

Go	At	On	For
	0.0	Start of route	0.0
ST/R	0.0	Le Pain Quotidien ⇒ 88 St	0.1
L	0.1	3 Ave	0.4
R	0.5	96 St	0.3
TL	0.8	Bob Wagner Walk	0.4
BL	1.2	Ward's Island Bridge	1.1
TR	2.3	Wards Meadow Loop	0.2
R	2.4	Hell Gate Circle	0.4
R	2.8	Central Rd	0.3
R	3.1	TSO Central Rd	0.3
R	3.5	Sunken Meadow Loop	1.0
R	4.5	Randalls Island Connector	0.2
R	4.7	E 132nd St	0.1
L	4.9	Locust St	0.5
TL	5.3	141 St	0.2
R	5.6	Bruckner Blvd - careful	0.4
1R	6.0	149 St	0.3
TL	6.3	Oak Point Ave - winds around industrial park	0.9
R	7.1	Tiffany St	0.2
TL	7.4	Viele Ave	0.2
R	7.5	Manida St	0.1
TL	7.7	Ryawa Ave⇒ Food Center Dr - railroad tracks	1.7
R	9.3	Halleck⇒ Edgewater	0.9
TR	10.3	Bruckner Blvd - sidewalk, careful	0.1
QR	10.4	Bronx River Ave	0.1
TL	10.5	Story Ave	0.1
1R	10.6	Colgate Ave⇒ Soundview Park path - rest stop	1.6
S	12.2	O'Brien Ave	0.3
BR	12.5	Pugsley Creek Park path - careful	0.9
LR	13.4	Olmstead⇒ Barrett - or bear right onto optional dirt section	0.2
BR	13.5	Howe⇒ Hart	0.1
LR	13.7	Castle Hill⇒ Zerega	1.2
BR	14.9	Bruckner Blvd - sidewalk	0.1
R	15.0	Brush Ave	0.9
BR	15.9	Ferry Point Park Greenway	0.5
TR	16.4	Hutchinson River Pkwy Service Road⇒ path - careful crossing Lafayette	1.2

Go	At	On	For
R	17.6	St Joseph's Way	0.1
TR	17.8	Bruckner Blvd - service road	0.7
BR	18.4	Hollywood Ave	0.1
QL	18.5	Otis⇒Layton	0.4
L	18.9	Dean⇒ Stadium	1.3
ST	20.1	Pelham Bay Park - rest stop	0.4
R	20.5	Pelham Bay bike path	0.7
LR	21.3	Shore Rd bikeway - Split Rock Golf Course	1.9
S	23.2	Park Ln	0.3
BR	23.4	Manor Cir	0.2
TR	23.6	Pelhamdale Ave	0.1
1L	23.7	Mt Tom Rd	0.6
TR	24.4	Weyman Ave	0.2
TL	24.6	Pelham⇒ Echo	1.7
R	26.3	1/Main St	0.4
R/ST/U	26.8	Le Fevres Ln - Five Island Park - rest stop	0.7
TR	27.5	1/Main St	0.5
R	27.9	Dillon⇒ Pryer Manor	0.8
TLR	28.7	Pryer⇒ Helena⇒ Park - careful	0.4
LR	29.1	Larchmont⇒ Magnolia⇒ Ocean	0.4
TLR	29.5	Monroe Ave	0.4
BL	29.9	TSO Monroe	0.1
TR	30.0	1	0.4
R	30.5	Hommocks Rd	0.3
BL	30.7	Eagle Knolls⇒ Cove	0.8
TL	31.5	Orienta Ave	0.6
TR	32.1	1/Boston Post Rd	0.9
R	33.0	South Barry Ave	0.3
R	33.3	Shore Acres Dr	0.4
L	33.7	The Pkwy	0.8
RR	34.5	1/Boston Post⇒ Taylor's Ln	0.2
1L	34.7	Shadow Ln	0.2
1R	34.9	Brevoort Ln	0.1
S	35.0	Captains Ln	0.2
R	35.2	Norman Dr	0.2
S	35.4	Greenhaven Rd	0.1
R	35.5	Harbor Ln	0.1
TL	35.6	Barlow Ln	0.4
R	36.1	1/Boston Post Rd	0.8
R	36.9	Oakland Beach Ave	0.9

Go	At	On	For
TL	37.8	Forest Ave	1.2
R	39.0	Manursing Way	0.8
TL	39.8	Van Rensselaer Rd	0.3
TL	40.1	Kirby Ln	0.8
R	40.9	Grace Church St	1.1
S	42.0	1/Boston Post⇒ Main	0.2
BL	42.2	King St	0.1
R/ST	42.3	Adee St - International Bakery/BBQ - bike parking in back, Port Chester Metro North - for NYC trains, cross under tracks and up stairs to the left.	0.1
R	42.4	King St	0.1
L	42.5	Broad St - up	0.1
R	42.6	Irving Ave	0.8
L	43.4	Breckenridge Ave	0.1
R	43.5	Westchester Ave	0.1
L	43.5	Bowman Ave⇒ Polly Park - get to left lane	1.1
LL	44.6	Belmont Ave	0.2
TR	44.9	Park Drive - Westchester Country Club	1.5
TLR	46.3	North⇒ Muchmore - careful	0.4
TL	46.7	Stratford Rd	0.4
BR	47.1	Sterling⇒ Delevan	0.4
TL	47.5	Pleasant Ridge Rd⇒ West St	1.9
TR	49.4	Grove St	0.4
TLR	49.8	Barry⇒ Jefferson	0.4
BL	50.3	Station Plaza- careful, Mamaronck Neck Metro North	0.2
BL	50.5	Hoyt Ave	0.3
TR	50.8	Fenimore Rd - tracks	0.3
L	51.1	Baldwin Pl	0.3
RL	51.4	Rockland⇒ Hickory Grove	0.5
RL	51.9	Mardon⇒ W Garden	0.1
LR	52.1	Weaver⇒ Hillcrest	0.3
LR	52.4	Judson⇒ Edgewood	0.4
LR	52.7	Chatsworth⇒ Huguenot - sharp	0.2
L	52.9	Barnard Rd	0.7
LL	53.6	Beechmont⇒ Pinebrook Rd - careful	0.3
R	53.8	5 Ave⇒ Coligni⇒ Pershing	1.6
L	55.4	Mayflower Ave	0.2

Go	At	On	For
L	55.6	5 Ave	1.2
R	56.8	3 St	0.1
L	57.0	Hutchinson⇒ 5 St	2.2
BR	59.1	TSO Nereid - 2, 5 Subway, Dunkin Donuts	0.5
L	59.6	Webster Ave - careful	2.2
R/ST	61.9	205 St⇒ D Subway <i>R - right; L - left; 1 - first turn after last cue; 2 - second turn; B - bear (left-right); LRL - turns in quick succession, S - straight; T - end of the road; TSO - to stay on; U - U-turn; X - cross or pass by; ⇒ - roads that run together; / - roads with multiple names</i>	0.0
	61.9	End of route	