

Go	At	On	For
	0.0	Start of route	0.0
<b>L</b>	0.0	Central Park East Dr	0.9
<b>R</b>	0.9	E 90th St	0.7
<b>L</b>	1.6	1st Avenue	0.6
<b>R</b>	2.2	E 102nd St - Bike Lane	0.1
<b>BL</b>	2.3	Ward's Island Bridge - entrance - on sidewalk	0.0
<b>BL</b>	2.3	TRO Ward's Island Bridge entrance - Follow Path - X over FDR	0.1
<b>R</b>	2.5	Follow bridge path - over East River	0.2
<b>L</b>	2.7	bike path (Harlem River Pathway)	0.6
<b>L</b>	3.3	Little Hell Gate Bridge	0.1
<b>R</b>	3.4	Harlem River Pathway	0.1
<b>BL</b>	3.5	bike path (Harlem River Pathway)	0.1
<b>QL</b>	3.6	Central Rd - Randall's Island Connector - under bridge	0.8
<b>L</b>	4.5	E 132nd St	0.4
<b>R</b>	4.9	St Ann's Ave	1.5
<b>R</b>	6.4	E 161st St	0.5
<b>L</b>	6.8	Prospect Ave	0.6
<b>R</b>	7.5	E 169th St	0.3
<b>BL</b>	7.8	E 167th St	0.3
<b>BL</b>	8.0	Westchester Ave	0.2
<b>R</b>	8.2	- into Concrete Park - bike path	0.4
<b>L</b>	8.6	At end of bike path onto sidewalk toward Bronx River Ave	0.1
<b>R</b>	8.7	At Bronx River Ave, turn right onto Ave, under Bruckner Expressway	0.2
<b>L</b>	8.9	Bronx River Ave turns left and becomes Story Ave	0.1
<b>R</b>	9.0	Colgate Ave	0.1
<b>L</b>	9.1	Colgate Ave turns left and becomes Lafayette Ave	0.1
<b>PIT</b>	9.2	Pit stop @ Soundview Park restrooms	0.1
<b>QL</b>	9.3	U turn left back to Soundview Park bike path entrance	0.9
<b>BR</b>	10.1	path	0.2
<b>BR</b>	10.3	path just before Soundview amphitheater	0.4
<b>R</b>	10.7	Exit Park - turn right onto Leland Ave	0.0

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<b>S</b>	10.8	Leland Ave becomes Harding Park Ave - Continue on Harding Park	0.3
<b>S</b>	11.0	Harding Park becomes Bronx River Ave - Continue onto Bronx River Ave	0.1
<b>R</b>	11.2	Shore Haven Bike path - right after X Street	0.1
<b>BL</b>	11.2	TRO Shore Haven Bikepath	0.4
<b>R</b>	11.6	Sound View Ave	0.0
<b>QL</b>	11.7	Enter Bike Path on Left just off Soundview Ave	0.0
	11.7	Option for Soundview Ferry back to Manhattan here	0.0
<b>BL</b>	11.7	bike path	0.2
<b>S</b>	11.8	Exit bike path - Continue onto Cornell Ave	0.1
<b>QR</b>	11.9	Pugsley Ave	0.1
<b>L</b>	12.1	Gildersleeve Ave	0.1
<b>QR</b>	12.1	Stephens Ave	0.1
<b>R</b>	12.3	into Pugsley Creek Park - bike path - just before O'Brien Ave	0.9
<b>R</b>	13.1	Follow bike path around Pugsley Creek - exit on Hart Ave	0.3
<b>L</b>	13.4	Castle Hill Ave	0.1
<b>QR</b>	13.5	Zerega Ave	0.3
<b>L</b>	13.8	Lacombe Ave	0.0
<b>S</b>	13.9	Lacombe becomes Havemeyer Ave - Continue onto Havemeyer Ave	0.7
<b>R</b>	14.6	CAUTION - Turn right onto Bruckner Blvd - Onto Sidewalk	0.3
<b>R</b>	14.9	Brush Ave	0.3
<b>L</b>	15.2	Lafayette Ave	0.4
<b>R</b>	15.6	Cross Bronx Expy Ext	0.4
<b>R</b>	16.0	Randall Ave	0.2
<b>L</b>	16.1	Balcom Ave	0.2
<b>L</b>	16.4	Dewey Ave	0.2
<b>R</b>	16.5	Swinton Ave	0.5
<b>L</b>	17.1	Schurz Ave	0.5
<b>R</b>	17.6	Pennyfield Ave toward SUNY Maritime College	0.6
<b>S</b>	18.2	Enter SUNY Maritime College	0.0

