

Go	At	On	For
	0.0	Start of route	0.0
<b>L</b>	0.0	Riverside Dr	3.0
<b>R</b>	3.0	W. 155th St. and bear left on Riverside Dr	0.2
<b>L</b>	3.2	At 158th St. take third left uphill TRO 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>R</b>	4.5	Cabrini Blvd	0.1
<b>QL</b>	4.5	sidewalk and bridge ramp	1.3
<b>R</b>	5.8	Hudson Terrace	2.0
<b>L</b>	7.8	E Palisade Ave	0.8
<b>L</b>	8.6	S Woodland St to end	0.5
<b>R</b>	9.0	E Linden Ave	0.2
<b>L</b>	9.3	Jones Rd	0.7
<b>R</b>	10.0	Ridgeland Terrace	0.4
<b>R</b>	10.3	Edgewood Rd	0.2
<b>BL</b>	10.5	Nordhoff Dr	0.1
<b>QR</b>	10.6	Grandview Terrace	0.2
<b>BR</b>	10.8	Hillside Ave	0.5
<b>L</b>	11.3	Grand Ave	0.3
<b>R</b>	11.6	Fort Lee Rd <i>Double up in left lane</i>	0.2
<b>L</b>	11.7	at Overpeck Pk Driveway	0.1
<b>QR</b>	11.8	main bike trail	0.3
<b>PIT</b>	12.1	Pit stop	0.1
<b>BL</b>	12.2	at fork	0.2
<b>L</b>	12.4	Continue bearing left to stay by water	0.9
<b>L</b>	13.3	toward Challenger Rd	0.0
<b>QR</b>	13.3	toward Challenger Rd	0.0
<b>QL</b>	13.3	Challenger Rd	0.4
<b>R</b>	13.8	Emerson St	0.4
<b>R</b>	14.2	Teaneck Rd	0.1
<b>L</b>	14.3	Christie St	0.2
<b>R</b>	14.4	Euclid Ave <i>Enjoy the war memorials</i>	0.5
<b>L</b>	14.9	Preston St	0.2
<b>R</b>	15.1	Main St ⇒ Queen Anne Rd	0.6
<b>L</b>	15.7	Oakwood Ave	0.3
<b>R</b>	16.0	Palisade Ave	2.1

Go	At	On	For
<b>PIT</b>	18.1	Pit stop @ Field House	0.3
<b>R</b>	18.4	Court St	0.1
<b>L</b>	18.5	Queen Anne Rd	0.6
<b>S</b>	19.1	E Tryon Ave	1.0
<b>S</b>	20.1	Jane St	0.3
<b>L</b>	20.4	Tenafly Rd	1.5
<b>R</b>	21.9	Washington St	0.2
<b>R</b>	22.0	Piermont Rd	0.0
<b>PIT</b>	22.1	Lunch @ Cafe Angelique <i>Then continue south on Piermont Rd</i>	0.1
<b>BL</b>	22.1	E Clinton Ave	0.1
<b>QR</b>	22.2	Dean Dr	0.1
<b>QL</b>	22.3	Huyler Ave ⇒ Westervelt Ave	0.4
<b>R</b>	22.7	Engle St	0.1
<b>L</b>	22.8	Woodland Park Dr	0.4
<b>R</b>	23.3	Leroy St	0.1
<b>QL</b>	23.3	Churchill and bear right uphill	0.7
<b>R</b>	24.0	Woodland St	0.9
<b>L</b>	24.9	Booth Ave	0.2
<b>L</b>	25.1	Fairview Ave	0.2
<b>R</b>	25.3	Summit St	0.6
<b>L</b>	25.8	E Palisade Ave	0.4
<b>R</b>	26.3	Hudson Terrace	2.0
<b>L</b>	28.2	GW Bridge bike path	1.3
<b>R</b>	29.5	Cabrini Blvd	0.1
<b>QR</b>	29.6	W 177th St	0.0
<b>QL</b>	29.6	Haven Ave	0.4
<b>L</b>	30.0	W 169th St	0.1
<b>QR</b>	30.1	Fort Washington Ave	0.2
<b>R</b>	30.2	W 165th St	0.1
<b>L</b>	30.3	Riverside Dr	3.6
	33.9	Ride ends @ Dinosaur Play-ground	0.0
	33.9	End of route	