

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	East Dr	2.2
BR	2.2	Adam Clayton Powell Jr Blvd	0.0
QL	2.3	W 110th St/Central Park N	0.2
S	2.4	@ Circle, continue straight onto W 110th St/Cathedral Pkwy	0.6
R	3.0	Riverside Dr	2.9
R	5.9	W 165th St	0.1
L	6.0	Fort Washington Ave	0.7
L	6.7	W 179th St and keep right	0.1
BR	6.8	Cabrini Blvd	0.1
QL	6.8	GWB North Walk	1.4
R	8.2	Hudson Terrace	1.9
L	10.2	E Palisade Ave	0.1
R	10.3	9W/Sylvan Ave	11.0
R	21.3	Rockland Rd	0.7
R	22.0	Ferdon Ave	0.3
S	22.3	Piermont Ave ⇒ River Rd	3.7
L	26.0	Main St	0.1
QR	26.1	N Broadway Ave	2.2
S	28.3	unpaved bike path <i>Multi-use path - watch for dogs & children</i>	1.4
BL	29.6	at fork toward Landing Rd	0.3
S	29.9	Landing Rd	0.4
R	30.3	Rockland Lake Rd	2.3
R	32.6	US-9W S	0.0
QL	32.6	US-9W S	1.5
R	34.2	Christian Herald Rd	0.6
L	34.7	Mountainview Ave	1.4
S	36.1	Waldron Ave	0.2
R	36.3	TRO Waldron Ave	0.1
QR	36.4	TRO Waldron Ave	0.3
L	36.7	Schuyler Rd	0.7
L	37.4	Bradley Pkwy	0.4
BR	37.8	Co Rd 5/Park Rd	2.7
	40.6	CAUTION: Steep descent with STOP and sharp turn at bottom. Be very careful in wet conditions	1.0
R	41.5	Hillside Ave <i>Fast moving traffic from left; drivers may not see you - stay on shoulder.</i>	0.6

Go	At	On	For
BR	42.1	Highland Ave	0.1
L	42.2	Orangeburg Rd/Piermont Rd	0.0
QR	42.2	NY-340 E/Valentine Ave	0.2
BR	42.5	Rte 340/Piermont Rd ⇒ County Rd	5.7
R	48.2	Piermont Rd	2.1
BL	50.3	E Clinton Ave	0.1
QR	50.4	Dean Dr	0.1
QL	50.4	Huyler Ave	0.2
S	50.6	Westervelt Ave	0.2
R	50.9	Engle St	0.1
L	51.0	Woodland Park Dr	0.4
R	51.4	Leroy St	0.1
QL	51.5	Churchill and bear right uphill	0.7
R	52.2	Woodland St	0.9
L	53.0	Booth Ave	0.2
L	53.2	Fairview Ave	0.3
R	53.5	Floyd St	0.6
L	54.1	E Palisade Ave	0.2
R	54.3	Hudson Terrace	1.9
L	56.3	GWB North Walk	1.4
S	57.7	W 180th St	0.1
R	57.8	Fort Washington Ave	0.1
	57.9	End of route	