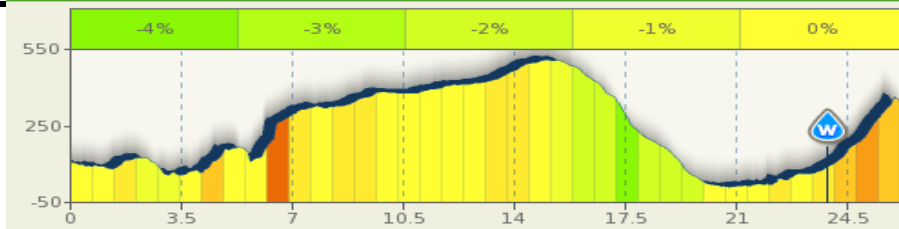


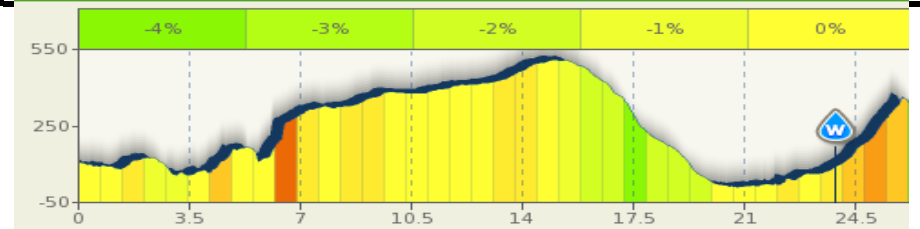
JCC Manhattan to Cold Spring

Total		Directions	Leg
0		Head West on 75th Street	0.3
0.3	R	Turn right on Riverside Drive	4.7
5	R	Right on W 165th St	0.1
5.1	L	First left on Fort Washington Ave	0.5
5.6	L	Left on W 177th St	0.1
5.7	R	Right on Cabrini (after stop sign)	0.1
5.8	L	Left at end directly onto sidewalk, then...	0
5.8	L	Left onto pedestrian ramp up to GW Bridge path	1.3
7.1	R	Turn right onto Hudson Terrace at end of bridge	2.3
9.4	L	At end, left on Palisade Ave	0.1
9.5	R	Right on US 9W	11
~15	Bathrooms at Palisades Police Station (Right at Alpine Approach Rd)		
18.4	Cross into NY at Lamont Observatory (top of a hill)		
20.5	L	Left onto Highland Ave (down hill)	0.2
20.7	R	Right onto Ferdon Ave - road curves left at end	0.8
21.5		Straight onto Peirmont Ave	3.6
25.1	L	Left on Main Street	0.1
25.2	R	Right on N Broadway - Runcible Spoon on the right	0.5
25.7	L	Left on Highmount Ave	0.3
26	R	Right on N Midland Ave	0.5
26.5	L	Left on Christian Herald Rd	0.4
26.9	R	Right on Route 9W / Highland Ave	4.9



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JCC Manhattan to Cold Spring			
Total		Directions	Leg
31.8	R	Bear Right to stay on Route 9W	1.3
33.1	R	Right onto Short Clove Rd (cross train tracks)	1.1
34.2	L	Left onto W Broad St	0.1
34.3	R	Right at Conklin	0.4
34.7	R	Right at Westside Ave	0.1
34.8	L	Left at end onto Samsondale Ave	0.2
35	R	Right on Tanneyanns Ln	0.3
35.3	R	Right at end on Railroad Ave - follow as it curves around harbor and becomes Grassy Pt Road	2.1
37.4	R	Right at Beach Rd	0.4
37.8	L	Left at Tomkins Ave	0.5
38.3	R	Right at Route 9W / Liberty Dr	7.9
~39	Bathrooms in Stony Point Park (down long driveway road on right)		
~42	Stay on 9W - do not follow Bike Route 9 signs down small road		
~46	Bathrooms inside Bear Mountain Park on the left		
46.2	R	Right at traffic circle across Bear Mountain Bridge	0.5
46.7	L	Left at junction onto Route 9D	8.7
~52	Garrison Train Station: Left on Upper Station Rd (Trains on 0:12s)		
55.4	L	Left at Main Streen in downtown Cold Spring	0.3
55.7	L	Left at end into Cold Spring Station (Trains on 0:08s)	

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