

| Go | At | On | For |
|------------|------|--|------|
| | 0.0 | Wassaic Railroad Station head north on rail trail just after crossing tracks on exit | 0.1 |
| QR | 0.1 | Harlem Valley Rail Trail | 3.7 |
| BR | 3.7 | Rt 343 east | 3.8 |
| S | 7.5 | Rt 4 east Note: Sharon | 6.3 |
| L | 13.8 | East St Note: on descent! | 3.1 |
| L | 16.9 | East St turns left and becomes Sharon Mountain Rd | 2.0 |
| R | 18.9 | TRO Sharon Mountain Rd | 0.0 |
| S | 19.0 | Lucas Rd Note: easy to miss! | 0.3 |
| S | 19.3 | Jackson Rd | 1.0 |
| R | 20.3 | Calkinstown Rd | 0.3 |
| L | 20.7 | White Hollow Rd | 4.4 |
| L | 25.0 | CT-112 W | 0.3 |
| R | 25.4 | Salmon Kill Rd | 4.1 |
| R | 29.5 | Rts 41/44 | 0.3 |
| R | 29.7 | Academy St | 0.0 |
| PIT | 29.8 | The Country Bistro | 0.0 |
| QR | 29.8 | continue on Rts 41/44 | 0.1 |
| BL | 29.9 | Rt 41 north/Under Mountain Rd | 12.6 |
| L | 42.6 | Sharp left onto Mt Washington Rd Note: South Egremont | 4.4 |
| S | 47.0 | East St | 0.8 |
| L | 47.8 | TRO East St | 2.4 |
| R | 50.2 | Cross Rd | 0.6 |
| BR | 50.8 | West St | 1.1 |
| L | 51.9 | Falls Rd⇒ Rt 344 Note: becomes very steep with hairpin turns! | 3.1 |
| BR | 55.0 | TRO NY-344 W | 0.2 |
| BL | 55.2 | TRO NY-344 W | 0.3 |
| L | 55.5 | Rt 22 south | 1.0 |
| R | 56.5 | Rt 7A Note: Copake | 0.6 |
| S | 57.2 | Empire Rd Note: at clocktower, Church St deli to right | 3.0 |
| R | 60.2 | Wiltsie Bridge Rd | 2.9 |
| L | 63.1 | NY-82 S | 2.9 |
| R | 66.0 | TRO NY-82 S Note: Ancramdale | 4.2 |

| Go | At | On | For |
|-----------|-------|--|------|
| R | 70.2 | NY-199 W/NY-82 S | 1.4 |
| L | 71.6 | Rt 82 south Note: Pine Plains | 10.4 |
| R | 82.0 | Salt Point Turnpike/ Rt 17 | 1.4 |
| BL | 83.4 | TRO Salt Point Turnpike/ Rt 17 | 2.3 |
| L | 85.7 | Salt Point Turnpike/ Rt 115 | 12.0 |
| S | 97.7 | passes under stone viaduct | 0.1 |
| BR | 97.8 | Salt Point Turnpike/ Smith St | 0.4 |
| L | 98.2 | Salt Point Turnpike turns slightly left and becomes Smith St | 0.6 |
| R | 98.7 | Cottage St | 0.4 |
| L | 99.1 | Cottage St turns slightly left and becomes Catharine St | 0.1 |
| QR | 99.2 | Mansion St | 0.4 |
| L | 99.7 | N Bridge St | 0.1 |
| QR | 99.7 | at the 1st cross street onto Mill St⇒Dongan Pl | 0.3 |
| L | 100.0 | Davies Pl | 0.0 |
| QR | 100.0 | Turn right, follow to Poughkeepsie Railroad Station | 0.0 |
| QR | 100.1 | Turn right | 0.0 |
| | 100.1 | Poughkeepsie Railroad Station | |