

Go	At	On	For
	0.0	Start of route	3.0
<b>R</b>	3.0	W 155th St and bear left on Riverside Dr	0.2
<b>L</b>	3.3	uphill onto Riverside Dr	0.3
<b>R</b>	3.5	W 162nd St	0.1
<b>L</b>	3.6	Fort Washington Ave	0.7
<b>L</b>	4.4	W 177th St	0.1
<b>QR</b>	4.5	Cabrini Blvd	0.1
<b>QL</b>	4.5	sidewalk & left again onto GWB ramp	1.3
<b>L</b>	5.8	Hudson Terrace <i>Use left hand sidewalk/bike lane down to intersection</i>	0.1
<b>QR</b>	5.9	Bruce Reynolds Blvd <i>Stay right until top of hill</i>	0.2
<b>L</b>	6.2	Lemoine Ave	0.2
<b>R</b>	6.4	Main St	0.3
<b>L</b>	6.6	Anderson Ave	0.4
<b>L</b>	7.1	Riverdale Dr	0.2
<b>R</b>	7.2	Abbott Blvd	1.1
<b>S</b>	8.4	Railroad Ave. (Double blvd. ends)	0.1
<b>S</b>	8.5	Cross Franklin Ave, around gate into parking lot & continue straight 1 block	0.1
<b>S</b>	8.6	Railroad Ave (still looks like parking lot) and go 4 blocks	0.2
<b>R</b>	8.8	Columbia Ave (1-way to the right)	0.1
<b>L</b>	9.0	Anderson Ave	0.1
<b>PIT</b>	9.0	Pit/snack stop @ Corner Cafe on the left 1 block up	0.0
<b>BL</b>	9.0	Gorge Rd <i>Walk bikes on sidewalk down one block to start riding down Gorge</i>	0.9
<b>R</b>	10.0	Laird Ave (after Walker St)	0.2
<b>BL</b>	10.1	Palisade Ave	0.5
<b>S</b>	10.6	Cross Woodcliff Ave onto Palisades Triangle Plaza, then bear left	0.1
<b>QL</b>	10.7	JFK Blvd E <i>Photo op in park on left</i>	0.6
	11.3	Photo op in park on left	0.4
<b>S</b>	11.7	Follow red pavement thru here	1.3
	13.0	Photo op on left	0.1

Go	At	On	For
<b>L</b>	13.2	Pershing Rd/47th St <i>Easy to miss - Exxon station on right</i>	0.5
<b>R</b>	13.6	Carlyle Ct	0.0
<b>S</b>	13.7	Road curves right, you go straight onto path on left	0.8
<b>L</b>	14.5	at T in path then bear right on path	0.1
<b>QL</b>	14.5	Take next left on path	0.2
<b>S</b>	14.7	Continue on Harbor Blvd around ferry terminal	0.1
	14.9	Stop to look at Hamilton-Burr statues on right	0.1
<b>BL</b>	15.0	path	0.3
<b>L</b>	15.3	at Harbor Path (follow water)	0.3
<b>BR</b>	15.5	path (away from water)	0.1
<b>S</b>	15.6	Garden St	1.3
<b>R</b>	16.9	Observer Hwy <i>Cross to far side bike lane</i>	0.3
<b>L</b>	17.2	1st left onto Henderson St/Marin Blvd	0.2
<b>L</b>	17.4	18th St ⇒ Washington Blvd <i>Left turn light</i>	0.7
<b>L</b>	18.1	Town Square Pl <i>Just past brown brick air vent tower in center island</i>	0.0
<b>QR</b>	18.1	Immediate right onto bike path/sidewalk (in front of building)	0.0
<b>QR</b>	18.1	Waterfront Walkway	0.7
<b>L</b>	18.8	Cross Harborside Pl onto path/sidewalk TRO Waterfront Walkway <i>Always keep water on left</i>	0.3
<b>PIT</b>	19.2	Pick up sandwiches @ Pot Belly Sandwich Shop <i>Then continue on Waterfront path</i>	0.3
<b>R</b>	19.4	Essex St <i>CAUTION: Train tracks!</i>	0.4
<b>R</b>	19.8	Van Vorst St	0.0
<b>QL</b>	19.9	First left onto Morris St (walkway btwn apartment bldgs)	0.1
<b>S</b>	20.0	Continue on path and Morris St. <i>(There may be construction, but continue thru)</i>	0.2

Go	At	On	For
L	20.2	Regent St to end	0.2
L	20.4	Jersey Ave <i>Ignore construction; look for pedestrian bridge ahead</i>	0.2
S	20.5	path (zebra stripes on right)	0.0
S	20.5	Ethel Pesin Memorial Bridge	0.1
S	20.7	Jersey Ave at end of path	0.1
QL	20.8	First left onto Audrey Zapp Dr bike path (on right of roadway)	0.7
S	21.5	Continue on bike path	0.2
R	21.7	at end <i>Photo op of lower Manhattan, GW Bridge, Verrazano Bridge</i>	0.5
R	22.2	immediately after crossing water <i>(You'll miss it if you're staring at Ellis Island)</i>	0.1
BL	22.3	at fork	0.1
PIT	22.5	Pit/lunch stop @ playground <i>Then continue on path</i>	0.0
BL	22.5	at fork in path	0.1
R	22.6	at end	1.0
	23.6	Black Tom Island - site of explosion	0.0
QR	23.6	at end	0.1
R	23.8	1st right toward Hudson River Waterfront Walk <i>(To return to ferry to Manhattan, see separate route)</i>	0.1
QL	23.8	Hudson River Waterfront Walk at Flag Plaza	0.7
L	24.5	TRO Waterfront Walk <i>Follow waterfront on your left</i>	0.8
L	25.2	TRO Waterfront Walk and continue on path	0.6
BR	25.8	Chapel Ave	0.8
L	26.6	Garfield Ave	1.1
S	27.7	Broadway	0.1
R	27.8	W 52nd St	0.4
L	28.2	John F. Kennedy Blvd	0.2
R	28.4	Park Dr and bear right at fork	0.1
L	28.6	at Bayview Dr	0.1
S	28.6	Park Dr	0.5
BR	29.1	John F. Kennedy Blvd as it curves left	2.1

Go	At	On	For
R	31.2	sidewalk and climb bridge	1.7
L	32.9	Trantor Pl at bottom of ramp	0.1
R	33.0	Innis St	0.1
QL	33.1	Nicholas Ave	0.2
R	33.3	Castleton Ave	1.1
L	34.4	Alaska St	0.2
R	34.6	1st right onto Henderson Ave	1.4
L	36.0	Lafayette Ave	0.3
R	36.2	Richmond Terrace	1.3
L	37.6	Ferry Terminal Viaduct	0.1
QL	37.7	Turn left	0.1
	37.8	End of route	