

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	NJ side of GW Bridge Note: Ride on sidewalk to the left, south	0.0
⚠	0.0	Ride south on side walk, entering bike path at entrance road to Fort Lee Park Note: Keep on sidewalk, then bike path. Cars entering and exiting Fort Lee Park	0.1
⚠	0.1	Cross entrance to Fort Lee Historic Park, motor traffic!	0.4
L	0.5	River Road/Henry Hudson Dr	0.0
⚠	0.5	This road has 2 way traffic! Note: Road descends and cars appear out of blind curve; Keep Right!	0.9
S	1.4	@ Circle, take the 2nd exit, continue on River Road	0.0
	1.4	Optional descent, climb out or Ross Dock	1.4
L	2.8	TRO River Road, legal part of "Forbidden Hill"	4.7
S	7.5	@ Circle, continue straight TRO River Road Note: Climb Alpine Hill	0.0
	7.6	Optional descent to Alpine boat basin. Take this for the full climb.	1.0
R	8.6	Alpine Police Station, PIP Note: Use bike rack, water & restrooms inside	5.7
R	14.3	TRO River Road Note: bottom of fast descent	1.4
S	15.7	@ Circle, continue straight TRO River Road	0.9
R	16.6	bike path Note: climb hill to bridge	0.5
R	17.1	NJ side of GW Bridge , end	0.0
	17.1	End of route	