

Go	At	On	For
	0.0	Start of route	0.0
	0.0	Start @ E 84th St & East End Ave. Enter Carl Schurz Park	0.1
QL	0.1	John Finley Walk	1.1
L	1.2	Ward's Island Bridge	0.3
L	1.5	Harlem River Pathway	0.6
L	2.1	Little Hell Gate Bridge	0.0
S	2.1	X Little Hell Gate Inlet	0.1
QR	2.2	Harlem River Pathway	0.2
L	2.4	Onto Central Rd	0.1
L	2.5	X and QL	0.4
S	2.9	X Randall's Island Connector to Bronx	0.2
L	3.2	E 132nd St	0.2
R	3.4	Onto Cypress then L onto side- walk, up stairs, and X bridge	0.4
R	3.8	and continue on bike path	0.4
L	4.2	and follow bike path	0.2
L	4.4	towards bridge walkway	0.0
QL	4.4	ramp and X bridge on walkway	0.6
L	5.0	E 124th St	0.2
L	5.2	1st Avenue ⇒ Willis Ave Bridge bike path	0.6
L	5.8	E 135th St	0.3
L	6.1	3rd Avenue to sidewalk ramp up to bridge (north side)	0.4
S	6.5	Onto sidewalk around playing fields	0.3
S	6.8	2nd Ave	0.1
R	6.9	E 126th St	0.3
R	7.2	Park Ave	0.3
L	7.5	E 132nd St	0.1
R	7.6	Madison Ave	0.2
S	7.8	Madison Ave Bridge right side- walk to Bronx	0.3
L	8.1	and take X-walk to north side of bridge	0.0
QR	8.1	bike lane	0.0
QL	8.1	Gerard Ave	0.1
BR	8.2	TRO Gerard Ave	0.3
L	8.5	E 149th St	0.1
S	8.6	145th St Bridge to Manhattan (ON ROADWAY)	0.3

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R	8.9	Malcolm X Blvd	0.1
L	9.0	W 147th St	0.2
R	9.2	Adam Clayton Powell Jr Blvd	0.3
R	9.5	BR sidewalk @ 153rd (curb cut) to continue onto Macombs Dam Bridge to Bronx	0.3
S	9.7	X Maj Deegan 2x in crosswalks TRO bridge	0.2
S	9.9	Straight onto Jerome Avenue (exit sidewalk onto roadway)	0.6
L	10.5	Edward L Grant Hwy	0.3
BL	10.8	TRO Edward L. Grant Hwy	0.3
L	11.1	BL into bus lane	0.0
QL	11.1	bike lane	0.0
QR	11.1	University Ave	0.2
R	11.3	bike path into Highbridge Park	0.1
QR	11.4	and continue onto High Bridge to Manhattan then continue south on bike path	0.7
R	12.1	turn R past flagpole and go up ramp alongside stairs, then hard R onto Edgecombe heading north	0.3
R	12.5	BR onto Amsterdam Ave	0.1
PIT	12.6	Highbridge Park Wa- ter/Bathrooms	0.4
R	13.0	Laurel Hill Terrace	0.1
QR	13.1	sidewalk toward Washington Bridge	0.4
L	13.5	X University Ave then turn left	0.8
L	14.4	W Burnside Ave to end	0.3
R	14.6	W 179th St	0.1
QR	14.7	Cedar Ave	0.5
L	15.2	sidewalk @ gas station (do not X Fordham Rd)	0.0
S	15.2	University Heights Bridge to Man- hattan	0.3
L	15.5	9th Ave	0.1
QR	15.6	W 206th St	0.1
R	15.7	10th Ave	0.5
R	16.1	W 215th St	0.1
L	16.3	9th Ave	0.3
R	16.6	Broadway Bridge on sidewalk	0.3
L	16.8	W 228th St	0.1

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R	17.0	Marble Hill Ave	0.1
QL	17.1	W 230th St	0.2
L	17.3	Irwin Ave	0.1
R	17.4	Hard right on Johnson Ave (uphill)	0.5
L	17.9	W 235th St	0.1
QL	17.9	Netherland Ave	0.1
R	18.1	W 232nd St	0.2
L	18.2	Henry Hudson Pkwy	0.3
L	18.6	up stairs to sidewalk of Henry Hudson Bridge	0.4
R	19.0	the Greenway path	0.4
R	19.3	Up stairs over RR tracks	0.1
QL	19.4	waterfront path	0.3
BR	19.7	path	0.1
S	19.8	Continue straight across Dykman St	0.1
S	19.9	ramp up to Hudson River Greenway	1.3
R	21.2	Sharp right onto ramp to bridge X'ing hwy	0.1
QR	21.3	Riverside Dr	0.1
QL	21.4	W 181st St	0.1
R	21.5	Cabrini Blvd	0.1
QL	21.5	W 180th St	0.1
R	21.6	Fort Washington Ave	0.6
L	22.2	W 168th St	0.2
R	22.4	St Nicholas Ave	0.4
R	22.8	Amsterdam Ave	0.1
QL	22.8	W 160th St	0.0
QR	22.9	St Nicholas Ave	0.4
R	23.3	at W 152nd St toward Convent Ave	0.0
BL	23.3	Convent Ave	1.3
S	24.6	Morningside Ave	0.7
S	25.3	Manhattan Ave	0.2
L	25.5	W 110th	0.1
QR	25.5	Frederick Douglass Cir	0.0
S	25.6	Continue straight into Central Park	0.0
	25.6	Ride ends at Central Park West & 110th St	0.0
	25.6	End of route	

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