

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Riverside Dr	1.6
R	1.6	W. 155th St & bear left on Riverside Dr	0.2
S	1.8	W 158th St bike lane	0.3
L	2.1	St Nicholas Ave	0.2
L	2.2	Move left into bike lane & up onto sidewalk	0.1
S	2.3	Amsterdam Ave	0.2
R	2.5	W 165th St	0.1
S	2.6	Cross Edgecombe Ave onto bike path and bear left downhill	0.5
R	3.0	down ramp onto High Bridge	0.3
L	3.3	to exit High Bridge	0.1
QL	3.4	University Ave	0.1
QR	3.5	Sharp right onto Merriam Ave	0.0
QL	3.5	1st left onto W 171st St	0.0
QR	3.6	1st right onto Ogden Ave	0.1
QL	3.6	1st left onto W 170th St	0.1
QL	3.7	1st left onto Plimpton Ave	0.3
R	3.9	Plimpton Ave ⇒ W 172nd St (to end)	0.2
L	4.1	Jesup Ave to end	0.2
R	4.3	Featherbed Ln	0.1
QL	4.4	1st left onto Macombs Rd (uphill)	0.2
R	4.6	3rd right onto W 176th St	0.1
QL	4.6	1st left onto Harrison Ave	0.1
QL	4.7	1st left onto W Tremont Ave	0.3
BR	5.0	Sedgwick Ave	1.1
BR	6.1	TRO Sedgwick	0.6
R	6.7	W 197th St to end	0.3
L	7.0	Goulden Ave	0.9
L	7.9	Jog left/right across Sedgwick Ave onto Dickinson	0.1
R	8.1	Gun Hill Rd	0.4
L	8.5	at Jerome Ave onto park sidewalk	0.1
PIT	8.5	Pit stop at park bathrooms	0.0
S	8.5	Continue on path going north	0.1
QR	8.6	dirt path <i>WALK BIKES</i>	0.0
QL	8.6	Jerome Ave	0.8
R	9.4	E 233rd St	0.2

Go	At	On	For
L	9.6	Van Cortlandt Park E	0.7
R	10.3	E 242nd St	0.1
L	10.4	Martha Ave	0.0
QR	10.4	McLean Ave	0.0
QL	10.5	1st left onto Sterling Ave	0.6
R	11.1	Kimball Ave	1.5
R	12.7	Boulder Trail	0.4
R	13.0	TRO Boulder Trail	0.2
L	13.2	TRO Boulder Trail	0.0
QR	13.2	Dewitt Ave	0.2
R	13.4	Desmond Ave	0.2
L	13.6	Midland Ave	0.3
R	13.9	Pondfield Rd	0.8
BR	14.6	Northway	0.1
QL	14.7	TRO Northway	0.2
R	14.9	3rd right onto Hathaway Rd	0.1
QL	15.0	1st left onto Hewitt Ave	0.2
R	15.2	TRO Hewitt Ave	0.1
L	15.3	California Rd	2.2
R	17.5	Lakeshore Dr	0.5
L	18.0	TRO Lakeshore Dr	0.3
BR	18.3	TRO Lakeshore Dr	0.1
L	18.5	New Wilmot Rd	0.0
QR	18.5	Stratton Rd	4.1
L	22.6	Beechmont Dr	0.5
R	23.2	Forest Ave	0.6
R	23.8	Rockingstone Ave	0.0
QL	23.8	Glenn Rd	0.3
S	24.1	Cross Murray onto Homer Ave	0.0
QR	24.1	1st right onto Orsini Dr	0.1
QL	24.2	1st left onto Byron Ln ⇒ Fernwood Rd to end	0.5
R	24.7	W Brookside Dr	0.1
L	24.9	1st left onto Hickory Grove Dr E	0.4
BR	25.2	Rockland Ave	0.4
R	25.6	Palmer Ave	0.2
PIT	25.8	Lunch @ Walter's <i>Then continue on Palmer</i>	1.0
R	26.7	Chatsworth Ave	0.1
R	26.8	Myrtle Blvd into L turn lane	0.0
QL	26.9	Murray Ave	0.4
L	27.2	Maplewood St	0.1

Go	At	On	For
BL	27.4	Glenn Rd	0.0
QL	27.4	N Chatsworth Ave	0.2
R	27.6	Mountain Ave	0.5
R	28.1	Aviemore Dr to end	0.2
R	28.3	Barnard Rd	0.3
L	28.6	Beechmont Dr to end	0.7
R	29.4	North Ave; move into left turn lane	0.1
QL	29.4	Eastchester Rd	0.5
R	30.0	Interlaken Ave	0.1
L	30.1	2nd left onto Robins Rd <i>Go thru gate to continue on Robins Rd</i>	0.3
R	30.4	New Rochelle Rd	0.2
L	30.6	Hillcrest Rd	0.5
R	31.1	Hutchinson Blvd	0.4
S	31.5	Wilson Woods Park Rd	0.3
BR	31.7	TRO Wilson Woods Park Rd	0.2
R	32.0	Beechwood Ave	0.2
R	32.2	S Columbus Ave	0.2
L	32.4	E Prospect Ave	0.7
L	33.1	Gramatan Ave	0.1
QR	33.2	W 1st St	0.8
R	34.0	E 242nd St	0.1
L	34.1	Carpenter Ave	0.6
R	34.7	Nereid Ave ⇒ McLean	0.4
L	35.1	E 241st St	0.3
L	35.4	Van Cortlandt Park E	0.6
R	36.0	E 233rd St	0.2
L	36.1	Jerome Ave	0.9
R	37.1	W Gun Hill Rd	0.4
L	37.4	Dickinson Ave	0.1
R	37.6	Sedgwick Ave	0.2
BR	37.8	Van Cortlandt Ave W	0.3
S	38.0	Van Cortlandt Park S	0.2
S	38.3	W 240th St	0.1
QL	38.4	Tibbett Ave	0.7
L	39.0	W 230th St	0.1
R	39.2	Marble Hill/Kingsbridge Ave	0.1
QR	39.3	W 228th St	0.1
S	39.3	Terrace View Ave	0.2
S	39.6	W 225th St	0.2
R	39.7	Cross B'way Bridge on sidewalk <i>YIELD to pedestrians</i>	0.3

Go	At	On	For
R	40.0	W 218th St	0.2
L	40.2	Seaman Ave	0.6
R	40.8	Beak St	0.1
QL	40.9	Payson Ave	0.2
L	41.1	Riverside Dr	0.1
R	41.2	Broadway	0.5
R	41.7	Bennett Ave	0.7
R	42.4	W 181st St	0.1
QL	42.5	Fort Washington Ave	0.8
R	43.3	W 165th St	0.1
L	43.4	Riverside Dr	2.3
	45.7	Ride ends @ Grant's Tomb	0.0
	45.7	End of route	