


Go	At	On	For
	0.0	Start of route	0.0
L	0.0	W 110th St/Central Park N	0.3
R	0.3	Adam Clayton Powell Jr Blvd	0.4
L	0.6	W 117th St	0.0
QR	0.7	St Nicholas Ave	2.3
S	3.0	just past 161st St., move to left and go up onto sidewalk/bike lane on left	0.0
S	3.0	Amsterdam Ave	0.2
R	3.2	W 165th St	0.1
S	3.3	Cross Edgecomb Ave. onto bike path (just to the right) and bear left downhill	0.5
R	3.8	Pass stairs and turn right onto ramp to High Bridge <i>Walk bikes down ramp; ride across bridge</i>	0.3
R	4.1	University Ave <i>Bike lane goes against traffic</i>	0.0
QL	4.1	W 170th St	0.1
L	4.2	Third left onto Plimpton Ave	0.1
BL	4.4	Dr Martin Luther King Jr Blvd ⇒ University Ave. <i>Urban riding - beware of glass in bike lane.</i>	2.4
R	6.7	Strong St	0.1
QL	6.8	Goulden	1.0
L	7.8	Sedgwick Ave	0.3
BR	8.1	Van Cortlandt Ave W <i>Downhill: control speed.</i>	0.3
S	8.3	Van Cortlandt Park S	0.2
R	8.5	Broadway	0.3
PIT	8.8	Pit stop at park bathrooms <i>Then continue north on Broadway.</i>	0.2
PIT	9.1	Snack stop at Lloyd's Carrot Cake & College Deli <i>Then return south on Broadway</i>	0.6
R	9.7	W 240th St	0.1
QL	9.7	Tibbett Ave	0.7
L	10.4	W 230th St	0.1
R	10.5	Marble Hill Ave	0.1
QL	10.6	W 228th St	0.1

Go	At	On	For
R	10.7	Broadway	0.1
S	10.9	Cross Broadway Bridge on sidewalk <i>Yield to pedestrians</i>	0.3
R	11.2	W 218th St	0.2
L	11.4	Seaman Ave	0.6
	12.0	ROUGH ROAD	0.1
R	12.1	Dyckman St	0.2
L	12.3	ramp to Hudson River Greenway <i>Bear left at "Y" in ramp</i>	6.9
BL	19.2	after restrooms up path to exit	0.3
L	19.5	through underpass up to Eleanor Roosevelt statue	0.1
	19.6	Ride ends at 72nd & Riverside	0.0
	19.6	End of route	