rd <i>Becomes dirt</i>	1.4
S	104.8	Chapel Hill Rd at CT state line	1.4
BR	106.2	CT-37 S	0.7
L	106.9	Leach Hollow Rd <i>CAUTION: DESCENT!</i>	1.2
R	108.1	CT-39 S	6.1
L	114.2	Saw Mill Rd <i>Flagpole at intersection</i>	0.1
QL	114.3	Wood Creek Rd	0.6
R	114.8	Bear Mountain Rd	1.8
L	116.7	Pembroke Rd/CT-37 <i>CAUTION: Fast traffic</i>	0.9
L	117.6	Pembroke Terrace <i>UPHILL</i>	0.1
R	117.7	E Pembroke Rd	0.2
BL	118.0	TRO E Pembroke Rd	1.4
R	119.4	Tamarack Ave at T	0.9
BL	120.2	Locust Ave	0.6
S	120.8	Wildman St	0.4
R	121.3	Triangle St at T	0.6
BR	121.9	South St	0.1
PIT	122.0	Food & pit stop @ Grandpa's Diner on left <i>Then continue on South St</i>	0.2
L	122.2	Mountainville Ave	0.2
BR	122.5	Southern Blvd at triangle	0.2
BL	122.6	Bear left uphill onto Brushy Hill Rd	2.3
R	125.0	Long Ridge Rd at T	1.4
R	126.4	W Redding Rd	0.2
L	126.6	George Hull Hill Rd <i>Gravel</i>	1.0

Go	At	On	For
R	127.6	Picketts Ridge Rd at T	1.5
S	129.1	Cross Rte 7 onto Haviland Rd	0.5
L	129.7	Limekiln Rd	0.5
L	130.2	TRO Limekiln Rd	0.2
R	130.4	Lee Rd at T	0.4
R	130.7	Farmingville Rd	0.5
S	131.2	Cross CT-35 onto Copps Hill Rd	0.4
L	131.6	North St	0.3
S	131.9	Main St/N Salem Rd	0.4
R	132.3	Gilbert St	0.2
S	132.5	High Ridge Ave	0.6
R	133.2	at triangle onto Peaceable St	1.0
L	134.2	TRO Peaceable St at T	0.6
R	134.8	at T onto Old South Salem Rd ⇒ Peaceable St	0.3
R	135.0	Jog Right/Left across NY-35 onto NY-123/Smith Ridge Rd <i>At traffic light</i>	0.6
R	135.6	Mill River Rd	0.3
BL	135.9	TRO Mill River Rd	1.0
L	136.9	Kitchawan Rd	0.4
R	137.2	Old Church Ln <i>Gravel</i>	1.3
R	138.6	Old Mill River Rd	1.4
BL	140.0	Trinity Pass Rd	0.6
BL	140.6	Trinity Pass Rd	1.1
PIT	141.7	Food stop @ Pound Ridge Market to the left on Westchester Ave. <i>Use sidewalk</i>	0.0
S	141.7	Cross Westchester Ave onto Lower Trinity Pass Rd	0.6
S	142.3	Trinity Pass Rd	1.2
L	143.5	High Ridge Rd	0.1
R	143.7	Mayapple Rd	0.9
R	144.6	Rock Rimmon Rd at T	1.3
L	145.9	Old Long Ridge Rd at T	0.5
R	146.3	Erskine Rd	1.7
R	148.1	Riverbank Rd	0.6
R	148.6	Farms Rd <i>Steep winding descent</i>	1.2
L	149.9	Taconic Rd	0.2
R	150.1	N Stanwich Rd	0.6
L	150.7	North Street	0.3

Go	At	On	For
R	151.1	Lower Cross Rd	1.4
L	152.5	at triangle onto Lake Ave	0.1
QR	152.6	First right onto Burying Hill Rd	0.4
L	153.0	Highland Farm Rd	0.5
R	153.5	Cherry Valley Rd at T	0.2
L	153.7	Round Hill Rd at T	0.5
R	154.2	Old Mill Rd <i>Rollercoaster w/ short steep climb at end</i>	0.7
L	155.0	N Porchuck Rd at T	0.6
BR	155.6	at fork onto Porchuck Rd	0.8
L	156.3	Riversville Rd	1.2
R	157.5	Sherwood Ave <i>Just before underpass</i>	1.0
L	158.5	King St/NY-120A at T <i>Traffic</i>	0.7
R	159.2	Anderson Hill Rd	1.0
L	160.2	Lincoln Ave	1.3
R	161.5	Westerleigh Rd	0.8
R	162.3	Westchester Ave ⇒ Purchase St/NY-120	0.3
L	162.6	First left onto Kenilworth Rd	1.7
R	164.3	North St at T	0.3
L	164.6	Rosedale Ave	1.2
PIT	165.8	Pit stop at Mobil Station on left	0.2
R	166.0	at T onto Saxon Wood Rd <i>Bottom of steep downhill</i>	1.3
L	167.3	Mamaroneck Rd at T	0.2
BR	167.5	at triangle onto Crossway	0.5
L	168.0	Heathcote Rd	0.2
R	168.3	Stratton Rd	1.5
L	169.8	New Wilmot Rd/Wilmot Rd	0.0
QR	169.8	Lakeshore Dr	0.5
R	170.3	TRO Lakeshore Dr	0.5
L	170.8	California Rd	1.4
R	172.1	Highland Ave	0.8
L	172.9	Main St	0.1
S	173.0	Midland Ave	1.4
BL	174.4	after overpass onto Midland ⇒ Bronx River Rd	2.8
R	177.1	E 240th St/McLean Ave	0.1
L	177.3	E 241st St	0.3
L	177.6	Van Cortlandt Park E	0.6

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R	178.2	E 233rd St	0.2
L	178.3	Jerome Ave	0.9
R	179.3	W Gun Hill Rd	0.4
BL	179.6	Dickinson Ave	0.1
R	179.8	Sedgwick Ave	0.2
BL	180.0	uphill TRO Sedgwick Ave	0.5
R	180.5	Fort Independence St	0.1
BL	180.5	Heath Ave	0.2
R	180.8	Albany Crescent	0.0
QL	180.8	Bailey Ave	0.1
QR	180.9	W 230th St	0.1
L	181.0	Broadway	0.3
S	181.3	Broadway Bridge <i>Use sidewalk. Yield to pedestrians</i>	0.3
R	181.6	W 218th St	0.2
L	181.8	Seaman Ave	0.6
R	182.4	Beak St	0.1
QL	182.4	Payson Ave	0.2
L	182.6	Riverside Dr	0.1
QR	182.7	Broadway	0.5
R	183.2	Bennett Ave	0.7
R	184.0	W 181st St	0.1
QL	184.1	Ft Washington Ave	0.8
R	184.8	W 165th St	0.1
L	184.9	Riverside Dr	2.2
	187.2	End of route	