

JCC Manhattan to Nyack via River Rd

<i>Total</i>		<i>Directions</i>	<i>Leg</i>
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/right 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
<i>Bathrooms and water in various stores on the main drag in Piermont</i>			
25.7	L	Left on Burd Street	0.1
25.8	R	Right on N Broadway	0.1
25.9	Arrive at Runcible Spoon - parking, water, bathrooms		

Nyack to JCC Manhattan via Suburbs

<i>Total</i>		<i>Directions</i>	<i>Leg</i>
26.0	L	Head back on Broadway and 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	R	Right onto Route 340 / Peirmont Rd	7.1
37.8	L	Left on Hudson (hard to see sign)	0.3
38.1	R	Right on Country Road	0.7
38.8	L	Left at Clinton Ave then...	0.0
38.8	R	QUICK Right on Dean	0.9
39.7	L	Left at East Hudson (to end)	0.6
40.3	R	Right on Elkwood Terrace	0.1
40.4	L	on Lydecker - up hill, then right at T	0.9
41.3	L	on Walnut (up hill to end)	0.6
41.9	L	on North Woodland	0.1
42.0	R	on Pershing (1st Right)	0.3
42.3	R	on Summit	0.3
42.6	L	onto Palisade Ave (at light)	0.5
43.1	R	Right on Hudson Terrace (after crossing 9W)	2.2
45.3	L	Left to enter pedestrian path on bridge	1.3
46.6	R	At the bottom of the ramp, right onto the sidewalk	0.0
46.6	R	First right (against one-way) for 1 block on Cabrini	0.1
46.7	R	At 177th, turn right - careful of highway on-ramp	0.1
46.8	L	Immediate left onto Haven	0.3
47.1	R	At end of Haven, right onto Fort Washington	0.1
47.2	R	Right onto 165th	0.1
47.3	L	At end, left onto Riverside Dr	4.7
52.0	L	Left onto 76th street - Arrive at JCC	

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