

Go	At	On	For
	0.0	Start of route	0.0
	0.0	NJ side of GW Bridgehead north, right on Hudson Terrace	2.0
L	2.0	E Palisade Ave	0.1
R	2.1	9W	11.7
L	13.8	Hickey St - CAUTION	0.1
QR	13.9	Kings Hwy	1.5
R	15.4	NY-303 N	0.2
R	15.6	Mountain View Ave	0.0
BL	15.7	S Greenbush Rd	1.3
BR	16.9	NY-303 N Note: Hug the shoulder	0.1
BR	17.0	Greenbush Rd	1.8
R	18.8	N Greenbush Rd	0.1
BL	18.9	NY-303 N	0.1
S	19.0	NY-303 N Note: Caution!	0.5
L	19.5	N Palisades Center Dr	0.2
R	19.7	Snake Hill Rd	0.7
R	20.4	Old Mill Rd	1.9
L	22.3	Kings Hwy → Old Haverstraw Rd	3.3
L	25.6	NY-304 S	0.9
R	26.6	Ridge Rd/ Rt 23	0.8
L	27.4	Haverstraw Rd/ St Mtn Rd/Rt 90	0.2
BR	27.6	S Mountain Rd	2.4
R	30.0	Little Tor Rd/Central Hwy/ Rt 33	1.6
R	31.6	Rt 202 east	0.2
L	31.9	Central Hwy/ Rt 33/Main St	1.8
L	33.7	Rt 106/ Gate Hill Rd	7.5
S	41.2	Kanawauke Circle, take the 1st exit onto 7 Lakes Drive north	3.3
S	44.5	Tiorati Circle, continue straight onto 7 Lakes Dr north Note: restrooms/water, building to west of circle	3.7
S	48.2	Long Mtn Circle, take the 2nd exit onto the US-6 E ramp to Bear Mountain	0.5
S	48.7	Merge onto US-6 E	0.1
S	48.8	Take exit 19, 7 Lakes Dr north	1.1
L	49.9	Sharp left onto Perkins Memorial Dr	2.2
L	52.1	TRO Perkins Memorial Dr	0.1
QR	52.2	at the 1st cross street TRO Perkins Memorial Dr	2.0

BL	54.2	Seven Lakes Drive	1.8
S	56.0	@ Circle, take the 2nd exit and stay on Seven Lakes Drive	0.5
L	56.5	Rt 9W north	0.4
S	56.9	@ Circle, take the 2nd exit onto US-9W N	1.8
R	58.7	Old NY-218 N/Old State Rd	1.3
S	59.9	Merge onto Main St/ Rt 218	0.8
L	60.8	Mountain Ave/ Rt 218	1.1
S	61.9	Take the ramp onto N Rte 9W N/ Rt 218	0.9
R	62.8	Exit onto NY-218 N	2.3
S	65.1	Storm King Highway, NY 218	4.0
R	69.1	River Ave⇒ Shore Rd	1.2
R	70.3	Rte 9W N	0.8
BR	71.1	Old Rte 9W	0.3
BR	71.4	River Rd ⇒ Water St	3.3
R	74.7	Grand Ave	0.3
L	75.0	Beacon Newburgh Bridge bike path under overpass	2.0
R	77.0	NY-9D S	7.8
BR	84.9	Fair St/River Rd	0.6
R	85.5	Main St	0.1
	85.6	bottom of Main St, Cold Spring, either follow Lunn Ter on left to railroad station or walk down and up stairs ahead, and follow path on left to train platform	0.0
	85.6	End of route	