Go	At	On	For
QL	18.2	Erben Ave on College Campus - follow road	0.5
R	18.7	Hanus St	0.1
R	18.8	Hanus St	0.2
S	19.0	Shepard Ave	0.6
S	19.6	Exit College - Continue onto Pennyfield Ave	0.8
S	20.4	Lawton Ave	0.1
QL	20.5	Throgs Neck Expy	0.6
R	21.1	Schley Ave	0.2
S	21.3	Clarence Ave	0.4
R	21.7	Lafayette Ave	0.0
QL	21.8	Dean Ave	0.3
S	22.1	Dean becomes Stadium Ave - Continue on Stadium Ave	0.8
S	22.9	Middletown Rd	0.0
S	22.9	Enter Pelham Bay Park on Roadway	0.0
QL	22.9	First left onto bike path toward restrooms	0.0
QR	23.0	toward restrooms	0.1
PIT	23.0	Pit stop @ Park restroom	0.3
L	23.3	back onto bike path	0.7
BR	24.0	Bronx and Pelham Pkwy bike path	0.0
S	24.1	Shore Rd - bike path	0.3
R	24.4	bike path toward City Island	0.7
L	25.1	Rodmans Neck	0.0
S	25.1	@ Circle, take the 1st exit onto City Island Rd	2.0
PIT	27.1	LUNCH Tony's or Johnny's Reef	0.0
Uturn	27.1	Make a U-turn back onto City Island Ave	0.7
R	27.8	Fordham St	0.1
L	27.9	King Ave	0.2
L	28.1	Ditmars St	0.0
QR	28.1	King Ave	0.2
L	28.3	Beach St	0.0
QR	28.4	Minnieford Ave	0.2
R	28.6	Kilroe St	0.0
QL	28.6	King Ave	0.2
L	28.8	Terrace St	0.1
QL	28.9	Terrace St turns slightly left and becomes Minnieford Ave	0.1

Go	At	On	For
QR	28.9	Bridge St	0.1
QL	29.0	Bridge St turns slightly left and becomes City Island Ave	0.1
QR	29.0	City Island Road follow bike path	0.8
L	29.8	to cross Park Drive and continue on bike path	1.8
BR	31.5	Slight right	0.2
R	31.8	Turn right	0.1
R	31.9	Turn right	0.1
L	32.0	at Bronx and Pelham Pkwy	1.6
L	33.7	White Plains Rd	0.2
R	33.9	Lydig Ave	0.1
S	33.9	X Bronx Park East and enter Bronx River Greenway	0.0
QR	34.0	Bronx Park E	0.0
QL	34.0	Quick left into Bronx River Greenway	0.0
BL	34.0	at first fork on bike path	0.1
S	34.1	Stay straight at fork on bike path	0.0
S	34.1	At fork stay straight on bike path	0.1
BR	34.2	at fork	0.3
R	34.5	follow greenway signs	0.1
S	34.6	Take the exit toward NewYork State Reference Rte 907H	0.0
BL	34.6	Slight left	0.4
R	35.1	E 180th St	0.2
R	35.3	Boston Rd	0.1
L	35.4	Bronx Park S	0.4
S	35.8	E 182nd St	0.1
R	35.9	Prospect Ave	0.3
L	36.2	E 187th St	0.6
L	36.9	Park Ave	1.1
R	38.0	E 174th St	0.1
L	38.1	E 174th St turns slightly left and becomes Anthony Ave	0.1
QR	38.2	E 173rd St	0.3
L	38.4	Morris Ave	0.1
QR	38.5	Mt Eden Pkwy	0.1
L	38.6	Grand Concourse	0.1
QR	38.7	Hawkstone St	0.1
QL	38.8	Walton Ave	0.3
R	39.0	E 170th St	0.6

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
<b>R</b>	39.6	Dr Martin Luther King Jr Blvd/University Ave	0.0
<b>QL</b>	39.7	High Bridge	0.1
<b>QR</b>	39.7	TRO High Bridge	0.7
<b>R</b>	40.4	Edgecombe Ave	0.0
<b>QL</b>	40.5	Edgecombe Ave	0.5
<b>R</b>	41.0	St Nicholas Pl	0.2
<b>L</b>	41.2	W 150th St	0.0
<b>QR</b>	41.2	St Nicholas Pl	1.3
<b>BL</b>	42.6	TRO St Nicholas Ave	0.5
<b>L</b>	43.0	W 116th St	0.0
<b>QR</b>	43.0	Adam Clayton Powell Jr Blvd	0.3
	43.3	END Route - 110 and ACP - Central Park	0.0
	43.3	End of route	