

Go	At	On	For
	0.0	Start of route	2.2
<b>R</b>	2.2	to exit Park	0.0
<b>QL</b>	2.2	W 110th St/Central Park N	0.2
<b>S</b>	2.4	@ Circle, continue straight onto W 110th St/Cathedral Pkwy	0.7
<b>R</b>	3.1	Riverside Dr	2.3
<b>R</b>	5.4	TRO Riverside Dr	0.0
<b>QL</b>	5.4	TRO Riverside Dr	0.2
<b>L</b>	5.6	TRO Riverside Dr	0.3
<b>R</b>	5.9	W 162nd St	0.1
<b>L</b>	6.0	Fort Washington Ave	0.8
<b>L</b>	6.8	W 179th St	0.0
<b>BR</b>	6.8	TRO W 179th St	0.1
<b>BR</b>	6.9	Cabrini Blvd	0.1
<b>QL</b>	7.0	GWB North Walk	1.4
<b>R</b>	8.4	Hudson Terrace	2.0
<b>L</b>	10.3	E Palisade Ave	0.4
<b>R</b>	10.7	Summit St	0.7
<b>L</b>	11.4	Lyncrest Rd	0.4
<b>R</b>	11.8	N Woodland St	1.0
<b>R</b>	12.8	Kent Rd	0.2
<b>L</b>	13.0	E Clinton Ave	1.0
<b>R</b>	14.0	Depeyster Ave	0.4
<b>L</b>	14.5	Highwood Ave	0.1
<b>R</b>	14.6	Park St	0.2
<b>L</b>	14.8	Hudson Ave	0.4
<b>R</b>	15.2	County Rd	1.2
<b>S</b>	16.5	Go straight onto Anderson Ave	0.5
<b>L</b>	17.0	Hardenburgh Ave	2.0
<b>R</b>	18.9	Schraalenburgh Rd	1.2
<b>L</b>	20.2	Old Hook Rd	1.5
<b>L</b>	21.7	Main St	0.1
<b>QR</b>	21.7	Bergenline Ave	0.3
<b>R</b>	22.0	into Diner parking lot. After lunch turn right onto Old Hook Rd.	1.1
<b>BR</b>	23.1	"jug handle"	0.1
<b>S</b>	23.2	Bogerts Mill Rd	0.4
<b>R</b>	23.6	Harriot Ave	0.2
<b>R</b>	23.8	Parkside Rd	0.3
<b>S</b>	24.1	La Roche Ave	0.5
<b>BR</b>	24.6	Elm St	0.1
<b>QR</b>	24.7	Schraalenburgh Rd	1.8

Go	At	On	For
<b>L</b>	26.5	Hardenburgh Ave	1.1
<b>R</b>	27.6	County Rd	0.2
<b>S</b>	27.9	Straight onto Piermont Rd. (County Rd. goes left.)	1.3
<b>L</b>	29.2	Hudson Ave	0.3
<b>R</b>	29.5	Magnolia Ave	0.6
<b>L</b>	30.1	Hillside Ave	0.1
<b>QR</b>	30.2	Serpentine Rd	0.4
<b>L</b>	30.6	Westervelt Ave	0.1
<b>R</b>	30.7	Engle St	0.1
<b>L</b>	30.8	Woodland Park Dr	0.4
<b>R</b>	31.3	Leroy St	0.1
<b>QR</b>	31.3	Churchill Rd	0.7
<b>R</b>	32.0	Woodland St	0.8
<b>L</b>	32.8	Lyncrest Rd	0.4
<b>R</b>	33.2	Summit St	0.7
<b>L</b>	33.9	E Palisade Ave	0.4
<b>R</b>	34.3	Hudson Terrace	1.9
<b>L</b>	36.2	GWB North Walk	1.4
<b>S</b>	37.6	W 180th St	0.1
<b>R</b>	37.7	Fort Washington Ave	0.2
<b>R</b>	37.9	W 177th St	0.1
<b>L</b>	38.0	Haven Ave	0.5
<b>S</b>	38.5	W 168th St	0.2
<b>R</b>	38.6	Saint Nicholas Ave	0.4
<b>R</b>	39.0	Amsterdam Ave. Follow bike lane.	0.1
<b>QL</b>	39.1	W 160th St	0.0
<b>QR</b>	39.1	Saint Nicholas Ave	0.4
<b>R</b>	39.5	W 152nd St	0.0
<b>QL</b>	39.6	Quick bear left onto Convent Ave	1.3
<b>S</b>	40.8	Morningside Ave	0.7
<b>S</b>	41.6	Manhattan Ave	0.2
<b>L</b>	41.7	W 110th St/Cathedral Pkwy	0.1
<b>S</b>	41.8	@ Circle, take the 2nd exit	0.1
<b>S</b>	41.9	West Dr	2.2
<b>L</b>	44.1	Terrace Dr	0.3
<b>L</b>	44.4	Sharp left onto East Dr	0.1
	44.6	End of route	