

Ride 1: Northvale
B17, B18

Turn	Total Miles	Street	For
L	0.0	Park Drive East	2.0
L	2.0	W. 110th St [exit park]	0.9
R	2.9	Riverside Drive	2.3
R	5.2	W. 155th St. [BL up hill]	0.2
L	5.4	W. 158th St. [up RSD ramp]	0.3
R	5.7	W. 162nd St.	0.1
L	5.8	Ft. Washington Ave.	0.7
R	6.5	Cabrini Blvd.	0.1
L	6.6	W. 177th St.	0.1
L	6.7	GWB Bike Path [cross]	1.3
R	8.0	Hudson Terrace [to end]	2.0
L	10.0	Palisade Ave.	0.4
R	10.4	Summit St. [to end]	0.7
L	11.1	Lyncrest Rd. [to end]	0.4
R	11.4	N. Woodland St. [to end]	1.3
L	12.7	E. Clinton Ave.	1.5
R	14.3	County Rd. [Rte. 501] [P]	1.4
L	15.7	Union Ave cross Piermont Ave pass triangle w/ Grant Ave.	0.4

R	16.1	Madison Ave.	0.7
U	16.8	Through traffic circle to stay on E. Madison Ave.	2.1
R	18.9	Boulevard → Grant St.	0.8
BR	19.7	Lake Shore Dr. → Sunset Ave. [to end]	1.8
L	21.5	Park Ave.	0.4
R	21.9	Haworth Ave.	0.3
L	22.2	Valley Road	0.6
R	22.8	Durie Ave.	0.1
L	22.9	Schraalenburgh Rd.	1.2
BL	24.1	to stay on Schraalenburgh [@ Harrington Ave.]	0.2
R	24.3	Tappan Rd. [to end]	2.8
R	27.1	Oak Tree Rd.	0.2
R	27.3	Livingston St.	0.4
R	27.7	NORTHVALE DINER LUNCH	
		Exit from front of diner to continue on Livingston St.	

Turn	Total Miles	Street	For
R	27.7	Livingston St. cross Harrington Ave.	3.0
BR	30.7	Knickerbocker Rd.	1.7
L	32.4	Hardenburgh Ave.	0.7
R	33.1	County Rd.	0.2
BR	33.3	Piermont Rd. [at fork]	1.3
L	34.6	Hudson Ave.	0.3
R	34.9	Magnolia Ave.	0.6
L	35.5	Hillside Ave.	0.1
QR	35.6	Serpentine Rd.	0.4
L	36.0	Westervelt Ave.	0.2
R	36.1	Engle St.	0.6
L	36.7	E. Hudson Ave. [at light]	0.3
R	37.0	Elkwood Terr	0.1
L	37.1	Lydecker St. [hill]	0.1
R	37.3	To stay on Lydecker	0.2
X	37.5	Glenwood Rd. [L then R]	0.0
BR	37.5	To stay on Lydecker	0.6
L	38.1	Walnut St. [uphill to end]	0.6
L	38.6	N. Woodland St.	0.1
R	38.7	Pershing Rd.	0.3

R	39.1	Summit St.	0.4
L	39.4	E. Palisade Ave.	0.4
R	39.8	Hudson Terrace	2.0
L	41.8	GW Bridge [cross]	1.3
R	43.1	Cabrini Blvd.	0.1
R	43.2	W. 177th St.	0.1
L	43.3	Haven Ave.	0.4
R	43.7	Ft. Washington Ave.	0.2
R	43.9	W. 165th St.	0.1
L	44.0	Riverside Dr.	4.9
L	48.8	W. 72nd St.	0.6
S	49.4	Central Park	1.2
End		Boathouse	