Yer Basic Nyack Ride

Turn	Total Miles	Street	For
L	0.0	Park Drive East	2.1
L	2.1	W. 110th St. [*park exit*]	0.4
R	2.5	Riverside Dr.	3.3
R	5.8	W. 155th St. [*BL up hill*]	0.2
L	6.0	W. 158th St. [*up R.D. ramp*]	0.4
R	6.4	W. 162nd St.	0.1
L	6.5	Ft. Washington Ave.	0.8
L	7.3	W. 177th St.	0.1
R	7.4	Cabrini Blvd.	0.1
L	7.5	GW Bridge [*cross*]	1.3
L	9.3	Hudson Terrace	0.5
L	9.8	River Rd. [*where snack truck is parked… CAUTION*]	
ST		River Rd [*to end, up hill*]	7.1
	16.9	Regroup at police station **P**	0.1
R	17.0	9W	4.1
ST	21.1	Oak Tree (red light)	0.2
R	21.3	Bike Path into Tallman Mt. State Park (just past abandoned gas station) … turn left when path comes to an intersection … turn right when path come to 'T' onto road … bear R, go downhill, then bear L back onto path	2.0
R	23.3	Piermont Avenue	3.8
L	27.1	Main St.	0.1
R	27.2	N. Broadway to Runcible Spoon	0.1
	27.3	LUNCH	

Turn	Total Miles	Street	For
ST	27.3	N.Broadway	0.1
		Return in the direction you came from	
L	27.4	Main St.	0.1
R	27.5	Piermont Avenue	3.8
R	31.3	Ferdon	0.8
L	32.1	Rte 340	0.1
BR	32.2	Stay on Rte 340 …	7.9
		becomes 501 in Joisey	
R	40.1	**Dean**	0.1
BL	40.2	Huyler [*still Rte. 501*]	0.4
R	40.6	Engle	0.2
L	40.8	Woodland Park Dr.	0.4
R	41.2	Leroy [*to 1st left*]	0.1
L	41.3	Churchill [*up the hill!*]	0.7
R	42.0	Woodland	0.8
L	42.8	Lyncrest	0.3
R	43.1	Summit	0.7
L	43.8	Palisades	0.4
R	44.2	Hudson Terrace	2.0
L	46.2	GW Bridge	1.3
R	47.5	Cabrini Ave.	0.1
R	47.6	W. 177th St.	0.1
L	47.7	Haven St.	0.2
R	47.9	Ft. Washington Ave.	0.1
R	48.0	W. 165th St.	0.1
L	48.1	Riverside Dr.	4.8
L	52.9	W. 72nd St.	0.8
STR	53.7	Into Park to Boathouse	1.2
	54.9	Boathouse	

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