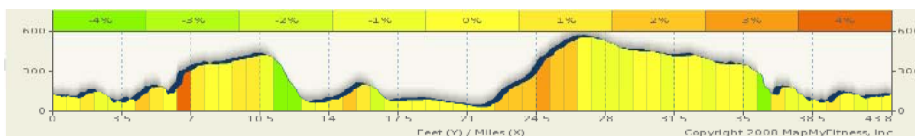


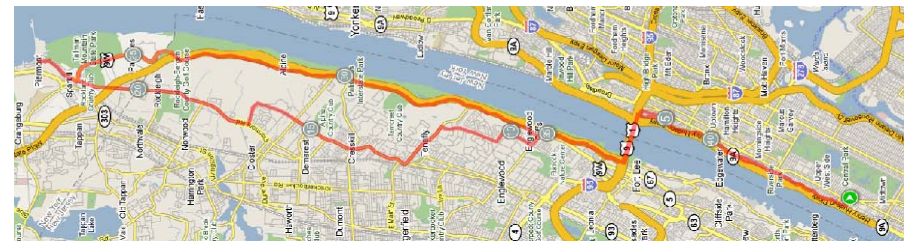
JCC Manhattan to Piermont via Suburbs

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	1.9
9	L	At end, left on Palisade Ave	0.4
9.4	R	Right at Summit Street (follow until end)	0.7
10.1	L	Left on Lyncrest Rd (follow until end)	0.4
10.5	R	Right on Woodland (follow until end)	1.2
11.7	L	Left on East Clinton (steep downhill)	1.3
13	R	At light, sharp Right onto County Road	2
15		Continue straight on Anderson	1.7
16.7	L	Left on Hickory Lane	0.6
17.3	R	Right at bottom of hill onto Piermont Rd	2.7
20	L	At end, left onto Valentine	1.4
21.4	R	Right onto Ferndon Ave	0.8
22.2		Road curves left - straight at light onto Peirmont Ave	
22.5		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
22.5		Head back south on Piermont ave	0.1
22.6	BR	Straight through light, then veer right to follow Ferndon	0.8
23.4	L	At end of Ferndon, left onto Valentine ave, then...	0.1
23.5	BL	Veer left (follow 9w south sign) to begin climbing hill	0.2
23.7		Merge onto US 9W	0.4
24.1		End first hill	1.7
25.8		End 2nd hill (at Lamont Observatory)	1.9
27.7		End 3rd hill	7.1
34.8	L	Left at Palisade Ave (first left after corporate parks)	0.1
34.9	R	Right on Hudson Terrace	2.2
37.1	L	Left to enter pedestrian path on bridge	1.3
38.4	R	At the bottom of the ramp, right onto the sidewalk	0
38.4	R	First right (against one-way) for one block on Cabrini	0.1
38.5	R	At 177th, turn right - careful of highway on-ramp	0.1
38.6	L	Immediate left onto Haven	0.3
38.9	R	At end of Haven, right onto Fort Washington	0.1
39	R	Right onto 165th	0.1
39.1	L	At end, left onto Riverside Dr	4.7
43.8	L	Left onto 76th street	0.3
44.1		End at Amsterdam Ave - JCC Manhattan	end



JCC Manhattan to Piermont via Suburbs

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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	1.9
9	L	At end, left on Palisade Ave	0.4
9.4	R	Right at Summit Street (follow until end)	0.7
10.1	L	Left on Lyncrest Rd (follow until end)	0.4
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