

Go	At	On	For
	0.0	Start of route	0.0
S	0.0	Start Route on Park Drive by Boat House	2.2
S	2.2	West Dr	0.1
R	2.3	Sharp right to exit Park	0.1
QL	2.4	Central Park West	0.0
QR	2.4	W 109th St	0.6
R	3.0	Riverside Dr	0.1
QL	3.1	W 110th St	0.1
QR	3.2	Riverside Dr	2.1
L	5.3	across Riverside onto sidewalk	0.0
QL	5.3	bike path ramp and follow across ped bridge to join up with Greenway at bottom	0.3
R	5.6	Hudson River Greenway and follow until Dykman	3.2
L	8.8	Dyckman St	0.0
QR	8.9	bike path	0.4
R	9.2	then take stairs up to ped bridge over rail tracks	0.1
QL	9.3	and continue on bike path after bridge	0.4
S	9.6	Continue up to bridge sidewalk and X	0.4
L	10.1	Henry Hudson Pkwy W	0.0
QR	10.1	Independence Ave	0.3
R	10.4	Jog L/R onto Independence Ave	0.0
QL	10.4	Independence Ave	0.4
R	10.8	W 239th St	0.2
S	11.1	@ Circle, take the 2nd exit onto Henry Hudson Parkway East	0.1
BR	11.2	Manhattan College Pkwy	0.7
S	11.9	W 242nd St	0.1
QL	11.9	Broadway	0.1
PIT	12.0	Pit stop @ VCP Bathroom	1.8
R	13.8	Lawrence St	0.3
R	14.1	McLean Ave	0.8
R	14.9	TRO McLean Ave	0.1
L	15.0	Tibbetts Rd	0.2
L	15.2	Alan B Shepard Jr Pl	0.1
QR	15.3	S County Trailway	7.3
PIT	22.6	Possible pit stop at Starbucks. Turn left on Lawrence, cross Saw Mill River Pkwy at crosswalk	4.2

Go	At	On	For
L	26.8	W Main St. <i>For safety, turn right on sidewalk to crosswalk to X Main St.</i>	0.0
QR	26.9	N County Trailway	2.4
L	29.3	uphill onto Tarrytown extension	0.2
BR	29.5	at Old Saw Mill River Rd then cross road to continue on bike path	1.1
L	30.6	Neperan Rd at end of path	0.7
L	31.2	S Broadway	0.8
R	32.0	into Welcome Center	3.8
S	35.8	S Franklin St	0.3
R	36.2	S Franklin St	0.3
R	36.5	High Ave	0.2
R	36.7	N Broadway	0.0
PIT	36.7	Lunch at Runcible Spoon, outdoor seating, free outdoor water dispenser	0.2
R	36.9	Hudson Ave	0.2
L	37.1	S Franklin St	0.1
QL	37.1	Cedar Hill Ave, into park and onto Esposito Bike Trail	0.6
BR	37.7	TRO Raymond G. Esposito Trail	3.7
L	41.4	Piermont Ave	0.0
QR	41.4	Valentine Ave	0.9
L	42.3	and enter HNA Conference Grounds formerly IBM complex	0.8
R	43.1	Rte 9W	0.6
L	43.7	Washington Spring Rd	0.3
R	43.9	Ludlow Ln	1.0
L	44.9	New York State Bicycle Rte 9	3.2
L	48.1	Alpine Approach Rd	0.1
QR	48.2	Henry Hudson Dr	8.2
R	56.4	and follow dual use sidewalk up to GWB	0.5
R	56.9	bridge sidewalk	1.3
R	58.2	Cabrini Blvd	0.1
QR	58.3	W 177th St	0.0
QL	58.3	Haven Ave	0.4
L	58.7	W 169th St	0.1
QR	58.7	Fort Washington Ave	0.0
QL	58.8	W 168th St	0.2
R	58.9	St Nicholas Ave	0.4

Go	At	On	For
BR	59.3	Amsterdam Ave	0.1
QL	59.4	W 160th St	0.0
QR	59.4	St Nicholas Ave	0.4
R	59.8	Jog R/L on onto Convent Ave	0.6
S	60.4	Continue straight into City College Campus	0.7
S	61.1	Morningside Ave	0.7
S	61.9	Manhattan Ave	0.2
L	62.0	W 110th St	0.1
QR	62.1	Frederick Douglass Cir and enter Park on other side of CPW	0.0
QR	62.1	into Park and continue south on Park Drive	2.3
L	64.4	Sharp left onto Terrace Dr	0.3
L	64.7	Sharp left onto East Dr	0.2
S	64.9	End of Route by Boat House	0.0
	64.9	End of route	