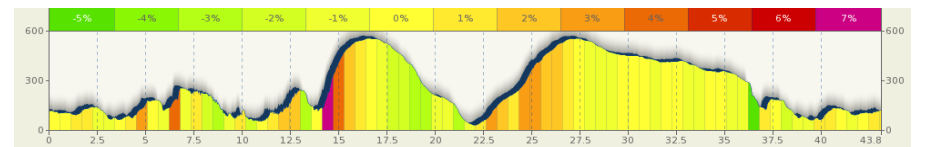
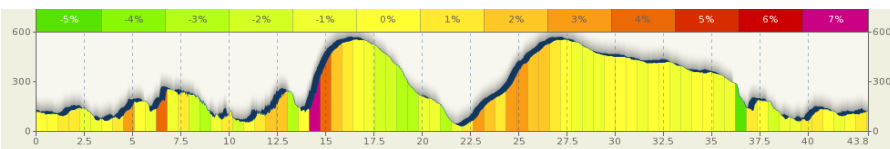


JCC to Piermont via River Road

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/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	S	Straight at light onto Peirmont Ave	0.2
22.2		Arrival at Piermont - Supermarket and cafes on the main drag. You can eat in the large town square at the start of the pier (on the right past the stores). There is also a bike shop on the the square.	

Piermont to JCC Manhattan via 9W

Total		Directions	Leg
22.2		Head back south on Piermont ave	0.1
22.28	BR	Straight through light, then veer right to follow Ferndon	0.8
23.08	L	At end of Ferndon, left onto Valentine ave, then...	0.1
23.18	BL	Veer left (follow 9w south sign) to begin climbing hill	0.2
23.38		Merge onto US 9W	0.4
23.78		End first hill	1.7
25.48		End 2nd hill (at Lamont Observatory)	1.9
27.38		End 3rd hill	7.1
34.48	L	Left at Palisade Ave (first left after corporate parks)	0.1
34.58	R	Right on Hudson Terrace	2.2
36.78	L	Left to enter pedestrian path on bridge	1.3
38.08	R	At the bottom of the ramp, right onto the sidewalk	0
38.08	R	First right (against one-way) for one block on Cabrini	0.1
38.18	R	At 177th, turn right - careful of highway on-ramp	0.1
38.28	L	Immediate left onto Haven	0.3
38.58	R	At end of Haven, right onto Fort Washington	0.1
38.68	R	Right onto 165th	0.1
38.78	L	At end, left onto Riverside Dr	4.7
43.48	L	Left onto 76th street	0.3
43.78		End at Amsterdam Ave - JCC Manhattan	end



JCC to Piermont via River Road

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/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
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