For

				Go	At	On	
Go	At	On	For		8.7	End of route	
	0.0	Start of route	0.0				
	0.0	Hudson River Greenway south of the GW Bridge at tennis courts, head north Start	1.9				
<u> </u>	1.9	Sharp left and quick right with blind line of sight and 90 degree bends	0.1				
Slight Right	2.0	Turn slight right onto Dyckman Street	0.2				
R	2.2	Payson Avenue	0.1				
QL	2.2	Riverside Drive	0.1	1			
Slight Right	2.3	to access Broadway	0.0	1			
QR	2.4	Broadway	0.5				
Sharp Right	2.8	Turn sharp right onto Bennett Avenue	0.4				
R	3.3	West 187th Street	0.1				
QR	3.3	Overlook Terrace	0.2				
R	3.5	Fort Washington Avenue	0.2				
S	3.7	Straight onto Margaret Corbin Drive Enter Fort Tryon Park	1.1				
S	4.8	Straight on Fort Washington Avenue	0.2				
L	4.9	West 190th Street	0.2	1			
L	5.1	West 187th Street	0.1				
L	5.3	Broadway	0.4				
R	5.6	Nagle Avenue	0.4				
Sharp Right	6.0	Turn sharp right onto Fort George Hill bike path	0.4				
Sharp Left	6.4	Turn sharp left onto Fort George Avenue	0.9				
R	7.3	West 182nd Street	0.3				
L	7.6	Broadway	0.0				
QR	7.7	West 181st Street	0.3				
R	8.0	Riverside Drive	0.0				
QL	8.1	the 182nd Street overpass	0.1	-			
S	8.1	Straight onto the Hudson River Greenway south	0.1				
<u> </u>	8.3	Danger, steep descent with switchback	0.4				
	8.7	Hudson River Greenway south of the GW Bridge next to tennis courts End	0.0				