

Go	At	On	For
	0.0	Start of route	0.0
	0.0	The Boathouse, Central Park, head north on the East Drive	2.2
BR	2.2	Adam Clayton Powell Jr Blvd	0.0
QL	2.2	W 110th St/Central Park N	0.2
S	2.4	@ Circle, continue straight onto W 110th St/Cathedral Pkwy	0.2
R	2.6	Morningside Dr	0.5
L	3.1	W 120th St	0.4
R	3.5	Riverside Dr	1.8
R	5.3	TRO Riverside Dr <i>Audubon Terrace</i>	0.0
QL	5.4	TRO Riverside Dr	0.2
L	5.5	TRO Riverside Dr	0.3
R	5.8	W 162nd St	0.1
L	5.9	Fort Washington Ave	0.8
L	6.8	W 179th St	0.0
BR	6.8	TRO W 179th St	0.1
BR	6.9	Cabrini Blvd	0.1
QL	6.9	at W 180th St, follow to GW Bridge north bike path	1.4
R	8.3	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	11.7	N Woodland St	1.0
L	12.8	Kent Rd	0.2
R	13.0	Oxford Dr	0.1
L	13.1	York Pl	0.1
R	13.2	Devon Rd	0.2
L	13.4	Leroy St	0.2
R	13.5	Sharp right onto Stonehurst Dr	0.4
R	13.9	TRO Stonehurst Dr	0.2
R	14.1	Engle St	0.8
L	14.9	Hudson Ave	0.3
R	15.2	County Rd	1.2
R	16.4	County Rd turns slightly right and becomes Anderson Ave	0.5
L	16.9	Hardenburgh Ave	0.9
⚠	17.8	Railroad track	0.6
R	18.4	Knickerbocker Rd	2.5
L	20.9	Blanch Ave	0.6

Go	At	On	For
R	21.6	Tappan Rd	1.9
S	23.4	Main St	0.2
R	23.7	Oak Tree Rd	0.5
L	24.2	Joseph B. Clarke Rail-Trail	1.0
S	25.2	Bike path crosses Main St	0.1
BL	25.3	as bike path divides	1.4
L	26.7	Greenbush Rd	0.0
QR	26.7	Highview Ave	0.1
R	26.8	Western Hwy/ Rt 15	0.5
R	27.3	Bataan Rd	0.1
QR	27.4	Mountain View Ave	0.2
⚠	27.6	cross Rt 303	0.0
BL	27.7	S Greenbush Rd	1.3
⚠	28.9	Heavy motor traffic, keep far to right on shoulder	0.0
BR	29.0	NY-303 N	0.1
BR	29.0	Greenbush Rd	0.5
R	29.6	Bradley Pkwy	0.6
R	30.2	TRO Bradley Pkwy	0.7
L	30.9	Highland Ave	0.2
L	31.1	S Highland Ave	0.4
S	31.5	cross Rt 59/Main St <i>Nyack</i>	0.1
R	31.6	High Ave	0.5
R	32.2	N Broadway	0.9
L	33.1	Cornelison Ave	0.1
QR	33.2	Piermont Ave	2.9
S	36.0	Ferdon Ave	0.8
L	36.9	NY-340 E	0.7
L	37.6	IBM access Rd <i>If this is closed, take next left on Oak Tree to 9W south</i>	0.8
BR	38.4	US-9W S	0.0
QR	38.4	US-9W S	9.0
R	47.4	Sage Rd	0.1
L	47.6	Johnson Ave	0.4
L	48.0	Van Wagoner Dr	0.1
R	48.1	Floyd St	1.0
L	49.1	E Palisade Ave	0.2
R	49.3	Hudson Terrace	1.9
L	51.3	GW Bridge north bike path	1.4
S	52.7	W 180th St	0.1

Go	At	On	For
R	52.8	Fort Washington Ave	0.7
R	53.5	W 165th St	0.1
L	53.6	Riverside Dr	2.2
	55.8	Grant's Tomb	0.0
	55.8	End of route	