

Go	At	On	For
	0.0	Start of route	0.0
	0.0	Start: East End Ave & E 87 St	0.0
	0.0	Proceed: North on East End Ave	0.1
QL	0.1	E 89th St	0.3
R	0.4	1st Avenue	0.6
R	1.0	E 102nd St to end	0.1
L	1.1	Ward's Island Bridge	0.4
R	1.5	Harlem River Pathway	0.5
BL	2.0	Wards Meadow Loop	0.4
R	2.4	Hell Gate Cir to end	0.4
R	2.8	Central Rd	0.3
BR	3.1	Hell Gate Path	0.4
S	3.6	Randall's Island Connector to end	0.2
R	3.8	E 132nd St	0.1
QL	3.9	Walnut Ave	0.3
L	4.2	E 138th St	0.3
R	4.5	Jackson Ave	0.4
R	4.9	E 145th St	0.2
L	5.0	Southern Blvd	1.3
R	6.3	Aldus St to end	0.2
R	6.6	Whitlock Ave	0.1
QL	6.7	Bruckner Blvd sidewalk	0.1
L	6.8	Concrete Plant Park to end	0.4
L	7.2	Westchester Ave	0.0
QR	7.2	Sheridan Expy service road	0.3
R	7.5	Starlight Park to end	0.6
S	8.1	Devoe Ave	0.2
R	8.4	E 180th St	0.1
QL	8.5	Bronx River Greenway	2.5
PIT	11.0	Canoe paddle at Bronx River	0.0
	11.0	Proceed west on Mosholu Greenway; bear right at fork	0.2
S	11.3	E 204th St	0.3
S	11.5	Bainbridge Ave	0.2
R	11.8	Reservoir	0.0
	11.8	Proceed through tunnel and lock bikes	0.0
PIT	11.8	Lunch	0.0
	11.9	Proceed back through tunnel and continue straight on Van Cortlandt Ave E	0.2

Go	At	On	For
R	12.0	Mosholu Parkway Greenway	1.7
R	13.7	Broadway	0.0
	13.8	End: 242nd St & Broadway (#1 subway)	0.0
	13.8	End of route	