

Ride of the Month

Fall Foliage Tour – Hudson Valley

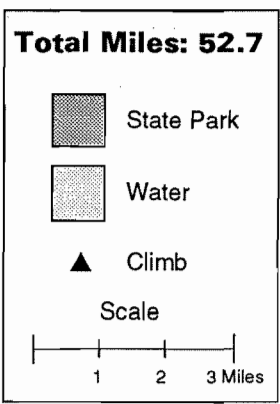
This is a great ride for a Sunday afternoon. It is a hilly trip, rolling up and back through the lower Hudson valley. My buddy Joe points out that some of the hills are a bit challenging. Point noted.


The ride passes three state parks, and there are nice places along the way for picnics and photos. Of course there's also plenty of delis and food stops along the way.

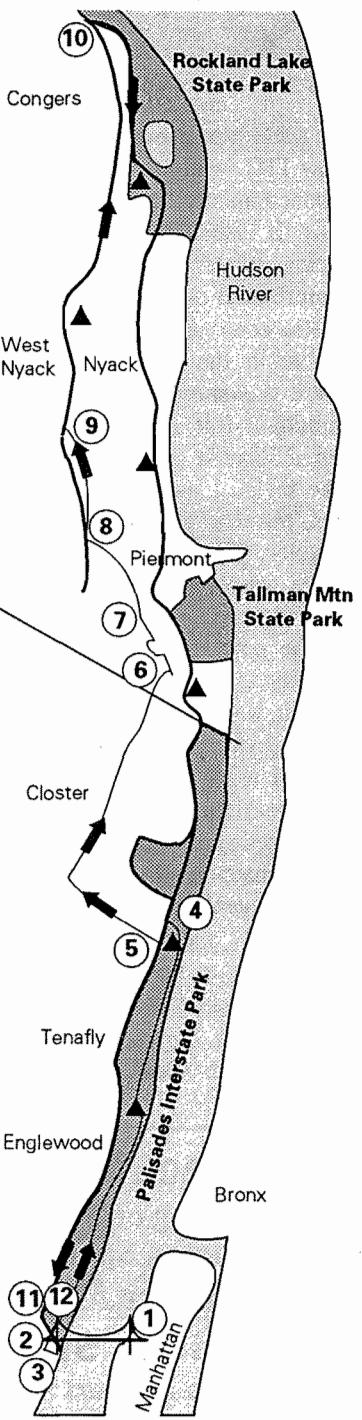
T.A. members can take pride as they ride on the south sidepath of the George Washington Bridge and Henry Hudson Drive. Both of these stretches were opened to cyclists by Transportation Alternatives.

This ride is inspired by the Transportation Alternatives Touring Club's Bear Mountain Ride.

Total Miles: 52.7







- 1 At 178 St., cross the **George Washington Bridge** to NJ.
- 2 At the end of the bridge, make a left onto **Hudson Terrace**, and proceed down through traffic light. (Caution: Hill is steep & there is sewer construction under way.)
- 3 Halfway down the hill, make the first left onto **Henry Hudson Drive** (aka **River Road**). Park regulations mandate helmets on this road. Look for the refreshment stand along the river. There is a 1 mile climb (400 ft. elevation) at the end of this road, with a Park Police Station at the top – good for bathrooms, water, and help. — 9.7 miles
- 4 Past the Police Station, take a left onto **9W South** and travel about a half mile, to the first light. — 10.2 miles
- 5 Turn right on **Closter Dock Rd.** Coast down a nice long hill to the second light, and turn right (at the Exxon Station) onto **Piermont Rd.** — 12.4 miles
- 6 Follow **Piermont Rd.**, past Trautwein Farms (always nice to cyclists), and continue to the end (in NY State). Make a left at the **T** (by the Lobster House) onto **Valentine**. There is a nice picnic area here. Follow the road left (at Village Auto Body). Go through the light and cross the railroad tracks. — 17.4 miles
- 7 Past the tracks, continue briefly on **Orangeburg** and make a right onto **Hickey** (at the Chinese Restaurant), and a quick left onto **Kings Highway**. — 17.7 miles
- 8 Follow **Kings Highway** to **303**. — 19.2 miles. Cut onto **303** for a few yards and veer off right onto **Greenbush Rd.** Look for good rest areas here. Continue until this meets with **303** again (at Alfoxie's Bar). — 20.7 miles
- 9 Make a right onto **303 North**. Rt. 303 is fairly quiet and well-paved, but there is one busy stretch by Rt. 287. There is also a tough hill here. Ride the wide shoulder.
- 10 Rt. **303** continues to **9W** — 31.1 miles. Make a right and head south. 9W has a nice shoulder and some good hills. Look for the state parks if you need a rest area. There are plenty of delis along the road as well. Continue on 9W into New Jersey. Some of this will look familiar.
- 11 Make a left onto **Palisade Ave.** (at the Royal Cliff Diner, the first major left in NJ). — 49.4 miles
- 12 Make a right onto **Hudson Terrace** — 49.5 miles, and follow back to the **GWB**. — 52.7 miles

