

Turns	Road	Leg	Time	Dist	Dir	Comments
	West end of GW Bridge		@15mph			
Right	Hudson Ter	2.3	0:00	0	N	
Left	E Palisade Ave	2.4	0:08	2	NW	After town, after circle
Right	Knickerbocker Rd	3.3	0:17	4	NE	
Straight	Traffic Circle	0.1	0:29	8	NE	
Straight	Knickerbocker Rd	1.3	0:30	8	N	
Left	Hardenburgh Ave	0.5	0:34	9	W	
Right	Schraalenburgh Rd	0.4	0:36	9	N	
Left	Haworth Ave	0.9	0:38	10	W	
Left	Haworth Dr	0.4	0:41	11	S	
Right	Sunset Ave	1.3	0:42	11	W	
Left	Lake Shore Dr	0.2	0:47	12	SW	
Right	1St St	0.4	0:48	12	W	
Right	Oradell Ave	0.9	0:49	13	W	
Right	Prospect Ave	0.7	0:52	14	N	
Left	Soldier Hill Rd	1.9	0:54	14	W	
Right	Pascack Rd	2.2	1:02	16	NW	
Left	Washington Ave	1.3	1:10	18	NW	
Straight	Wearimus Rd	0.7	1:14	19	SW	
Right	E Saddle River Rd	3	1:17	20	NW	Get water & food
Left	E Allendale Rd	2.6	1:29	23	W	after starting Allendale
Left	W Crescent Ave	0.2	1:38	25	SW	
Right	Hillside Ave	1.2	1:39	25	NW	
Right	S Central Ave	1.1	1:43	27	N	
Straight	N Central Ave	1.8	1:47	28	N	
Right	Macarthur Blvd	0.2	1:54	30	E	
Left	Island Rd	4.1	1:55	30	N	
Right	US 202 (Ramapo Valley Rd)	1.4	2:11	34	N	
Left	SR 59 (Orange Ave)	0.4	2:16	35	NW	Ugly nasty road, ride on
	Orange Tpke (SR 59)	1.2	2:17	35	N	sidewalk where available
	Orange Tpke (SR 17)	2.8	2:23	37	W	
Right	Seven Lakes Dr	1.2	2:32	39	E	Get water & food Sloatsburg
	7 Lakes Pkwy (7 Lakes Rd)	7.6	2:37	40	NE	before starting up 7 Lakes
	Circle 180 degrees	0.1	3:06	48	E	Seasonal facilites Summer only
	7 Lakes Pkwy (7 Lakes Rd)	7.8	3:07	48	N	
	Circle 180 degrees	0.1	3:37	56	NE	
	Ramp to Rt 6	0.4	3:38	56	E	

You are actually entering the parkway, a high speed road without paved shoulders for 2/10 mile!!!

Wait at end of ramp for traffic from right to clear, ride on pkwy quickly to 7 Lakes exit, keep to right.

	Palisades Pkwy (US 6)	0.2	3:39	56	NE	
Right	Ramp	0.2	3:40	56	NE	
	7 Lakes Dr	4	3:40	56	SE	
(Left)	Option to climb Perkins (Bear Mountain) at top of hill 8/10 mile					2mi up, 2mi down 650' vertical
	Left to US 9 W	0.5	3:56	60	N	
Right	US 6 (US 202)	0.8	3:58	61	E	
Left	SR 9D Beacon Hwy	5.8	4:00	62	NE	
Left	CR 14 (Upper Station Rd)	0.5	4:23	67	NW	
Right	Eagles Rst	0.1	4:25	68	N	
Left	Station Rd	0.2	4:25	68	SW	
	Finish - Station Rd		4:26	68		

7 Lakes is best for moving fast. It is a highway; not a country road. Minimal shoulders, recreational traffic.