

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Riverside Dr	3.0
R	3.0	W 155th St and bear left on Riverside Dr	0.2
L	3.2	Riverside Dr	0.3
R	3.5	W 162nd St	0.1
L	3.6	Fort Washington Ave	0.7
L	4.4	W 177th St	0.1
QR	4.5	Cabrini Blvd	0.1
QL	4.5	sidewalk & left onto bridge ramp	1.3
R	5.8	Hudson Terrace	2.0
L	7.8	E Palisade Ave	1.0
L	8.8	Jones Rd (light)	1.0
R	9.8	Van Nostrand Ave (stop sign)	0.3
L	10.1	1L Broad Ave (light)	0.3
R	10.4	Sheffield Ave (light)	0.3
L	10.7	Grand Ave (long light)	1.0
R	11.7	Fort Lee Rd (light)	0.2
L	11.9	at Overpeck Pk Driveway onto bike path	0.1
QR	11.9	bike path ⇒ bridge	0.3
PIT	12.2	Pit stop @ park bathrooms	0.2
BL	12.4	at fork	0.1
QL	12.5	at fork	0.0
QL	12.5	at fork	0.9
L	13.4	toward Challenger Rd	0.0
QR	13.4	toward Challenger Rd	0.0
QL	13.5	Challenger Rd	0.4
R	13.9	Emerson St <i>uphill</i>	0.4
R	14.3	Teaneck Rd at T	0.1
L	14.4	2L onto Christie St	0.2
R	14.6	1R onto Euclid Ave <i>Note the war memorials in center</i>	0.5
L	15.1	Preston St at T	0.2
R	15.2	Main St at T	0.1
QL	15.3	QBL soft L onto Hackensack Ave	0.4
R	15.7	Railroad Ave ⇒ W Shore Ave	0.4
BL	16.1	thru underpass onto River Rd	3.3
L	19.4	RiverVIEW Ave	0.2
L	19.6	Old New Bridge Rd	0.1
S	19.7	Take the pedestrian overpass	0.1
	19.8	Wander thru historic site (gravel) <i>Then continue out on Main St</i>	0.3

Go	At	On	For
R	20.1	into CVS parking lot to end	0.0
QL	20.2	behind buildings toward exit	0.1
R	20.3	Bogert Rd <i>uphill - go own pace</i>	0.5
L	20.8	Howland Ave (light)	0.8
R	21.6	Forest Ave (light)	0.8
R	22.4	Spring Valley Rd (light)	0.2
R	22.6	Continental Ave	0.0
PIT	22.6	Pick up lunch at Ted's North Deli	0.1
R	22.7	into park on roadway <i>Pass tennis, carousel, playground</i>	0.4
PIT	23.1	Picnic lunch & bathrooms <i>Then U-turn & return to exit</i>	0.4
L	23.5	Continental Ave	0.1
R	23.6	Spring Valley Rd at T	1.1
R	24.7	Ridgewood Ave (stop sign)	0.6
L	25.4	Maple Ave	0.3
R	25.7	Oradell Ave <i>watch tracks</i>	0.6
L	26.3	Grant Ave at T	0.3
BR	26.6	Sunset Ave	1.0
L	27.6	Haworth Dr	0.3
R	27.9	Haworth Ave	0.7
L	28.6	Valley Rd (light)	0.6
R	29.1	Durie Ave at T	0.1
QR	29.2	Schraalenburgh Rd (light)	0.7
L	29.9	Hardenburgh Ave	1.1
R	31.1	County Rd	0.2
BR	31.3	Piermont Rd	1.3
L	32.7	Hudson Ave	0.3
R	32.9	Magnolia Ave to end	0.6
L	33.6	Hillside Ave	0.1
QR	33.6	Serpentine Rd <i>sign says Ravine</i>	0.4
L	34.0	Westervelt Ave to end	0.1
R	34.2	Engle St	0.1
L	34.3	Woodland Park Dr	0.4
R	34.7	Leroy St	0.1
QL	34.7	Churchill Rd & bear right uphill <i>Regroup at top</i>	0.7
R	35.5	Woodland St	1.1
L	36.6	Pershing Rd	0.3
R	36.9	Summit St	0.3
L	37.2	E Palisade Ave	0.4
R	37.7	Hudson Terrace	2.0

Go	At	On	For
L	39.6	GWB bike path	1.3
R	40.9	Cabrini Blvd	0.1
QR	41.0	W 177th St	0.0
QL	41.0	Haven Ave	0.4
L	41.4	W 169th St	0.1
QR	41.5	Fort Washington Ave	0.2
R	41.6	W 165th St	0.1
L	41.7	Riverside Dr	3.6
	45.3	Ride ends @ Dinosaur Play-ground	0.0
	45.3	End of route	