

Go	At	On	For
	0.0	Start of route	0.0
<b>L</b>	0.0	East Dr	2.2
<b>R</b>	2.2	Exit park onto Adam Clayton Powell Jr Blvd	1.3
<b>R</b>	3.5	W 135th St	0.5
<b>L</b>	4.0	Madison Ave Bridge	0.3
<b>S</b>	4.3	E 138th St	0.1
<b>QL</b>	4.4	Grand Concourse	5.0
<b>R</b>	9.3	Exit onto Service Rd at 205th St. <i>Watch for traffic on Service Rd</i>	0.1
<b>R</b>	9.5	Van Cortlandt Ave E	0.3
<b>L</b>	9.8	Bainbridge Ave	0.7
<b>S</b>	10.5	Merge onto Jerome Ave	0.6
<b>R</b>	11.1	E 233rd St	0.2
<b>L</b>	11.3	Van Cortlandt Park E ⇒ Kimball ⇒ Bronxville Rd	4.0
<b>R</b>	15.3	Pondfield Rd W	0.1
<b>L</b>	15.4	Parkview Ave - stay right	1.0
<b>BR</b>	16.4	Bear right/left onto Scarsdale Rd	2.5
<b>R</b>	18.9	Ardsley Rd	0.2
<b>L</b>	19.1	Chase Rd	0.1
<b>PIT</b>	19.2	Quick pit/snack stop at deli	0.1
<b>L</b>	19.4	Crane Rd	0.1
<b>QR</b>	19.5	Fox Meadow Rd ⇒ Walworth ⇒ Fisher	3.1
<b>S</b>	22.5	Bank St ⇒ Ferris	0.5
<b>R</b>	23.0	Water St ⇒ Barker	0.5
<b>L</b>	23.5	N Broadway/NY-22	1.4
<b>L</b>	25.0	NY-22 N	5.4
<b>L</b>	30.4	Old Rte 22	0.6
<b>L</b>	31.0	Main St	0.4
<b>PIT</b>	31.3	Lunch @ Schrieffer's Deli on left. Continue north on Main St/NY- 128 after lunch	4.9
<b>BL</b>	36.2	Lexington Ave	0.1
<b>L</b>	36.4	Main St/NY-117 <i>Narrow shoulder, busy road</i>	4.6
<b>R</b>	40.9	Bedford Rd. ⇒ Pleasantville Rd	3.1
<b>L</b>	44.1	S State Rd ⇒ Beech Hill Rd	1.8
<b>S</b>	45.8	Cross NY-117 onto NY-448 S	0.1
<b>R</b>	45.9	Old Sleepy Hollow Rd	1.7
<b>BL</b>	47.6	Sleepy Hollow Rd. Caution: fast downhill to stop sign	1.4

Go	At	On	For
<b>S</b>	49.1	Take right fork onto Webber Ave	0.5
<b>R</b>	49.6	Bedford Rd. Caution: steep downhill to traffic light	0.2
<b>L</b>	49.7	Broadway	0.6
<b>PIT</b>	50.3	Pit/snack stop at Mrs. Green's Market; then continue south on US-9 <i>Bathrooms &amp; coffee bar down- stairs at rear</i>	4.5
<b>R</b>	54.7	TRO US-9	1.5
<b>R</b>	56.2	Warburton Ave	4.6
<b>S</b>	60.8	Continue on Riverdale Ave	1.1
<b>L</b>	61.9	Radford St	0.3
<b>R</b>	62.2	S Broadway	1.6
<b>PIT</b>	63.8	Stop @ Lloyd's Carrot Cake for a treat - cross to park to watch cricket while you snack	0.3
	64.1	#1 Subway. Also bathrooms in park building	0.2
<b>R</b>	64.3	W 240th St	0.0
<b>QL</b>	64.4	Corlear Ave	0.7
<b>L</b>	65.1	W 230th St	0.1
<b>QR</b>	65.1	Marble Hill Ave	0.1
<b>QL</b>	65.2	W 228th St	0.1
<b>R</b>	65.4	Broadway	0.1
<b>S</b>	65.5	Cross Broadway Bridge on side- walk <i>Yield to pedestrians</i>	0.2
<b>R</b>	65.7	Exit sidewalk onto Broadway	0.1
<b>R</b>	65.8	W 218th St	0.2
<b>L</b>	66.0	Seaman Ave	0.8
<b>L</b>	66.8	Riverside Dr <i>A train</i>	0.0
<b>QR</b>	66.8	Broadway	0.5
<b>R</b>	67.3	Bennett Ave	0.7
<b>R</b>	68.0	W 181st St	0.1
<b>QL</b>	68.1	Fort Washington Ave	0.8
<b>R</b>	68.9	W 165th St	0.1
<b>QL</b>	69.0	Riverside Dr	4.9
<b>L</b>	73.8	W 72nd St	0.6
<b>S</b>	74.4	72nd St Transverse	0.0
<b>BR</b>	74.4	Terrace Dr	0.5
<b>L</b>	74.9	Sharp left onto East Dr	0.1

Go	At	On	For
	75.0	End of route	