

Van Cortlandt Park

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	Left onto Seaman	0.7
8.3		Right onto 218th Street	0.4
8.7		Left onto Broadway - use sidewalk to cross bridge	0.3
9		Right on 225th Street	0.3
9.3		Left CAREFULLY on Bailey	1
10.3		Enter Van Cortlandt Park - carefull of onramps	

Explore the park! The start of the dirt part of the Westchester Trail is straight ahead, near the golf course. After 1 mile it is paved.

12		Exit the park to Broadway, at 242nd Street	0
12		Straight on 242nd / Manhattan Collge Pkwy	0.2
12.2		Left to cut through parking lot bike path	0.1
12.3		Left on 240th	0
12.3		Right on Tibbetts	0.5
12.8		Left on 230th	0.1
12.9		Right on Kingsbridge	0.1
13		Right on 228th - follow around to 225th	0.5
13.5		Right on Broadway - use sidewalk!	0.3
13.8		Right on 218th	0.2
14		Left on Seaman	0.7

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Total		Directions	Leg
14.7	L	Left on Riverside - then cont. back on Dyckman	0.6
15.3	S	Cross at bike light to enter Harlem River Greenway	1.9
17.2	R	At end, CAREFULLY cross on-ramp and turn right to continue on sidewalk / protected bike path	0.3
17.5	S	Straight at end on St. Nicholas Pl (use bike box)	0.1
17.6	R	Right on 151st (short block)	0.1
17.7	L	Left on St Nicholas (Bike lane)	1.4
19.1	BL	Bear left to stay on St Nicholas (around 124th St)	0.5
19.6	L	Merge onto Adam Clayton Powell / 7th Ave	0.3
19.9	R	Enter Park at 110th Street - head around loop	2.3
22.2	R	Exit loop at West 72nd Street	0.1
22.3	R	Right on Central Park West	0.2
22.5	L	Left on 75th - end at JCC Manhattan	0.3



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