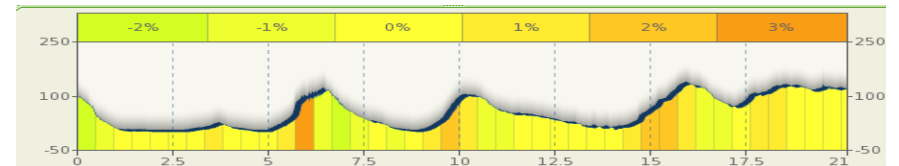


Upper Manhattan Loop

Total	Directions	Leg
0	Head West on 75th Street	0.3
0.3	L Left on Riverside Dr	0.1
0.4	R At 72nd, enter Riverside Park, head to water	0.1
0.5	R Turn right down ramp after highway underpass	0.1
0.6	R Turn right (north) on Greenway	3
3.6	RL After Fairway, turn right, path continues on left	2.2
5.8	After going under GW, two short steps climb	1.4
7.2	At end, go down small flight of stairs	0.1
7.3	L Left at bottom onto sidewalk	0.1
7.4	L Left onto Staff St - CAREFUL OF BIG POT HOLES	0.1
7.5	R at end onto Dyckman (bike lane)	0.1
7.6	R Right onto Seaman	0
7.6	L onto Riverside - then continue back on Dyckman	0.6
8.2	S Cross at bike light to enter Harlem River Greenway	1.9
10.1	R At end, CAREFULLY cross on-ramp and turn right to continue on sidewalk / protected bike path	0.3
10.4	S At end go on St. Nicholas Pl (use bike box)	0.1
10.5	R Right on 151st (short block)	0.1
10.6	L Left on St Nicholas Ave (Bike lane)	2
12.6	L Left on 120th Street (Bike lane)	1.1
	Shortcut - 4 miles less - take St. Nicholas to Adam Clayton Powell - turn right and head to Central Park	
13.7	S Use ramp to enter East River Greenway - go right	1.5
15.2	When Greenway leaves FDR Highway, right into Carl Shultz Park (3rd entrance has no stairs)	0.9
16.1	Right on East End	0.1
16.2	Left on 89th Street (bike lane)	0.3
16.5	Right on First Ave (bike lane on left side)	0.1
16.6	Left on 91st - go straight through closed street	0.6
17.2	L Left on 5th Ave (shortcut - take 5th Ave to 72nd)	0
17.2	R Enter Park at 90th - head around park to West Side	3.6
20.8	R Exit loop at West 72nd Street	0.1
20.9	R Right on Central Park West	0.2
21.1	L Left on 75th	0.3
21.4	End at JCC Manhattan	

Upper Manhattan Loop



Upper Manhattan Loop

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Upper Manhattan Loop

