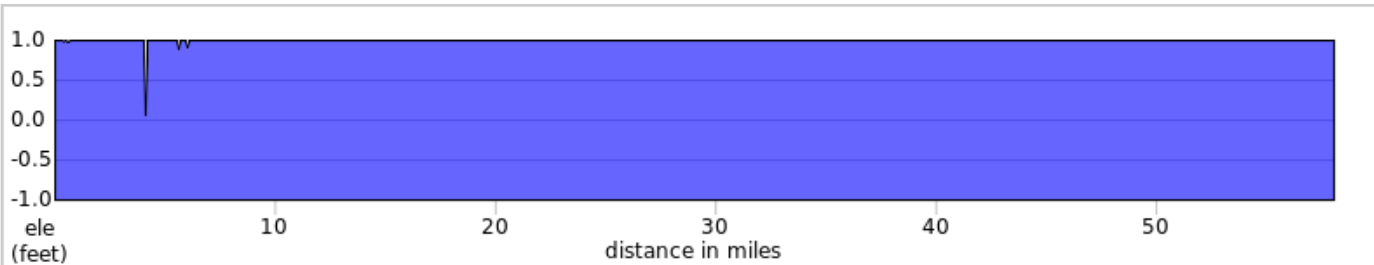
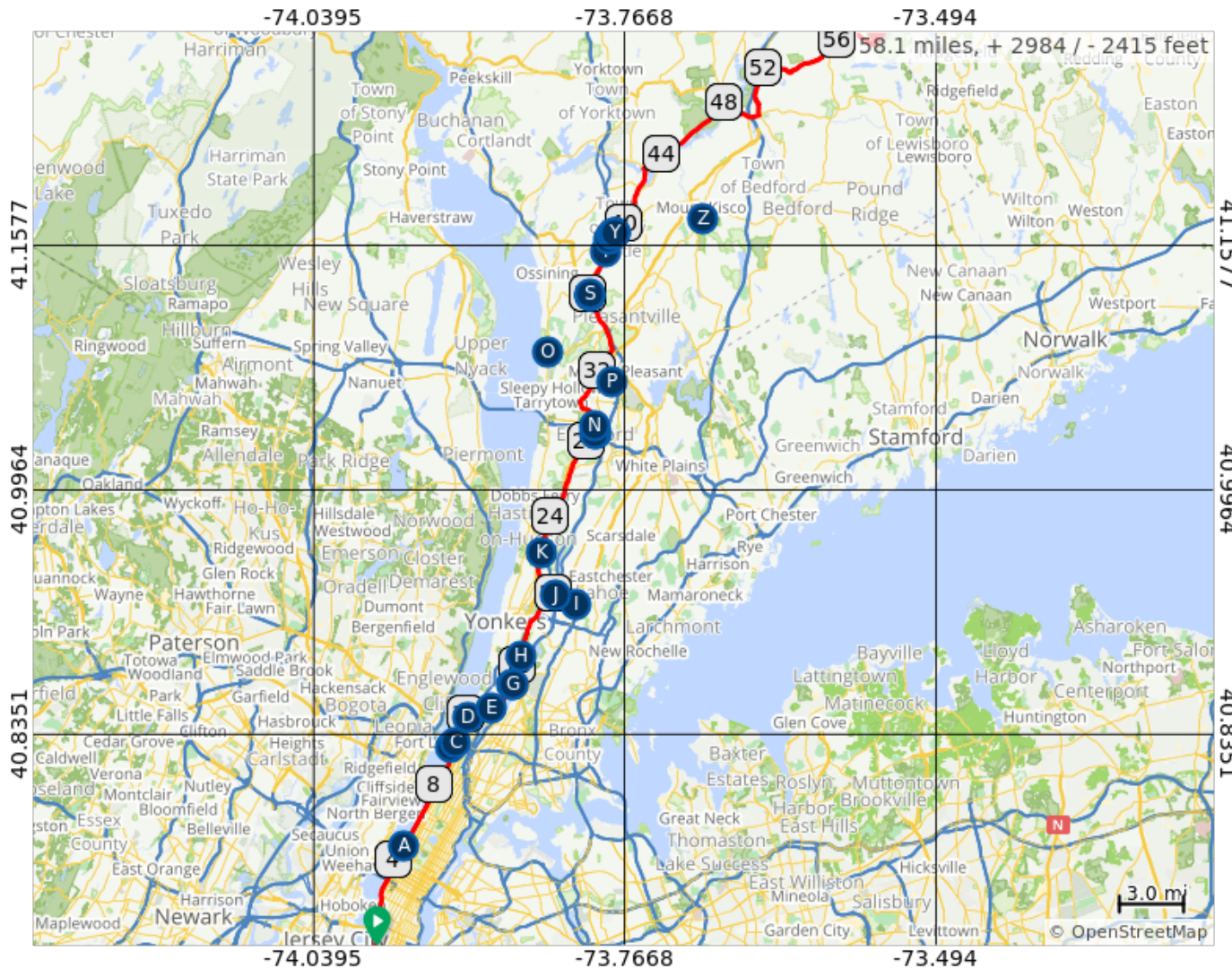


