

Go	At	On	For
	0.0	Start of route	0.0
	0.0	Start: Bronx end of Willis Ave Bridge Bike Path	0.0
QL	0.0	E 135th St	0.1
R	0.1	Alexander Ave	0.2
L	0.3	E 139th St	0.2
R	0.5	Rider Ave	0.3
L	0.8	E 144th St	0.3
R	1.1	Gerard Ave	0.8
L	1.9	E 161 St	0.2
R	2.1	Macombs Dam Bridge	0.1
L	2.2	Sharp left onto Jerome Ave	0.2
S	2.4	Sedgwick Ave	0.1
BR	2.6	TRO Sedgwick Ave. Do not get onto Major Deegan Expressway.	1.6
S	4.1	Cedar Ave	0.8
R	5.0	W Fordham Rd	0.2
L	5.2	Sedgwick Ave	0.2
S	5.4	Bailey Ave	0.6
L	5.9	W 225th St	0.1
QR	6.0	Exterior St	0.2
BL	6.2	TRO Exterior St	0.0
S	6.2	W 230th St	0.1
PIT	6.3	Rest stop: Marble Hill Playground	0.2
L	6.6	Irwin Ave	0.1
S	6.7	Johnson Ave	0.6
S	7.2	Palisade Ave	1.4
R	8.7	Spaulding Ln (hill)	0.2
L	8.8	Independence Ave	0.5
L	9.3	W 254th St	0.1
R	9.5	Palisade Ave	0.6
R	10.1	W 261st St	0.6
R	10.6	Broadway	1.2
L	11.9	Van Cortlandt Park	0.2
PIT	12.0	Rest stop: Van Cortlandt Nature Center	0.2
R	12.2	Sharp right	0.1
L	12.3	Turn left	0.0
QR	12.3	Putnam Trail	0.1
L	12.4	Van Cortlandt Park bike path	0.8
L	13.3	W Gun Hill Rd	0.3
L	13.6	Jerome Ave	0.9

Go	At	On	For
R	14.6	E 233rd St	0.2
L	14.7	Van Cortlandt Park E	0.0
PIT	14.7	Optional rest stop: Gas station mini-mart	0.5
R	15.3	E 240th St	0.4
R	15.6	TRO E 240th St	0.1
S	15.7	Nereid Ave	0.2
L	15.9	Bronx Blvd	0.6
R	16.5	E 242nd St	0.4
R	16.9	Murdock Ave	0.0
QR	16.9	Penfield St	0.0
QL	16.9	Wilder Ave	1.1
L	18.0	E 233rd St	0.6
R	18.7	Provost Ave	0.2
S	18.9	Conner St	0.4
S	19.3	Peartree Ave	0.1
L	19.4	Co Op City Blvd	0.9
PIT	20.3	Lunch: Panera Bread (eat in or carry out to Orchard Beach)	0.0
QL	20.3	Co Op City Blvd	0.1
R	20.5	Bartow Ave	0.1
R	20.6	Bartow Ave Bike Path	0.1
QR	20.7	Hutchinson River Bike Path	1.0
R	21.7	to pass Bronx Equestrian Center	0.4
L	22.0	City Island Rd Bike Path	0.7
L	22.7	Orchard Beach Bike Path	0.5
R	23.3	Orchard Beach approach	0.2
PIT	23.4	Swim: Orchard Beach	0.1
QL	23.5	Sharp left	0.1
BR	23.6	Path to City Island (may need to walk bike)	0.5
L	24.1	City Island Rd	0.3
S	24.3	City Island Ave	1.3
PIT	25.6	Lunch option: Johnny's Reef	0.0
Uturn	25.6	Return on City Island Ave	1.3
S	27.0	City Island Rd	0.3
R	27.2	Path to Orchard Beach (may need to walk bike)	0.7
L	27.9	Exit Orchard Beach	0.6
R	28.5	City Island Rd Bike Path	0.7
L	29.1	Shore Rd left sidewalk	0.8
L	30.0	Pelham Bay Park	0.4

Go	At	On	For
PIT	30.4	Rest stop: Pelham Bay Nature Center	0.3
S	30.7	Stadium Ave	0.8
S	31.5	Dean Ave	0.4
R	31.9	Philip Ave	0.1
QL	31.9	Clarence Ave	0.3
S	32.3	Schley Ave	0.2
L	32.4	Throgs Neck Expressway Service Road	0.6
R	33.0	Lawton Ave	0.1
S	33.1	Pennyfield Ave	0.8
L	33.9	Erben Ave SUNY Maritime College	1.1
R	35.0	Crowninshield St	0.1
L	35.1	Erben Ave	0.3
R	35.5	Pennyfield Ave	0.6
L	36.1	Schurz Ave	0.7
R	36.8	Balcom Ave	0.5
PIT	37.3	Rest stop: Ferry Point Park	0.2
R	37.5	Randall Ave	0.2
S	37.7	Continue under bridge	0.1
QL	37.7	Cross Bronx Expressway Service Road	0.4
L	38.1	Lafayette Ave	0.5
R	38.6	Brush Ave	0.3
L	38.9	Bruckner Blvd sidewalk	0.2
L	39.0	Zerega Ave	1.1
L	40.1	Castle Hill Ave	0.1
S	40.2	Pugsley Creek Park Bike Path	1.2
L	41.4	Stephens Ave	0.1
L	41.5	Gildersleeve Ave	0.1
QR	41.6	Pugsley Ave	0.1
L	41.7	Cornell Ave	0.1
S	41.8	Clason Point Park Path	0.3
S	42.2	Soundview Ave	0.1
L	42.3	Shore Haven Bikepath	0.5
L	42.7	Bronx River Ave	0.1
S	42.9	Harding Park	0.3
S	43.1	Leland Ave	0.1
QL	43.2	Soundview Park	0.5
L	43.7	TRO Soundview Park	0.3
L	44.0	TRO Soundview Park	0.5

Go	At	On	For
R	44.6	Turn right	0.1
PIT	44.7	Rest stop: Soundview Park Field House	0.0
QL	44.7	Lafayette Ave	0.1
QR	44.8	Colgate Ave	0.1
L	45.0	Story Ave	0.1
QR	45.0	Bronx River Ave	0.1
L	45.2	Bruckner Blvd sidewalk	0.1
L	45.3	Edgewater Rd	0.5
S	45.8	Halleck St	0.7
R	46.5	Ryawa Ave	0.3
R	46.8	Manida St	0.1
L	47.0	Viele Ave	0.1
R	47.1	Tiffany St	0.2
L	47.4	Oak Point Ave	0.5
L	47.9	TRO Oak Point Ave	0.4
S	48.3	E 149th St	0.3
L	48.6	Bruckner Blvd	0.1
R	48.7	E 144th St	0.3
L	49.0	Jackson Ave	0.3
R	49.3	E 139th St	0.6
L	49.9	Willis Ave	0.2
	50.1	End: Willis Ave Bridge Bike Path	0.0
	50.1	End of route	