

| Go | At | On | For |
|-----------|------|--|-----|
| | 0.0 | Start of route | 0.0 |
| | 0.0 | Harlem Valley/Wingdale Railroad Station, a quick right and a left onto Rt 22 north | 0.6 |
| BR | 0.6 | NY-55 east | 0.9 |
| R | 1.5 | Right TRO Rt 55 east | 0.0 |
| QR | 1.5 | NY-55 | 0.9 |
| L | 2.4 | Dog Tail Corners Rd | 0.2 |
| R | 2.6 | TRO Dog Tail Corners Rd | 1.3 |
| R | 3.9 | Dogtail Corners | 0.6 |
| S | 4.5 | Bulls Bridge Rd | 0.4 |
| L | 4.9 | Schaghticoke Rd Note: hardpack | 4.2 |
| L | 9.1 | CT-341 W | 1.1 |
| R | 10.2 | Macedonia Brook Rd | 3.4 |
| BR | 13.6 | Webber Rd | 1.1 |
| BL | 14.7 | Knibloe Hill Rd | 1.9 |
| R | 16.5 | Amenia Union Rd/ Rt 2 | 0.1 |
| L | 16.6 | Leedsville Rd/ Rt 2 | 2.6 |
| L | 19.3 | NY-343 W | 2.4 |
| R | 21.7 | Rt 44 north Note: Amenia | 1.1 |
| BL | 22.9 | Perrys Corners Rd | 2.5 |
| L | 25.3 | Cooper Rd Note: hardpack | 1.3 |
| R | 26.6 | Smithfield Rd | 0.0 |
| QL | 26.7 | Silver Mountain Rd | 1.4 |
| S | 28.1 | Silver Mountain Rd | 0.1 |
| QR | 28.2 | Mc Ghee Hill Rd/ Rt 64 | 0.8 |
| L | 28.9 | Skunks Misery Rd Note: easy to miss on fast descent! | 0.2 |
| L | 29.1 | Mc Ghee Hill Rd | 1.0 |
| L | 30.1 | NY-22 N/US-44 E | 0.5 |
| BL | 30.6 | NY-199 W | 2.5 |
| R | 33.2 | Winchell Mountain Rd/ Rt 60 | 0.6 |
| L | 33.8 | Pulver Rd | 0.7 |
| L | 34.5 | Pulver Rd turns slightly left and becomes Winchell Mountain Rd | 1.2 |
| BR | 35.6 | E Ancram Rd | 5.6 |
| L | 41.3 | Co Rd 3 | 0.6 |
| R | 41.9 | Wiltsie Bridge Rd | 3.7 |
| R | 45.5 | NY-82 N | 0.9 |
| S | 46.4 | Co Rd 7 Note: Ancram | 0.7 |

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| L | 47.1 | Hall Hill Rd | 3.0 |
| BL | 50.1 | TRO Hall Hill Rd | 0.6 |
| R | 50.8 | Hall Hill Rd turns slightly right and becomes Hoffman Rd | 0.8 |
| L | 51.6 | Rt 83A/North Main St | 1.1 |
| PIT | 52.8 | lunch: Pine Plains Platter to left Note: Pine Plains | 0.6 |
| L | 53.4 | Rt 83 | 4.2 |
| R | 57.6 | TRO Rt 83 | 4.7 |
| BR | 62.2 | Separate Rd Note: @ Very Large Farm, | 2.1 |
| L | 64.3 | Bangall Amenia Rd/ Rt 86 Note: (James Cagney Way) | 1.0 |
| R | 65.3 | US-44 W | 1.3 |
| R | 66.5 | Shunpike/Rt 57 | 3.8 |
| L | 70.4 | Valley Farm Rd | 3.0 |
| L | 73.4 | Rt 44 | 1.9 |
| R | 75.3 | Little Rest Rd Note: Mabbettsville | 1.4 |
| L | 76.7 | NY-343 E | 4.5 |
| S | 81.2 | NY-343 W | 0.7 |
| R | 81.9 | NY-22 S | 0.4 |
| L | 82.2 | Mill St | 0.2 |
| R | 82.5 | Railroad Ave | 0.0 |
| | 82.5 | Dover Plains Railroad Station | |
| | 82.5 | End of route | |