

Go	At	On	For
	0.0	Start of route	0.2
<b>L</b>	0.2	Make lefthand U-turn toward Greenway	0.1
<b>QR</b>	0.3	Greenway	1.8
<b>L</b>	2.1	TRO Hudson River Greenway	0.8
<b>R</b>	2.9	exit Greenway toward Ferrell Bridge	0.0
<b>QL</b>	2.9	ramp to pedestrian bridge	0.2
<b>L</b>	3.2	Riverside Dr	0.1
<b>R</b>	3.3	W. 155th St and bear left on Riverside Dr	0.2
<b>S</b>	3.5	W 158th St onto green bike lane on left	0.4
<b>L</b>	3.9	Edgecombe Ave	0.3
<b>R</b>	4.2	at 165th St. onto bike path and bear left downhill	0.5
<b>R</b>	4.7	ramp to High Bridge	0.3
<b>L</b>	5.0	to exit High Bridge	0.1
<b>QL</b>	5.0	University Ave	0.1
<b>QR</b>	5.1	Sharp right onto Merriam Ave (switchback)	0.1
<b>QL</b>	5.2	W 171st St	0.0
<b>QR</b>	5.2	Ogden Ave	0.1
<b>QL</b>	5.3	W 170th St	0.1
<b>QL</b>	5.4	Plimpton Ave	0.3
<b>R</b>	5.6	W 172nd St at end	0.2
<b>L</b>	5.8	Jesup Ave	0.2
<b>R</b>	6.0	Featherbed Ln	0.1
<b>S</b>	6.1	Grand Ave	0.1
<b>QL</b>	6.1	TRO Grand Ave	0.3
<b>L</b>	6.4	W Tremont Ave	0.4
<b>R</b>	6.8	Sedgwick Ave	1.1
<b>BR</b>	7.9	TRO Sedgwick	0.6
<b>R</b>	8.5	W 197th St	0.3
<b>L</b>	8.8	Goulden Ave	0.9
<b>L</b>	9.7	Sedgwick Ave	0.0
<b>QR</b>	9.7	Dickinson Ave	0.1
<b>R</b>	9.8	Gun Hill Rd	0.4
<b>L</b>	10.2	sidewalk at Jerome Ave	0.1
<b>PIT</b>	10.3	Pit stop at park bathrooms Then return to Jerome Ave	0.1
<b>QL</b>	10.3	Sharp left onto Jerome Ave	0.4
<b>⚠</b>	10.7	CAUTION: Road Construction	0.6

Go	At	On	For
<b>R</b>	11.3	E 233rd St	0.2
<b>L</b>	11.4	Van Cortlandt Park E	0.5
<b>R</b>	12.0	E 240th St	0.2
<b>L</b>	12.2	Martha Ave <i>Then double up for next intersection</i>	0.1
<b>R</b>	12.3	McLean Ave <i>Stay double for immediate left turn</i>	0.0
<b>QL</b>	12.4	First left onto Sterling Ave	0.4
<b>L</b>	12.8	TRO Sterling Ave	0.2
<b>R</b>	13.0	Kimball Ave (pass Midland/go under Cross County Pkwy, then 2nd right is Boulder)	1.5
<b>R</b>	14.5	Boulder Trail	0.4
<b>R</b>	14.9	TRO Boulder Trail <i>(at Lawrence Park West sign)</i>	0.2
<b>L</b>	15.1	TRO Boulder Trail <i>(at bottom of hill stop sign)</i>	0.0
<b>QR</b>	15.1	Langdon Ter/Dewitt Ave	0.4
<b>BL</b>	15.5	Parkway Rd	0.2
<b>S</b>	15.6	@ Circle, take the 1st exit onto Pondfield Rd W	0.1
<b>L</b>	15.8	Garden Ave	0.0
<b>PIT</b>	15.8	PIT STOP pick up lunch The Taco Project and picnic at Tennis Courts	0.1
<b>R</b>	15.9	Return to Pondfield Rd and turn Right	0.1
<b>S</b>	16.1	@ Circle, take the 2nd exit (R) onto Palmer Ave	0.8
<b>Climb</b>	16.9	Begin uphill (< 1/2 mile) <i>3 short steep parts</i>	0.4
<b>L</b>	17.3	Kingston Ave <i>(at top of 3rd short steep part)</i>	0.1
<b>QR</b>	17.3	S County Trailway <i>go thru two metal barricades, then left onto trail</i>	0.0
<b>QL</b>	17.4	S County Trailway	3.3
<b>S</b>	20.7	Old Putnam Trail <i>(entrance to Van Cortlandt Park)</i>	1.3
<b>L</b>	22.0	toward parking lot	0.0
<b>QR</b>	22.0	paved path parallel to parking area	0.1

Go	At	On	For
QR	22.1	under old RR bridge onto John Kieran Nature Trail <i>Thru short muddy unpaved area</i>	0.0
QL	22.1	paved path then bear right	0.2
R	22.3	Broadway	0.1
PIT	22.4	Pit stop @ Park bathrooms <i>Then cross Broadway at cross-walk and turn left on B'way</i>	0.3
R	22.7	W 240th St	0.1
QL	22.8	Tibbett Ave	0.7
L	23.5	W 230th St	0.1
R	23.6	Kingsbridge Ave/Marble Hill Ave	0.1
QR	23.7	W 228th St ⇒ Terrace View	0.3
S	24.0	W 225th St	0.2
R	24.2	Broadway Bridge sidewalk <i>Yield to pedestrians</i>	0.3
R	24.5	W 218th St	0.2
L	24.7	Seaman Ave	0.6
R	25.3	Beak St	0.0
QL	25.3	Payson Ave	0.2
L	25.5	Riverside Dr	0.1
R	25.7	Broadway	0.5
R	26.1	Bennett Ave	0.7
R	26.9	W 181st St	0.1
QL	26.9	Ft Washington Ave	0.8
R	27.7	W 165th St	0.1
L	27.8	Riverside Dr	3.6
	31.4	Ride ends a Dinosaur Playground	0.0
	31.4	End of route	