

Go	At	On	For
	0.0	Start of route	0.4
<b>L</b>	0.4	W 181st St	0.2
<b>R</b>	0.6	at bottom of hill	0.0
<b>QL</b>	0.7	pedestrian bridge	0.1
<b>QL</b>	0.7	Sharp left onto Hudson River Greenway	1.4
<b>R</b>	2.1	Dyckman St	0.2
<b>L</b>	2.4	Seaman Ave	0.7
<b>R</b>	3.1	W 218th St	0.3
<b>L</b>	3.4	9th Ave	0.2
<b>R</b>	3.6	Broadway Bridge	0.4
<b>R</b>	4.0	W 230th St	0.1
<b>L</b>	4.1	Bailey Ave	0.0
<b>QR</b>	4.2	Albany Crescent	0.0
<b>QL</b>	4.2	Heath Ave	0.2
<b>BR</b>	4.5	Fort Independence St	0.1
<b>QR</b>	4.5	Sedgwick Ave	0.2
<b>L</b>	4.8	Reservoir Ave	0.4
<b>L</b>	5.1	W 197th St	0.0
<b>QL</b>	5.2	Goulden Ave	0.9
<b>L</b>	6.1	Sedgwick Ave	0.0
<b>QR</b>	6.1	Dickinson Ave	0.1
<b>R</b>	6.3	W Gun Hill Rd	0.3
<b>PIT</b>	6.6	up sidewalk to park building for pit stop; go very slowly on sidewalk	0.0
<b>QL</b>	6.6	Jerome Ave	0.9
<b>R</b>	7.5	E 233rd St	0.2
<b>L</b>	7.7	Van Cortlandt Park E	0.8
<b>L</b>	8.5	Cox Ave	0.4
<b>R</b>	8.9	Old Jerome Ave	0.1
<b>QL</b>	8.9	Delano Ave	0.2
<b>R</b>	9.1	Central Park Ave	0.2
<b>L</b>	9.3	McLean Ave	0.3
<b>S</b>	9.6	Midland Ave	1.5
<b>BL</b>	11.0	Yonkers Ave	0.1
<b>QR</b>	11.1	Midland Ave <i>half-mile climb</i>	0.5
<b>L</b>	11.6	Mile Square Rd	0.1
<b>BL</b>	11.7	TRO Mile Square Rd	0.5
<b>R</b>	12.3	Palmer Rd	0.3
<b>R</b>	12.5	Kingston Ave	0.1
<b>QL</b>	12.6	SC Trailway	2.8

Go	At	On	For
<b>L</b>	15.4	Alan B Shepard Jr Pl	0.1
<b>QR</b>	15.5	Tibbetts Rd	0.2
<b>R</b>	15.7	McLean Ave	0.1
<b>L</b>	15.8	McLean Ave	0.4
<b>BL</b>	16.2	Intervale Pl	0.1
<b>QR</b>	16.3	Van Cortlandt Park Ave	0.3
<b>L</b>	16.6	Radford St	0.2
<b>L</b>	16.8	Broadway	1.1
<b>BL</b>	17.9	to continue on Broadway bike lanes	0.5
<b>PIT</b>	18.4	Stop at Lloyd's Carrot Cake for a delicious slice or cupcake. Cross to park bleachers to eat.	0.3
<b>PIT</b>	18.7	Pit stop at park bathrooms	0.3
<b>R</b>	19.0	W 240th St	0.1
<b>QL</b>	19.1	Tibbett Ave	0.7
<b>L</b>	19.8	W 230th St	0.1
<b>R</b>	19.9	Marble Hill Ave/Kingsbridge	0.1
<b>QR</b>	20.0	W 228th St	0.1
<b>S</b>	20.1	Terrace View Ave	0.3
<b>S</b>	20.3	W 225th St	0.2
<b>R</b>	20.5	Broadway Bridge	0.3
<b>R</b>	20.8	W 218th St	0.2
<b>L</b>	20.9	Seaman Ave	0.6
<b>R</b>	21.6	Beak St	0.1
<b>QL</b>	21.6	Payson Ave	0.2
<b>L</b>	21.8	Riverside Dr	0.1
<b>QR</b>	21.9	Sharp right onto Broadway	0.5
<b>R</b>	22.4	Bennett Ave	0.7
<b>R</b>	23.1	W 181st St	0.1
<b>QL</b>	23.2	Ft. Washington	0.0
	23.2	End of route	