

# NYC TO BEAR MOUNTAIN

STARTING POINT: Hudson River Greenway @ W. 181st Street pedestrian footbridge

Key: R=RIGHT, L=LEFT, S=STRAIGHT, X=CROSS, bL = BEAR LEFT, qR = QUICK RIGHT

mile:	turn:	street/trail:	distance:	Notes:
0.0	X	Henry Hudson Parkway	150 ft	use pedestrian footbridge to cross parkway
0.0	R	Riverside Drive	260 ft	
0.1	L	W. 181st Street	0.2 mi	
0.3	R	Fort Washington Ave	0.2 mi	pass beneath I-95
0.5	R	W. 177th Street	0.1 mi	
0.6	R	Cabrini Blvd	285 ft	
0.6	L	W. 178th Street	170 ft	use sidewalk as you'll be riding against traffic
0.7	L	GWB south walkway	1.2 mi	cross Hudson River
1.9	L	Hudson Terrace/County Rd 505	0.5 mi	use sidewalk path that runs downhill alongside Hudson Terrace (you will be going south)
2.4	L	Henry Hudson Dr	8.2 mi	
10.6	L	Alpine Approach Rd	0.1 mi	
10.7	R	Rte 9W	1.7 mi	at traffic light
12.4	R/X	Palisades Interstate Pkwy	350 ft	use staircase on right shortly after Ruckman Rd
12.5	L	Forest View Trail	350 ft	stay on trail closest to Palisades Interstate Pkwy and emerge from the woods onto exit shoulder
12.5	R	State Line Lookout Rd	0.5 mi	
13.0	S	Old Rte 9W	1.1 mi	paved but rough surface
14.1	R	Ludlow Ln	0.2 mi	parallel to Rte 9W, enter Lamont-Doherty Earth Observatory campus
14.3	bR	Ludlow Ln	0.7 mi	
15.0	L	Washington Spring Rd	0.1 mi	
15.1	bR	Woods Road	0.3 mi	
15.1	bR	Corsett Ln	150 ft	
15.4	bL	Woods Road	0.1 mi	
15.5	L	Trail approach to Tallman Mountain	0.1 mi	unpaved trail leads to Tallman Mountain bike trail
15.5	R	Unknown road	225 ft	Bill Murray's house at end of this road
15.6	R	Tallman Mountain trail	1.0 mi	
16.6	bR	Tallman Mountain trail	0.1 mi	
16.7	R	Tallman Mountain trail	0.1 mi	
16.8	bR	Tallman Mountain trail	0.5 mi	Piermont Marsh on right
17.3	R	Piermont Ave/River Rd	3.8 mi	
21.1	L	Main Street	0.1 mi	
21.2	R	N. Broadway Ave	2.0 mi	
23.2	R	N. Broadway Ave	0.3 mi	enter Nyack Beach State Park
23.5	S	Hook Mt/Nyack Beach Bikeway	1.4 mi	
24.9	bR	Hook Mt/Nyack Beach Bikeway	3.5 mi	to Haverstraw
28.4	S	Riverside Ave	1.2 mi	pass ferry port (Girling Dr)
29.6	R	West Street	0.4 mi	
30.0	S	Broadway	0.6 mi	West St. becomes Broadway after Main St.
30.6	bR	Samsondale Ave	0.3 mi	
30.9	R	Tanneynans Ln	0.3 mi	
31.2	R	Railroad Ave	0.1 mi	
31.3	bL	Beach Rd/River Rd/Grassy Point Rd	2.0 mi	
33.3	R	Beach Rd	0.4 mi	
33.7	L	Tomkins Ave	0.4 mi	
34.1	R	N. Liberty Dr/202E/9W	3.9 mi	
38.0	bR	River Road	0.5 mi	
38.5	S	Jones Point Path	1.9 mi	find path entrance at end of River Rd. Condition of trail may require initial walking of bike.
40.4	R	202E/9W	1.7 mi	
42.1	R	Bear Mountain Bridge	0.6 mi	use north walkway if possible, cross Hudson River
42.7	bL	NY-9D/Bear Mountain-Beacon Hwy	8.6 mi	
51.3	L	Main Street	0.3 mi	
51.6	L	Lunn Terrace	0.1 mi	cross over railroad tracks
51.7	L	Market Street	300 ft	
51.8	END	Arrive Cold Spring Station	END	Cold Spring Station on left