


Go	At	On	For
	0.0	Start of route	0.0
	0.0	Dana boathouse, Harlem Meer, Central Park start	0.1
R	0.1	Lenox Ave/Malcolm X Blvd	0.4
L	0.5	W 117th St	0.2
R	0.7	St Nicholas Ave	2.3
L	3.0	W 161st St/Meyer Square	0.0
QR	3.0	Amsterdam Ave	0.1
QL	3.1	W 163rd St	0.1
QR	3.2	St Nicholas Ave	0.3
S	3.5	Broadway	0.0
QL	3.6	Left on W 170th St	0.1
R	3.7	Fort Washington Ave	0.3
L	4.0	W 177th St	0.1
QR	4.1	Cabrini Blvd	0.1
QL	4.2	the ramp	1.3
L	5.5	Hudson Terrace	0.1
QR	5.6	Bruce Reynolds Blvd	0.2
L	5.7	Martha Washington Way/Park Ave	0.2
R	5.9	Main St	0.9
S	6.8	Fort Lee Rd	0.9
L	7.7	at Overpeck Park Driveway	0.0
QR	7.7	@ Circle, take the 1st exit onto Challenger Rd	0.8
S	8.5	@ Circle, take the 2nd exit	0.8
S	9.3	Challenger Rd	0.4
R	9.7	Emerson St	0.4
R	10.1	Teaneck Rd	0.1
L	10.2	Christie St	0.3
L	10.5	Main St	0.2
R	10.7	sidewalk	0.0
QR	10.7	Right, cross bridge on sidewalk	0.4
L	11.2	Bergen Tpk	0.0
QR	11.2	Kaufman Ave	0.2
L	11.4	Frederick St	0.1
R	11.5	Main St	0.3
L	11.8	Liberty St	0.1
R	12.0	Redneck Ave	1.5
R	13.4	Moonachie Ave	1.4
L	14.8	Hackensack St	1.7
R	16.5	E Erie Ave	0.2

Go	At	On	For
L	16.7	Orient Way	2.0
R	18.7	Page Ave	1.2
L	19.9	Riverside Av	0.1
R	20.1	Kingsland Ave ⇒ Park Av	1.0
L	21.0	Passaic Ave	0.2
R	21.2	Centre St	1.2
L	22.4	E Passaic Ave	0.8
S	23.3	John F Kennedy Dr N	0.1
R	23.4	Hoover Ave	0.2
R	23.5	Bay Ave	0.8
BR	24.4	Walnut Crescent	0.0
QL	24.4	Claremont Ave	1.5
BR	25.9	TRO Claremont Ave	1.0
S	26.9	Bloomfield Ave	0.1
QL	27.0	Lakeside Ave ⇒ Pleasant Valley Way	0.0
	27.0	Fast, aggressive traffic	4.9
S	31.8	Cherry Ln	0.9
S	32.7	Brookside Dr	2.2
R	34.9	Glen Ave	0.1
QL	35.0	Marion Ave	0.2
R	35.2	Old Short Hills Rd	0.0
QL	35.2	Quick left onto Hobart Ave	1.7
L	37.0	Hobart Gap Rd ⇒ Hobart Ave	1.2
R	38.1	Franklin Pl	0.2
L	38.4	Summit Avenue, CR 657	0.3
S	38.7	Elm St	0.1
R	38.8	Elm Pl	0.1
S	39.0	Mountain Ave	0.8
BR	39.8	Pine Grove Ave	0.0
QL	39.8	Ashland Rd	0.6
BL	40.4	Mountain Ave	4.9
L	45.3	TRO Mountain Ave	3.8
L	49.0	King George Rd	0.4
R	49.5	Mountainview Rd	0.1
QL	49.5	King George Rd	1.0
R	50.6	Mt Horeb Rd	2.5
L	53.1	Liberty Corner Rd	0.3
S	53.4	Mt Horeb Rd	0.8
R	54.2	Washington Valley Rd	0.2
L	54.4	Newmans Ln	1.3
S	55.7	Steele Gap Rd	0.2

