

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Riverside Dr	1.6
R	1.6	W 155th St and bear left on Riverside Dr	0.2
R	1.8	W 158th St	0.0
QL	1.8	Take 3rd left uphill on Riverside Dr	0.3
R	2.1	W 162nd St	0.1
L	2.2	Fort Washington Ave	0.7
L	2.9	W 177th St	0.1
QR	3.0	Cabrini Blvd	0.1
QL	3.1	sidewalk then left again onto ramp	1.3
R	4.4	Hudson Terrace	2.0
L	6.4	E Palisade Ave	0.4
R	6.8	Summit St	0.6
L	7.3	Fairview Ave	0.2
R	7.6	Booth Ave	0.2
R	7.7	N Woodland St	1.1
R	8.9	Kent Rd	0.2
L	9.0	E Clinton Ave	1.0
R	10.1	Depeyster Ave	0.4
L	10.5	Highwood Ave	0.1
R	10.6	Park St	0.2
L	10.9	Hudson Ave	0.0
QR	10.9	Knoll Rd	0.2
R	11.1	Kenilworth Dr ⇒ Devonshire	0.1
R	11.2	Engle St	0.4
R	11.6	Hillside Ave	0.3
L	11.9	Ross Ave	0.5
R	12.4	County Rd	0.3
S	12.7	Anderson Ave	0.5
L	13.2	Hardenburgh Ave	0.9
PIT	14.1	Pit stop @ Dunkin'	0.4
R	14.5	Columbus Rd	1.1
L	15.6	Demarest Ave	0.1
R	15.8	Knickerbocker Rd	0.7
BR	16.4	Livingston St	0.3
L	16.7	Highland Ave	0.3
R	16.9	Tappan Rd ⇒ Main St	2.6
R	19.6	Oak Tree Rd	0.5
L	20.1	Joseph B. Clarke Rail-Trail	1.0
L	21.1	Cross Washington Ave TRO Rail-Trail	0.1

Go	At	On	For
BL	21.2	TRO paved Rail-Trail	2.0
R	23.2	across Mountain View Ave TRO Rail-Trail	0.7
R	23.9	Western Hwy S	0.0
PIT	23.9	Possible pit stop @ Blauvelt Library	2.5
L	26.4	W Nyack Rd	0.0
PIT	26.4	Food/snack stop in W. Nyack - delis & ice cream	0.4
R	26.8	Strawtown Rd	0.7
R	27.5	Old Mill Rd	2.3
L	29.9	Kings Hwy	1.7
R	31.5	Congers Rd/↔Congers Lake Rd W	0.4
S	31.9	Lake Rd	0.3
PIT	32.2	Coffee @ Dunkin' or pick up lunch @ deli at end of shopping strip <i>Picnic in Rockland Lake Park</i>	0.5
BL	32.7	Rockland Lake Rd	0.7
PIT	33.4	Picnic & bathrooms at Parking Field #2	0.2
L	33.6	Landing Rd at T	0.4
S	34.1	unpaved bike path	1.7
PIT	35.7	Pit stop @ Nyack Beach bathrooms if needed	0.0
S	35.7	N Broadway	0.0
BR	35.8	TRO N Broadway	2.1
PIT	37.9	Various food/snack places in Nyack	0.2
R	38.1	Depew Ave	0.2
L	38.2	S Franklin St	0.4
BL	38.7	Raymond G. Esposito Trail	0.2
BL	38.9	Cuomo Bridge path	3.6
PIT	42.5	End of bridge path - bathrooms & vending machines	0.1
QR	42.5	S Broadway <i>For train to NYC, turn left on Broadway</i>	3.6
R	46.1	Broadway	1.5
R	47.6	Warburton Ave	4.6
S	52.1	Riverdale Ave	0.2
R	52.3	Prospect St	0.1
QL	52.4	Hawthorne Ave	1.1

Go	At	On	For
L	53.5	Valentine Ln	0.5
R	54.0	S Broadway	0.6
L	54.5	Cross to left side for 2-way protected bike lane	1.2
PIT	55.7	Pit stop @ park bathrooms	0.3
R	56.0	W 240th St	0.1
QL	56.1	Tibbett Ave	0.7
L	56.8	W 230th St	0.1
R	56.9	Kingsbridge/Marble Hill Ave	0.1
QR	57.0	W 228th St	0.1
S	57.1	Terrace View Ave	0.2
S	57.3	W 225th St	0.2
R	57.5	Broadway Bridge sidewalk <i>Yield to pedestrians</i>	0.3
R	57.8	W 218th St	0.2
L	58.0	Seaman Ave	0.7
L	58.7	Dyckman St	0.1
QR	58.8	Broadway	0.5
R	59.3	Bennett Ave	0.7
R	60.0	W 181st St	0.1
QL	60.1	Ft Washington Ave	0.8
R	60.9	W 165th St	0.1
L	61.0	Riverside Dr	2.3
	63.3	Ride ends @ Grants Tomb	0.0
	63.3	End of route	