

Go	At	On	For
	0.0	Start of route	0.0
R	0.0	Garrison Railroad Station <i>go right, south on Lower Station Rd</i>	0.5
R	0.5	Route 9D South	4.5
BR	5.0	to cross Bear Mtn Bridge	0.6
R	5.6	At Circle to 9W North	11.2
R	16.8	Quaker Ave Exit of 9w	0.2
L	17.1	Rt 107/Quaker Av (unmarked)	0.5
R	17.6	Route 32 North	0.2
L	17.8	Route 20 - Orrs Mills Rd	3.9
BL	21.7	Route 94 W	0.0
QR	21.8	Quick Right Station Rd	3.5
L	25.2	TRO Station Road	0.0
QL	25.3	Route 207 West	0.3
R	25.6	Route 747 N	3.5
L	29.1	Route 17K west	5.7
R	34.8	Albany Post Rd	2.3
L	37.1	Hill Ave	4.1
L	41.1	Route 52W	0.8
PIT	42.0	Food/fluids <i>Pine Bush</i>	12.2
R	54.1	Broadhead St ⇒ Berme Road <i>Ellenville</i>	2.8
R	56.9	TRO Berme Rd	0.8
R	57.8	TRO Berme Rd	2.8
R	60.5	Rt 44/55 east	10.1
PIT	70.6	Water stop if needed	7.3
R	77.9	Route 32 S	9.2
L	87.1	at traffic light, TRO Route 32 S	3.3
R	90.3	9W south	0.1
L	90.5	Plank Rd ⇒ North St	0.5
L	91.0	Grand Ave	0.3
L	91.3	under overpass, bike path of Beacon Newburgh Bridge	2.0
R	93.3	Route 9D S	8.4
R	101.8	Main St	0.3
	102.1	Cold Spring Station <i>Either follow Lunn on left to railroad station, or walk bike down stairs ahead, then up and to left, follow path to railroad platform</i>	0.0

Go	At	On	For
	102.1	End of route	