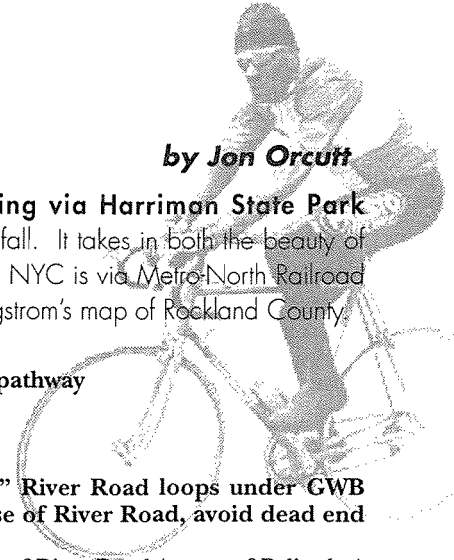


J OYRIDE

by Jon Orcutt

Hill and Dale Challenge from George Washington Bridge to Cold Spring via Harriman State Park

This is a 65-mile ride that combines elements of two rides published here last fall. It takes in both the beauty of the river valley and the challenge of Bear Mountain State Park. Return to NYC is via Metro-North Railroad (see Bikes Aboard, pg. 19). Most of the route can be traced on Hagstrom's map of Rockland County.



CROSS George Washington Bridge and continue to end of pathway

LEFT on Bergen Cty Rte. 505

past first entrance to Palisades Park down steep hill

part way down hill

LEFT onto Henry Hudson Drive, aka "River Road" River Road loops under GWB nine miles to Alpine, NJ (note, keep to main course of River Road, avoid dead end spurs to boat basins)

BEAR LEFT to U.S. Rte 9W after climbing hill at end of River Road (to top of Palisades)

RIGHT on 9W 3-4 miles

Staying on 9W, cross NJ/NY state line, go down big hill that swings right through traffic light at bottom of hill, past old-style diner/gas station on right

LOOK for Tallman State Park trail entrance (marked "bike route")

RIGHT immediately after gas station/diner

FOLLOW TRAIL. It will turn from fine gravel to asphalt near the end at "T" with Tallman main road

RIGHT on road to fork, bear right past "Authorized Vehicles Only" sign. Down steep, bumpy hill to river level at end of road to fine gravel trail follow trail to end

RIGHT on paved street into center of Piermont (for food)

CONTINUE STRAIGHT (becomes River Rd.), pass under Thruway/Tappan Zee Bridge Becomes Piermont Ave. in Nyack to end

LEFT at "T" one block to Broadway, Nyack

RIGHT on Broadway to end in Upper Nyack/Nyack Beach park

Down hill to Nyack Beach trail along river's edge, continue on trail about two miles

BEAR LEFT AT TRAIL JUNCTION. Trail becomes paved road, passes a house, continue up hill

BEAR RIGHT at first junction. Follow road around Rockland Lake Park until you find main entrance/exit to park

CROSS Rte 9W to Lake Road. Continue. Lake Road becomes Congers Road. Down hill, cross causeway across Lake Deforest

CONTINUE, Congers Road becomes New City Road

RIGHT on Main Street (one block)

LEFT, New Hempstead Road: Continue several miles (segment includes one short, steep, headwall-like climb)

RIGHT, Summit Park Road (this turn is in the middle of a downhill run: stay alert)

LEFT, Pomona Road

RIGHT, Camp Hill Road

RIGHT, Calls Hollow Road

LEFT, Gate Hill Road

CONTINUE several miles, climbing into Harriman State Park (Rd becomes Kanawauke Rd), pass Lake Welch

RIGHT, Seven Lakes Drive

CONTINUE 5-6 miles. At Palisades Parkway interchange, follow 7 Lakes Drive/Bear Mtn/Perkins Drive signs)

DOWN switchback into Hudson River valley (views!)

LEFT, Access Rd to Rte 9W north (look for signs)

LEFT, Rte 9W north

RIGHT, traffic circle, to Bear Mtn Bridge

CROSS bridge

LEFT, Rte 9D north (alt: Right, Rtes 6/202 to Peekskill 5 miles w/ climb over arm of mountain)

Rte 9D to Garrison Station (4.5 miles to go at "Garrison's Crossing" signs) or Cold Spring (9 miles to go into village at traffic signal by church) Metro-North Station at foot of village near river.

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