

Go	At	On	For
	0.0	Start of route	0.0
R	0.0	Cross Grand Concourse on Kingsbridge Rd	0.3
R	0.3	Reservoir Ave ⇒ Goulden Ave	1.2
L	1.5	Sedgwick Ave	0.0
QR	1.6	Dickinson Ave	0.1
R	1.7	W Gun Hill Rd	0.4
L	2.0	Jerome Ave	0.0
PIT	2.0	Pit stop @ park bathrooms	0.9
R	3.0	E 233rd St	0.2
L	3.1	Van Cortlandt Park E	0.8
L	3.9	Cox Ave	0.4
R	4.3	Old Jerome Ave	0.1
QL	4.3	Delano Ave	0.2
R	4.5	Central Park Ave	0.2
L	4.7	McLean Ave	0.3
L	5.0	TRO McLean Ave	0.2
R	5.2	Tibbetts Rd	0.2
L	5.4	Alan B Shepard Jr Pl	0.1
QR	5.5	S County Trailway	7.3
L	12.8	Lawrence St; cross Saw Mill River Pkwy at light	0.1
PIT	12.9	Pit stop @ Starbucks	0.1
QL	13.0	Turn left onto Trailway	4.3
L	17.2	W Main St	0.0
QR	17.2	Trailway	7.6
PIT	24.8	Pit stop up to left into park	0.1
QL	24.9	Cross NY-100 & turn left to continue north	0.5
BR	25.4	Trailway	1.6
R	27.0	NY-100	0.8
R	27.8	N County Trailway	3.7
R	31.5	Cross NY-118 TRO Trailway	3.2
R	34.6	Underhill Ave	0.0
QR	34.7	Front St	0.0
PIT	34.7	Lunch @ Heavy Bear Deli	0.0
QL	34.7	Underhill Ave	0.0
QR	34.8	N County Trailway	7.7
PIT	42.5	Pit stop @ Freight House Cafe	0.7
BR	43.2	TRO Putnam Trailway	0.1
BL	43.3	TRO Putnam Trailway	4.5
BR	47.8	TRO Putnam Trailway (through tunnel, not uphill)	2.2

Go	At	On	For
L	50.0	Old Mine Rd	0.1
QL	50.1	Cross Tilly Foster Rd toward NY-312 E	0.1
S	50.1	NY-312 E	4.4
R	54.5	NY-22 S	0.2
	54.7	Bel Air Motor Inn	0.0
	54.7	End of route	