Go	At	On	For
	0.0	Start of route	0.0
ST	0.0	**Wards Meadow Cafe - restrooms⇒ Randall's Island Connector Greenway**	1.2
L	1.2	**dirt path**	0.1
R	1.3	Central Road	0.1
RL	1.3	Central Rd⇒ RICG	0.2
R	1.6	**Sunken Meadow Loop - path**	0.9
R	2.4	**Randall's Island Connector - sharp**	0.2
R	2.7	132 St - **NY Post**	0.1
L	2.8	Locust St	0.5
TL	3.3	141 St	0.2
R	3.5	Bruckner Blvd - **careful, sidewalk option**	0.4
1R	3.9	149 St	0.3
TL	4.2	Oak Point Av⇒ **industrial park - careful**	0.9
R	5.1	Tiffany St	0.2
TL	5.3	Viele Ave	0.0
X	5.4	**Barretto Point Park - restrooms**	0.1
R	5.5	Manida St	0.1
TL	5.6	Ryawa Ave⇒ Food Center Dr - **watch for two sets of railroad tracks**	0.7
BR	6.3	**bike path**	0.9
R	7.3	Halleck⇒ Edgewater	0.9
TR	8.2	Bruckner Blvd - **sidewalk, careful**	0.1
QR	8.4	Bronx River Ave	0.1
TL	8.5	Story Ave	0.1
R	8.6	Colgate Ave	0.1
L	8.7	Lafayette Ave	0.1
R	8.8	**Soundview Park Field House - rest stop**	0.0
R	8.9	towards bike way	0.1
TL	9.0	Soundview Park Bike Way	1.4
S	10.4	O'Brien Ave	0.3
TL	10.6	Stephens⇒ Compton⇒ Patterson	0.2
R	10.9	White Plains Rd	0.1
R	11.0	Lacombe Ave	0.7
TL	11.7	Zerega Ave	0.8
R	12.5	Brucker Blvd⇒ Union Bridge - **path, walk bikes**	0.1
R	12.6	Brush Ave	0.3
L	12.9	Lafayette Ave	1.4
TL	14.3	Shore Dr⇒ Stadium Ave	0.9
R/U	15.2	Ampere⇒ **Barino's Market**	0.1
R	15.3	Stadium Ave	0.1
S	15.4	**Pelham Bay - Nature Center, restrooms**	0.8
LR	16.2	**Pelham Parkway Greenway**	0.9
RL	17.1	Pelham Pkwy North - **service road**	0.2
R	17.3	Westervelt Ave	0.2
L	17.5	Waring Ave	1.6
TL	19.1	Bronx Park E	0.3
L	19.4	**Bronx River Bikeway**	0.2
R	19.5	Boston Rd - **careful**	0.1
BR	19.6	**Bronx River Bikeway**	0.2
X	19.8	**Ben Abrams Playground - restrooms**	1.1
TR	20.9	180 St	0.1
L	21.0	Devoe Ave	0.2
RL	21.1	Tremont⇒ 177 St - **careful**	0.1
BR	21.2	**Bronx River Bikeway - CAREFUL, get to center lane**	0.6
X	21.8	**Starlight Park**	0.6
L	22.4	Westchester Ave - **careful**	0.0
QR	22.4	**Concrete Plant Park - careful**	0.4
TL	22.8	Bruckner Blvd - **sidewalk**	0.2
RR	23.0	Bronx River Rd⇒ Bruckner Blvd - **sidewalk**	0.2
L	23.1	Whittier Ave	0.1
R	23.2	Garrison Ave	0.9
TR	24.1	Leggett Ave	0.1
LR	24.2	Bruckner⇒Timpson	0.6
TR	24.7	144 St	0.1
L	24.9	Concord Ave	0.2
L	25.1	141 St	0.3
R	25.4	Walnut Ave	0.3
X	25.6	**Bronx Brewery & Empanology**	0.2
TR	25.8	132 St	0.1
L	25.9	**Randall's Island Connector**	0.2
R	26.1	Randall's Island	0.6
BR	26.8	Harlem River Pathway	0.6

Go	At	On	For
R	27.4	Little Hell Gate Bridge	0.1
R/ST	27.5	Harlem River Pathway⇒ **Wards Island Bridge** *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*	0.6
	28.1	End of route	