Go	At	On	For
L	55.9	TRO Steele Gap Rd	0.4
L	56.3	Foothill Rd	0.9
R	57.2	Finderne Ave	1.9
R	59.1	Dukes Pkwy E	2.1
R	61.2	Dukes Pkwy W	1.5
S	62.7	New Center Rd/New Centre Rd	1.5
BR	64.2	TRO New Center Rd/New Centre Rd	0.6
L	64.8	Beekman Ln	0.9
R	65.8	Conover Dr	0.2
L	66.0	Longfield Dr	0.7
R	66.6	S Branch Rd	0.1
L	66.8	E Mountain Rd	0.7
R	67.5	Amwell Road, CR 514	1.9
L	69.3	Wertsville Road	1.3
L	70.6	Long Hill Road	0.0
QR	70.7	Wertsville Road	6.3
L	76.9	Rocktown Road	2.3
S	79.3	Rocktown Lambertville Rd	5.1
S	84.4	Quarry St	0.3
R	84.7	NJ-29	0.1
QL	84.8	Bridge St	0.2
	85.0	walk bikes across bridge	0.3
L	85.3	S Main St	0.0
PIT	85.3	C'est La Vie & Moo Hope	0.0
QR	85.4	W Ferry St	0.1
L	85.5	Stockton Ave	0.1
QL	85.6	W Mechanic St	0.0
QR	85.6	New St	0.3
L	85.9	Riverwoods Dr	0.0
QR	85.9	S Main St	0.1
QR	86.0	PA-232 S/Windy Bush Rd	11.0
S	97.0	Bustleton Pike	2.2
L	99.2	Bristol Rd	0.2
R	99.3	Bustleton Pike	0.8
R	100.2	Stump Rd	0.7
L	100.9	PA-132 E	0.1
R	101.0	Buck Rd	1.1
L	102.2	County Line Rd	0.3
R	102.4	Pine Rd/PA 2050	1.7
BR	104.1	Philmont Avenue	2.0
L	106.2	State Rte 2048/Valley Rd	2.1

Go	At	On	For
L	108.2	Susquehanna Rd	0.1
R	108.4	Washington Ln	2.2
R	110.5	Maple Ave	0.1
QR	110.6	Heacock Ln	0.2
R	110.8	Chelten Hills Dr	0.7
R	111.5	Heather Rd	0.3
R	111.8	Spring Ave	0.0
QL	111.8	Cedar Ln	0.2
R	112.0	Ashbourne Rd/State Rte 2025	0.1
L	112.1	Penrose Ave	0.6
S	112.7	N 19th St	0.6
S	113.4	Wyncote Ave	0.6
S	114.0	E Chelten Ave	1.8
R	115.8	after Burger King (on the right) Wayne Av	0.2
L	115.9	W Rittenhouse St	0.5
BL	116.5	at Lincoln Dr	0.1
R	116.6	Rittenhousetown Ln	0.0
QL	116.6	quick left onto Wissahickon Bike Trail	0.1
L	116.8	Forbidden Dr	0.0
QR	116.8	quick right onto Wissahickon Bike Trail	0.3
R	117.1	Yellow Trail	0.0
QL	117.1	quick left onto Wissahickon Bike Trail	0.9
L	118.0	Ridge Ave	0.7
R	118.7	Calumet St	0.1
QL	118.8	quick left onto Kelly Dr	1.1
BR	119.9	Schuylkill River Trail	2.6
R	122.5	TRO the SRT	0.9
L	123.4	to exit SRT	0.0
QR	123.4	quick right	0.1
QL	123.4	Cherry St	0.1
QR	123.5	North 23rd Street	0.2
R	123.7	Market Street	0.2
R	123.9	Turn right, follow straight to 30th St Station	0.1
	124.0	30th St Station <i>end ride</i>	0.0
	124.0	End of route	