NYC to ML



- A. Detour
- B. Bathroom
- C. "The Corkscrew"
- D. Dyckman Pedestrian Bridge
- E. Broadway Bridge
- F. Van Cortlandt Park Parking Lot
- G. Restrooms
- H. Leaving NYC
- I. Lawrence Hospital
- J. Nice Descent
- K. rough trail
- L. Restrooms @W Subway
- M. Elmsford, Lunch
- N. Porta-Potty
- O. Phelps Hospital
- P. Westchester Medical Center
- Q. Briarcliff Library
- R. Restrooms
- S. Library
- T. Bike Pump

U.	Intersection
V.	Intersection
W.	Restrooms
X.	Supermarket
Y.	Supermarket
Z.	Northern Westchester Hospital

NYC to ML

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	4.2
2.	4.2	4.2	➡	Slight R toward Hudson River Greenway	0.0
3.	4.2	0.0	⬆	Continue onto Hudson River Greenway	0.3
4.	4.5	0.3	⬅	L toward Hudson River Greenway	0.0

4.5 miles. +35/-35 feet

Num	Dist	Prev	Type	Note	Next
5.	4.5	0.0	➡	R onto Hudson River Greenway	0.1
6.	4.6	0.1	➡	Slight R to stay on Hudson River Greenway	0.2
7.	4.8	0.2	➡	R	0.0
8.	4.8	0.0	⬅	L	0.5
9.	5.4	0.5	➡	Slight R onto Hudson River Greenway	1.5

0.8 miles. +48/-40 feet

Num	Dist	Prev	Type	Note	Next
10.	6.8	1.5	➡	Slight R onto Cherry Walk/Hudson River Greenway	1.0
11.	7.9	1.0	⬆	Continue straight to stay on Hudson River Greenway	0.2
12.	8.0	0.2	⬅	L to stay on Hudson River Greenway	1.4

2.7 miles. +20/-20 feet

Num	Dist	Prev	Type	Note	Next
13.	9.5	1.4	➡	R to stay on Hudson River Greenway	2.6
14.	12.1	2.6	➡	R toward Dyckman St	0.0
15.	12.1	0.0	➡	R onto Dyckman St	0.2
16.	12.3	0.2	⬅	L onto Seaman Ave	0.5

4.3 miles. +171/-167 feet

Num	Dist	Prev	Type	Note	Next
17.	12.8	0.5	→	R at Matty Alou Way onto Isham St	0.1
18.	12.9	0.1	←	L onto U.S. 9 N/ Broadway/Juan Rodriguez Wy	1.2
19.	14.1	1.2	→	R onto W 233rd St	0.1
20.	14.3	0.1	←	L onto Bailey Ave	0.6

2.0 miles. +34/-65 feet

Num	Dist	Prev	Type	Note	Next
21.	14.8	0.6	↑	Continue onto Van Cortlandt Park	0.3
22.	15.1	0.3	←	L onto John Kieran Nature Trail	0.0
23.	15.2	0.0	→	R onto John Kieran Nature Trail/Old Putnam Trail	1.3

0.9 miles. +0/-5 feet

Num	Dist	Prev	Type	Note	Next
24.	16.4	1.3	↑	Continue onto S County Trailway	1.4
25.	17.9	1.4	→	Slight R to stay on S County Trailway	10.6
26.	28.5	10.6	←	L onto W Main St	0.0
27.	28.5	0.0	→	R onto N County Trailway	7.7

13.4 miles. +354/-209 feet

Num	Dist	Prev	Type	Note	Next
28.	36.2	7.7	←	Slight L onto NY-100 S/Saw Mill River Rd	0.5
29.	36.7	0.5	→	R onto N County Trailway	1.6
30.	38.3	1.6	→	R onto NY-100 N	0.8
31.	39.1	0.8	→	R onto N County Trailway	0.3

10.6 miles. +128/-26 feet

Num	Dist	Prev	Type	Note	Next
32.	39.4	0.3	←	Slight L to stay on N County Trailway	2.2
33.	41.6	2.2	→	Keep R to stay on N County Trailway	1.2
34.	42.8	1.2	→	R onto NY-118 S	0.6
35.	43.4	0.6	←	L onto NY-100 N	4.3

4.3 miles. +83/-214 feet

Num	Dist	Prev	Type	Note	Next
36.	47.7	4.3	→	R onto NY-35 E	1.9
37.	49.7	1.9	←	L onto NY-22 N	1.9
38.	51.6	1.9	→	R	0.1
39.	51.7	0.1	→	Slight R toward North St	0.1
40.	51.8	0.1	←	L toward North St	0.0
41.	51.8	0.0	→	R onto North St	0.1

8.4 miles. +265/-266 feet

Num	Dist	Prev	Type	Note	Next
42.	51.8	0.1	→	R onto NY-138 E/Waccabuc Rd	2.8
43.	54.7	2.8	←	Slight L onto Sullivan Rd	0.7
44.	55.4	0.7	←	L onto NY-121 N	1.6
45.	57.0	1.6	→	R onto Hawley Rd	0.7
46.	57.7	0.7	←	Slight L	0.3

5.9 miles. +511/-239 feet

Num	Dist	Prev	Type	Note	Next
47.	58.0	0.3	→	R onto Mountain Lakes Camp Rd/Mountain Lakes Orange Trl	0.0

0.3 miles. +0/-0 feet