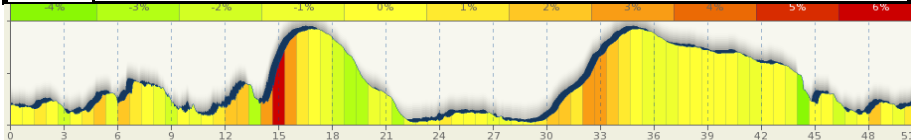


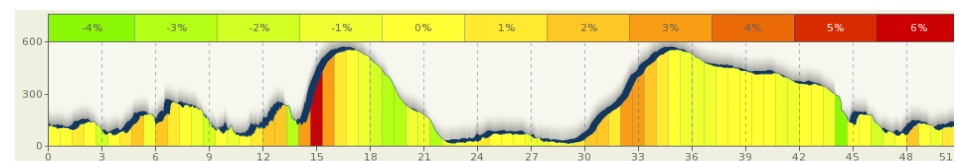
## JCC Manhattan to Nyack via River Rd

Total		Directions	Leg
0.0		Head West on 75th Street	0.3
0.3	R	Turn right on Riverside Drive	4.7
5.0	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...	0.0
5.8	L	Left onto pedestrian ramp up to GW Bridge path	1.2
7.0	L	Left onto near sidewalk after bridge - bike "path"	0.4
7.4	L	Left at end of path into the park - "River Road"	1.0
8.4	BL	At first traffic circle bear left (uphill)	1.4
9.8	BL	At second circle bear left (uphill).	0.4
10.2	BR	At the top of the climb head straight / downhill	4.4
14.6	BL	At the last (small) circle bear left uphill (big climb)	0.9
15.5		Palisades Police Station - Bathrooms and water	0.3
15.8	R	Turn right at Palisades Blvd/US-9W	5.3
21.1	R	Right into Tallman Mountain Park (big brown sign)	0.6
21.7	R	Right at end onto Ferdon - road curves left	0.3
22.0		Straight on Peirmont through Peirmont and Nyack	3.7
<b>Bathrooms and water in various stores on the main drag in Piermont</b>			
25.7	L	Left on Main Street	0.1
25.8	R	Right on N Broadway	0.1
25.9	<b>Arrive at Runcible Spoon - parking, water, bathrooms</b>		



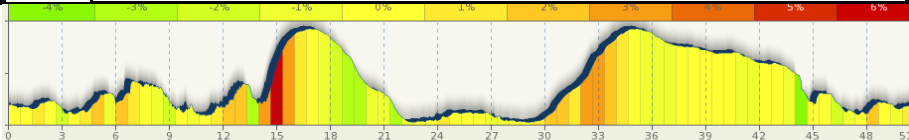
## Nyack to JCC Manhattan via 9W

Total		Directions	Leg
25.9		Head back south on N Broadway	0.1
26.0	L	Left on Main Street	0.1
26.1	R	Right on Piermont Ave - continue into Piermont	3.7
29.8	BR	Straight through light, then right onto Ferdon	0.8
30.6	L	At end of Ferndon, left onto Valentine ave, then...	0.1
30.7	BL	Veer left (follow 9w sign) to begin climbing hill	0.2
30.9		Merge onto US 9W	0.4
31.3		<i>End first hill</i>	1.7
33.0		<i>End 2nd hill (at Lamont Observatory)</i>	1.9
34.9		<i>End 3rd hill</i>	7.1
42.0	L	Left at Palisade Ave (first left after corporate parks)	0.1
42.1	R	Right on Hudson Terrace	2.2
44.3	L	Left to enter pedestrian path on bridge	1.3
45.6	R	At the bottom of the ramp, right onto the sidewalk	0
45.6	R	Right (against one-way) for one block on Cabrini	0.1
45.7	R	At 177th, turn right - careful of highway on-ramp	0.1
45.8	L	Immediate left onto Haven	0.3
46.1	R	At end of Haven, right onto Fort Washington	0.1
46.2	R	Right onto 165th	0.1
46.3	L	At end, left onto Riverside Dr	4.7
51.0	L	Left onto 76th street	0.3
51.3		End at Amsterdam Ave - JCC Manhattan	end



## JCC Manhattan to Nyack via River Rd

Total		Directions	Leg
0.0		Head West on 75th Street	0.3
0.3	R	Turn right on Riverside Drive	4.7
5.0	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...	0.0
5.8	L	Left onto pedestrian ramp up to GW Bridge path	1.2
7.0	L	Left onto near sidewalk after bridge - bike "path"	0.4
7.4	L	Left at end of path into the park - "River Road"	1.0
8.4	BL	At first traffic circle bear left (uphill)	1.4
9.8	BL	At second circle bear left (uphill).	0.4
10.2	BR	At the top of the climb head straight / downhill	4.4
14.6	BL	At the last (small) circle bear left uphill (big climb)	0.9
15.5		Palisades Police Station - Bathrooms and water	0.3
15.8	R	Turn right at Palisades Blvd/US-9W	5.3
21.1	R	Right into Tallman Mountain Park (big brown sign)	0.6
21.7	R	Right at end onto Ferdon - road curves left	0.3
22.0		Straight on Peirmont through Peirmont and Nyack	3.7
<b>Bathrooms and water in various stores on the main drag in Piermont</b>			
25.7	L	Left on Main Street	0.1
25.8	R	Right on N Broadway	0.1
25.9	<b>Arrive at Runcible Spoon - parking, water, bathrooms</b>		



## Nyack to JCC Manhattan via 9W

Total		Directions	Leg
25.9		Head back south on N Broadway	0.1
26.0	L	Left on Main Street	0.1
26.1	R	Right on Piermont Ave - continue into Piermont	3.7
29.8	BR	Straight through light, then right onto Ferdon	0.8
30.6	L	At end of Ferndon, left onto Valentine ave, then...	0.1
30.7	BL	Veer left (follow 9w sign) to begin climbing hill	0.2
30.9		Merge onto US 9W	0.4
31.3		<i>End first hill</i>	1.7
33.0		<i>End 2nd hill (at Lamont Observatory)</i>	1.9
34.9		<i>End 3rd hill</i>	7.1
42.0	L	Left at Palisade Ave (first left after corporate parks)	0.1
42.1	R	Right on Hudson Terrace	2.2
44.3	L	Left to enter pedestrian path on bridge	1.3
45.6	R	At the bottom of the ramp, right onto the sidewalk	0
45.6	R	Right (against one-way) for one block on Cabrini	0.1
45.7	R	At 177th, turn right - careful of highway on-ramp	0.1
45.8	L	Immediate left onto Haven	0.3
46.1	R	At end of Haven, right onto Fort Washington	0.1
46.2	R	Right onto 165th	0.1
46.3	L	At end, left onto Riverside Dr	4.7
51.0	L	Left onto 76th street	0.3
51.3		End at Amsterdam Ave - JCC Manhattan	end

