

<Bradley-Tweed-Rockland Lake to Nyack>

Fast and Fabulous Cycling Club

Why do this ride and what you're in for:

There is a great deal of flat to this ride, which you will welcome like a long-lost friend after doing the hills on Tweed Blvd. and Bradley Parkway, to say nothing of Mountainview Ave. This hilly route deposits you, thankfully, at Rockland Lake, where you can do a relaxed loop around the lake on Rockland Lake Road, then opt for either the killer hill taking Rt. 9W back to Nyack, or a flat and benign, if gravel, path down to Nyack Beach State Park, where Nyack's main drag, North Broadway, dead-ends. Don't say you weren't warned.

Route By:	Terry Farrow	L	Left
Date Last Checked:	5-Jul-09	R	Right
Checked By:	Terry Farrow and Bob Nelson	GF	Gaily Forward
		BL	Bear Left
		BR	Bear Right
		X	Cross

Distance	Direction	Road / Landmark
0	GF	Corner of 178th St. and Cabrini Blvd. in Manhattan, just east of the bike ramp onto the south side bike path over the George Washington Bridge. Cross the bridge.
1.3	R	Hudson Terrace
3.2	L	Palisades Ave.
3.4	R	Rt. 9W / Sylvan Ave.; road name changes; stay on 9W.
16.9	L	Rt. 5 / Tweed Blvd., turn is sharp uphill after after long gentle incline on 9W. Caution: oncoming cars before/after turn
19.1	X	4-way stop; you go GF.
20.6	L	Rt. 38W / Bradley Hill Rd., and they aren't kidding.
21.4	R	Schuyler Rd.; street sign may be askew; make R at stop sign; to end.
22.1	R	Waldron Ave.
22.4	L	At T, to remain on Waldron. Deli at L down the hill.
22.6	X	Rt. 59 / Nyack Tnpk. / West Main St., then bridge over Rt. 87; Waldron becomes Mountainview Ave., steep uphill.
24	L	Christian Herald Rd., watch for rain grates from here to Piermont.
24.6	R	At T, onto Lake Rd., to end.
25.8	X	Rt. 9W; route you're on becomes Rockland Lake Rd.; follow counterclockwise around lake. Deli to your R on 9W. **For flatter return to Nyack, see alternate route below.
29.6	L	Rt. 9W. Killer hill.
31.1	L	Christian Herald Rd.
31.5	R	North Midland Ave., just for 50 yards or so.
31.5	L	Old Mountain Rd. North.
31.8	R	North Broadway into Nyack; Runcible Spoon Café will be on your L.
32.8	L	Main St.
32.9	R	Piermont Ave.; stay on this until you get past Piermont.
37.4	L	Rt. 340 / Valentine Ave.; becomes Rt. 501 / Piermont Rd. in New York State; stay on this.
43.3	BR	To remain on Piermont Rd.

45	L	Piermont Rd. becomes one-way the opposite direction; L at 4-way stop onto Central Ave. for a block.	
45.2	R	Rt. 501 / County Rd.	
45.5	BL	To remain on County Rd., but you're making an immediate R onto	
45.6	R	Dean Drive	
46.5	L	East Ivy Lane; becomes East Hudson Ave.	
46.7	X	Rt. 501 / Engle St. at light.	
47	R	Elkwood Terrace at T.	
47.3	L	Davison Place at T; then take second L, which is	
47.5	L	Lydecker St.	
48	L	Walnut St., three short but steep hills.	
48.6	L	North Woodland St., at T at top of hill(s).	
48.7	R	Pershing Ave.	
49	R	Summit St.	
49.3	L	Palisades Ave., at light.	
49.6	X	Rt. 9W / Sylvan Ave.	
49.7	R	Hudson Terrace	
51.7	L	George Washington Bridge south side bike path.	
53	STOP	Cabrini and West 18th, home!	
		ALTERNATE ROUTE TO NYACK through Nyack Beach State Park	
25.8		Enter Rockland Lake State Park; R in park to follow road counterclockwise with lake on your left	
27.5	R	At "no outlet" sign just past Venture Academy. Downhill.	
27.9	BR	Enter asphalt/gravel bike path through bollards at ranger's house; don't turn off this path onto any of the switchbacks; takes you to shore path along the Hudson; follow south along river. Caution: loose gravel.	
28.9	BR	Exit through bollards into parking lot; take the exit road uphill; becomes one-way; at top of hill,	
29.1	L	N Broadway into Nyack (Resume cue sheet above at mile 31.8).	