

Go	At	On	For
	0.0	Start of route	0.1
<b>R</b>	0.1	Hudson River Greenway	0.3
<b>BR</b>	0.4	Hudson River Greenway	4.2
<b>R</b>	4.6	Hudson River Greenway	0.1
<b>S</b>	4.7	Hudson River Greenway	2.6
<b>R</b>	7.3	Dyckman St	0.2
<b>L</b>	7.5	Seaman Ave	0.7
<b>R</b>	8.2	W 218th St	0.3
<b>L</b>	8.5	9th Ave	0.2
<b>R</b>	8.7	at Broadway <i>Cross bridge on sidewalk</i>	0.3
<b>L</b>	9.0	W 228th St	0.1
<b>R</b>	9.1	Marble Hill Ave	0.1
<b>QL</b>	9.2	W 230th St	0.1
<b>R</b>	9.3	Tibbett Ave	0.7
<b>L</b>	10.0	W 240th St	0.1
<b>BR</b>	10.1	Irwin Ave <i>Take bike path</i>	0.1
<b>R</b>	10.2	Manhattan College Pkwy	0.2
<b>BR</b>	10.4	W 242nd St	0.1
<b>S</b>	10.5	Cross Broadway onto Van Cortlandt Park bike path	0.2
<b>L</b>	10.6	John Kieran Nature Trail	0.0
<b>QR</b>	10.7	John Kieran Nature Trail	0.0
<b>QL</b>	10.7	Van Cortlandt Ave W	0.1
<b>PIT</b>	10.8	Pit stop @ Golf House <i>Then continue onto bike path</i>	0.1
<b>BR</b>	10.9	TRO Van Cortlandt Ave W	0.0
<b>BR</b>	10.9	Slight right	0.1
<b>BR</b>	11.0	up ramp	0.6
<b>L</b>	11.6	TRO Mosholu Parkway Greenway	0.0
<b>QR</b>	11.7	TRO Mosholu Parkway Greenway	0.0
<b>QR</b>	11.7	TRO Mosholu Parkway Greenway	1.1
<b>L</b>	12.8	Turn left	0.1
<b>QL</b>	12.8	Mosholu Pkwy/New York State Reference Route 908F	0.1
<b>BL</b>	12.9	Mosholu Parkway Greenway	0.1
<b>BL</b>	13.1	Slight left	0.1
<b>R</b>	13.2	Turn right	0.7
<b>BL</b>	13.9	Mosholu Parkway Greenway	0.3
<b>L</b>	14.2	Turn left	0.0
<b>QL</b>	14.2	Bronx Park E	0.0

Go	At	On	For
<b>QR</b>	14.2	Waring Ave	0.3
<b>R</b>	14.6	Wallace Ave	0.1
<b>L</b>	14.7	Astor Ave	1.5
<b>R</b>	16.2	Gunther Ave	0.1
<b>R</b>	16.3	Stillwell Ave	0.1
<b>S</b>	16.3	Cross Pelham Pkwy at ped. crossing	0.0
<b>QL</b>	16.4	Greenway	0.1
<b>S</b>	16.5	Continue straight across cloverleaves <i>Caution: fast traffic entering &amp; exiting</i>	0.7
<b>L</b>	17.2	Turn left	0.1
<b>QL</b>	17.3	Turn left	0.0
<b>QL</b>	17.3	Bronx and Pelham Pkwy	0.3
<b>BR</b>	17.6	Bronx and Pelham Pkwy	0.0
<b>S</b>	17.6	Shore Rd	0.3
<b>R</b>	17.9	Turn right	1.4
<b>S</b>	19.3	City Island Ave	0.2
<b>L</b>	19.5	Cross St	0.0
<b>QR</b>	19.5	Minnieford Ave	0.3
<b>L</b>	19.8	Ditmars St	0.1
<b>QR</b>	19.9	King Ave	0.2
<b>R</b>	20.1	Fordham St	0.1
<b>QL</b>	20.1	Minnieford Ave	0.1
<b>R</b>	20.2	Carroll St	0.1
<b>QL</b>	20.3	City Island Ave	0.6
<b>PIT</b>	20.9	Lunch @ Johnny's Reef	-0.0
	20.9	End of route	