


Go	At	On	For
	0.0	Start of route	0.0
	0.0	NJ side of GW Bridge head north on Hudson Terrace, start	2.0
L	2.0	E Palisade Ave	0.1
R	2.1	9W	9.9
L	12.0	Oak Tree Rd	2.0
S	14.0	Main St <i>Tappan</i>	0.1
S	14.1	Kings Hwy	0.1
BL	14.1	onto Greenbush Rd	0.5
R	14.6	Western Highway	4.8
PIT	19.4	West Nyack Deli <i>West Nyack Deli</i>	0.0
QL	19.4	W Nyack Rd	0.4
R	19.8	Strawtown Rd/ Rt 23	2.3
R	22.1	TRO Strawtown Rd	2.3
S	24.4	Straight onto Ridge Rd	1.4
L	25.8	S Mtn Rd	4.3
PIT	30.1	Orchards <i>Orchards</i>	0.0
QR	30.1	NY-45 N	0.6
L	30.7	US-202 W	0.8
R	31.5	Ladentown Rd	0.3
R	31.7	N Camp Hill Rd	0.9
R	32.7	Call Hollow Rd	2.1
L	34.8	Willow Grove Rd	0.9
S	35.7	Rt 106/ Kanauwake Rd	1.9
R	37.6	Lake Welch access road, follow to far end of parking lot	1.3
S	38.9	go past toll gate on to Lake Welch Pkwy	1.7
L	40.6	Lake Welch Pkwy <i>hairpin turn, easy to miss</i>	0.1
QR	40.7	Tiorati Brook Rd	3.6
S	44.3	Tiorati Circle, take the 1st exit 7 Lakes Dr	0.0
PIT	44.3	Restrooms	3.7
S	48.0	Long Mtn Circle, take the 2nd exit onto the US-6 E ramp to Bear Mountain	0.4
	48.4	Caution, cars not aware of bicycles crossing over	0.0

Go	At	On	For
S	48.4	Merge onto US-6 E - CAREFUL <i>Merging onto Hghwy from left</i>	0.1
S	48.5	Take exit 19 , 7 Lakes Dr north	1.1
L	49.7	Sharp left onto Perkins Memorial Dr	2.3
L	51.9	TRO Perkins Memorial Dr	0.1
QR	52.0	TRO Perkins Memorial Dr	1.9
S	53.9	Seven Lakes Drive	1.8
S	55.7	@ Circle, take the 2nd exit and stay on Seven Lakes Drive	0.5
L	56.2	Rt 9W N	0.4
S	56.6	@ Circle, continue straight onto US-9W N	1.8
R	58.4	Old NY-218 N/ãÑOld State Rd	1.3
S	59.7	NY-218 N/ãÑMain St	0.8
L	60.5	NY-218 N/ãÑMountain Ave	1.1
S	61.7	Take the ramp to Rte 9W N	0.2
S	61.8	Merge onto Rte 9W N	7.1
R	68.9	River Ave <i>Cornwall on Hudson</i>	1.2
R	70.1	Rt 9W north	0.8
BR	70.9	Old Rte 9W	0.3
BR	71.2	River Rd ⇒ Water St	3.3
R	74.5	Grand Ave	0.3
L	74.8	Beacon Newburgh Bridge bike path under overpass	2.0
R	76.8	NY-9D S	0.7
R	77.5	Beekman St	0.2
R	77.6	W Main St	0.3
	78.0	Beacon Metro North railroad platform, end	0.0
	78.0	End of route	