

| Go | At | On | For |
|------------|------|---|-----|
| | 0.1 | GRANTS TOMB Riverside Dr/ 122nd Str | 1.7 |
| R | 1.7 | to West 155th street | 0.0 |
| QL | 1.8 | TRO Riverside Dr | 0.2 |
| L | 2.0 | To W 158th Street Uphill on Ramp to Riverside Dr | 0.3 |
| R | 2.3 | W 162nd St | 0.1 |
| L | 2.4 | Fort Washington Ave | 0.7 |
| L | 3.1 | W 177th St | 0.1 |
| QR | 3.2 | Cabrini Blvd | 0.1 |
| QL | 3.3 | GW Bridge Bike Path | 1.3 |
| R | 4.6 | Hudson Terrace | 2.0 |
| L | 6.5 | E Palisade Ave | 2.0 |
| S | 8.5 | @ Circle, continue straight | 0.3 |
| R | 8.8 | Knickerbocker Rd | 3.0 |
| S | 11.7 | @ Circle, continue straight on 505 | 3.0 |
| BR | 14.7 | Livingston St | 0.7 |
| L | 15.4 | Blanche Ave | 0.6 |
| R | 16.0 | Tappan Rd | 1.9 |
| S | 17.9 | Main St | 0.3 |
| S | 18.2 | Kings Hwy | 0.1 |
| S | 18.3 | Greenbush Rd | 0.5 |
| R | 18.8 | Onto Western Highway Rt 15 | 4.8 |
| L | 23.6 | W Nyack Rd | 0.0 |
| PIT | 23.6 | Food - Pit Stop - West Nyack Delis | 0.3 |
| R | 24.0 | Strawtown Rd | 2.3 |
| R | 26.3 | TRO Strawtown Rd | 2.3 |
| R | 28.5 | X Rt 89 BR onto Ridge Rd | 1.4 |
| L | 30.0 | South Mountain Rd | 0.2 |
| S | 30.2 | Continue TRO S Mountain Rd | 2.4 |
| R | 32.6 | to Climb Lil Tor Straight to skip | 0.8 |
| L | 33.4 | U turn to descend Lil Tor- CAUTION | 0.8 |
| R | 34.2 | S Mountain Rd CAUTION SLOW | 1.7 |
| L | 35.9 | to Orchards - Pit Food - Optional | 0.0 |
| QL | 35.9 | NY-45 S | 0.7 |
| R | 36.6 | Pomona Rd | 1.8 |
| L | 38.4 | NY-306 S | 0.5 |
| R | 38.9 | Lime Kiln Rd | 0.7 |
| L | 39.6 | Wilder Rd | 0.5 |
| R | 40.2 | Willow Tree Rd | 0.5 |
| R | 40.6 | Grandview Ave | 0.5 |
| BL | 41.1 | Spook Rock Rd | 2.8 |
| S | 43.9 | Cherry Ln SLOW DOWN | 2.1 |
| L | 46.0 | W Saddle River Rd | 3.7 |

| Go | At | On | For |
|------------|------|-----------------------------------|-----|
| L | 49.6 | E Allendale Rd | 0.2 |
| PIT | 49.8 | OPTIONAL FOOD STOP - Deli | 0.2 |
| R | 50.0 | E Saddle River Rd | 2.0 |
| L | 52.0 | Jacquelin Ave | 0.3 |
| R | 52.3 | Mill Rd | 0.6 |
| L | 53.0 | Werimus Rd | 0.3 |
| BL | 53.2 | TRO Werimus Rd | 0.2 |
| R | 53.4 | Hillsdale Ave | 1.9 |
| R | 55.3 | Magnolia Ave | 0.1 |
| QL | 55.4 | Washington Ave | 0.7 |
| L | 56.1 | Demarest Ave | 0.2 |
| R | 56.3 | Cedar Ln | 0.5 |
| L | 56.8 | Westwood Ave | 0.8 |
| R | 57.6 | Rivervale Rd | 0.1 |
| PIT | 57.6 | FOOD - Pit Stop - Delis Rivervale | 1.3 |
| R | 58.9 | Parkside Rd | 0.3 |
| S | 59.2 | La Roche Ave | 0.5 |
| BR | 59.7 | Elm St | 0.1 |
| QL | 59.7 | Schraalenburgh Rd | 0.1 |
| R | 59.9 | Harrington Ave | 0.9 |
| R | 60.7 | West St | 0.1 |
| L | 60.9 | High St | 0.4 |
| R | 61.3 | Closter Dock Rd | 0.2 |
| R | 61.5 | County Rd | 0.7 |
| BR | 62.2 | Piermont Rd | 0.3 |
| S | 62.5 | Piermont Rd | 1.8 |
| L | 64.2 | Central Ave | 0.1 |
| QR | 64.3 | County Rd | 0.4 |
| L | 64.7 | E Clinton Ave | 0.1 |
| QR | 64.7 | Dean Dr | 0.7 |
| L | 65.4 | Elm St | 0.6 |
| R | 66.0 | Leroy St | 0.1 |
| L | 66.1 | Elkwood Terrace | 0.2 |
| L | 66.3 | Lydecker St | 0.1 |
| R | 66.4 | TRO Lydecker St | 0.2 |
| L | 66.6 | Glenwood Rd | 0.0 |
| BR | 66.7 | Lydecker St | 0.6 |
| L | 67.2 | Walnut St | 0.6 |
| L | 67.8 | N Woodland St | 0.1 |
| R | 67.9 | Pershing Rd | 0.3 |
| R | 68.2 | Summit St | 0.3 |
| L | 68.5 | E Palisade Ave | 0.4 |
| R | 68.9 | Hudson Terrace | 2.0 |
| L | 70.9 | GW Bridge bike path | |

| | | | |
|----|----|----|-----|
| Go | At | On | For |
|----|----|----|-----|