—Mark Masuelli

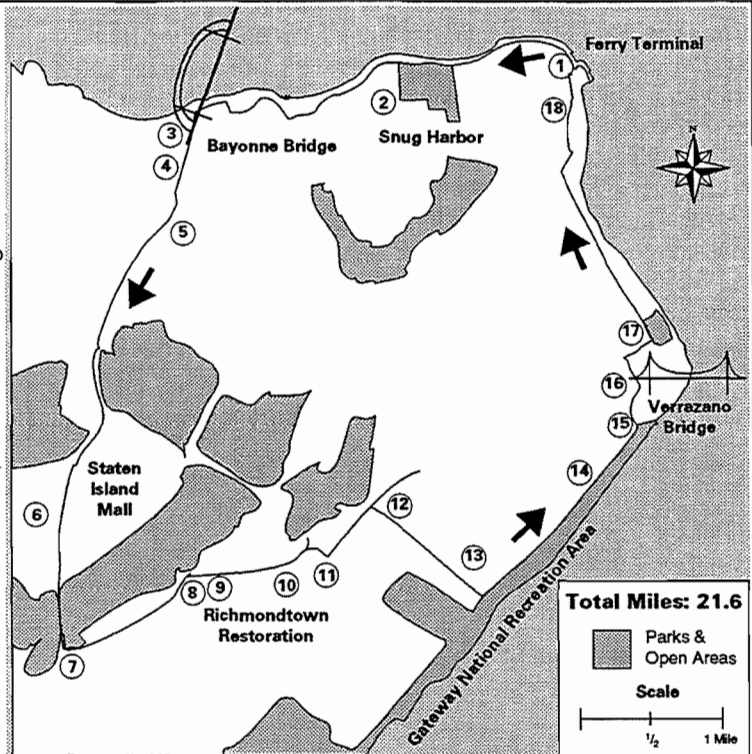
The Fifth Borough – Staten Island

Staten Island is cut off from the rest of NYC for cyclists. As such, it was left off of the T.A. Century. This fairly flat route provides a great chance for cyclists to explore New York City's most suburban borough. The route passes New York Bay, and the Atlantic providing great views and occasionally stiff winds. They make a cool day downright cold. – Dress appropriately!

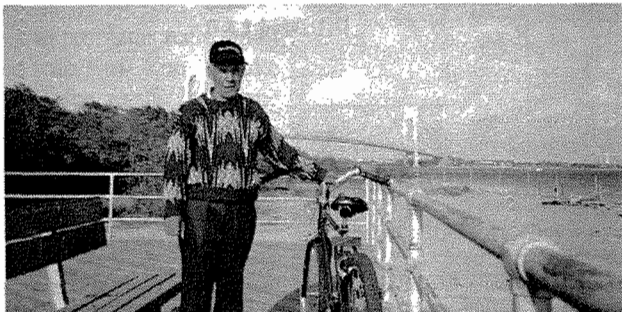
Staten Island is readily accessible by the Ferry, 50 cents round trip (this is a bargain!) The ferry departs from South Ferry Terminal, just east of Battery Park, every half hour on weekends.

If you are coming from New Jersey, you can pick up this ride at the foot of the Bayonne Bridge (#4), which is accessible by bike and continue from there.

- 1 Leave the ferry by the ramp and take the first right onto **Richmond Terrace**. Continue along the waterfront.
- 2 You will pass the Snug Harbor Cultural Center (1.8 miles). This is the home of the Staten Island Botanical Gardens and concerts are held here in the summer.
- 3 **Richmond Terrace** weaves through a semindustrial area. Follow this winding stretch carefully and after riding under the Bayonne Bridge, make the first left onto **Morningstar Road**. (4.3 miles)
- 4 Follow **Morningstar Road**. On your left will be the bike path for the Bayonne Bridge (4.7 miles). This connects cyclists to Bayonne, Jersey City and Liberty State Park.
- 5 **Morningstar Road** becomes **Richmond Ave**. (5.2 miles)
- 6 Continue on **Richmond Road**. This is a wide flat stretch, that can get busy. Ride the wide shoulder. You will pass such notable landmarks as the Staten Island Mall (8.8 miles) and the Great Kills Landfill. This is the world's largest landfill and is the final resting ground of your powerbar wrappers and old inner tubes. What little smell there is passes quickly. If traffic is heavy, use the sidewalk.
- 7 At the miniature golf place (look for the giant plastic gorilla), make a left onto **Arthur Kill Rd** (10.4 miles).
- 8 At St. Andrew's church, make a right onto **Richmond Rd**. (12.1 miles).
- 9 Follow **Richmond Road** to the Richmondtown restoration. (12.3 miles) This restored 18th century village contains many restored buildings, a museum and gift shop. There is bike parking and food available. This is definitely worth stopping and spending time for.
- 10 When leaving Richmondtown, turn right onto **Richmond Rd**. At the fork, bear right onto **Morley Ave**. (13.3 miles). Turn right at the "T" back onto **Richmond Rd**. (13.4 miles)



- 11 Follow signs for the bike lane on **Richmond Rd**. around to the left. (13.6 miles)
- 12 Make a right at the funeral home onto **Midland** (14.4 miles). You will pick up a bike lane in a few blocks.
- 13 Continue to **Father Capodanno Drive**. Make a left, following the bike lane (15.7 miles).
- 14 **Fr. Capodanno Drive** is a pleasant ride along the Atlantic. This is a great area for picnicking and kite flying. There are several good delis along this stretch.
- 15 **Fr. Capodanno Drive** veers left just before the bridge and becomes **Lily Pond Ave**. (18.0 miles).
- 16 Continue under the Expressway and bear right, where **Lily Pond Ave**. becomes **School Road**. (18.6 miles)
- 17 At Von Briesen Park, turn left onto **Bay Street** (18.9 miles).
- 18 Follow the **Bay Street** bike lane through downtown Staten Island. Continue to the ferry terminal, just across from the Borough hall. (21.6 miles). Bike entrance is located down the ramp - cars are no longer permitted on the ferry.



—Crash Masuelli

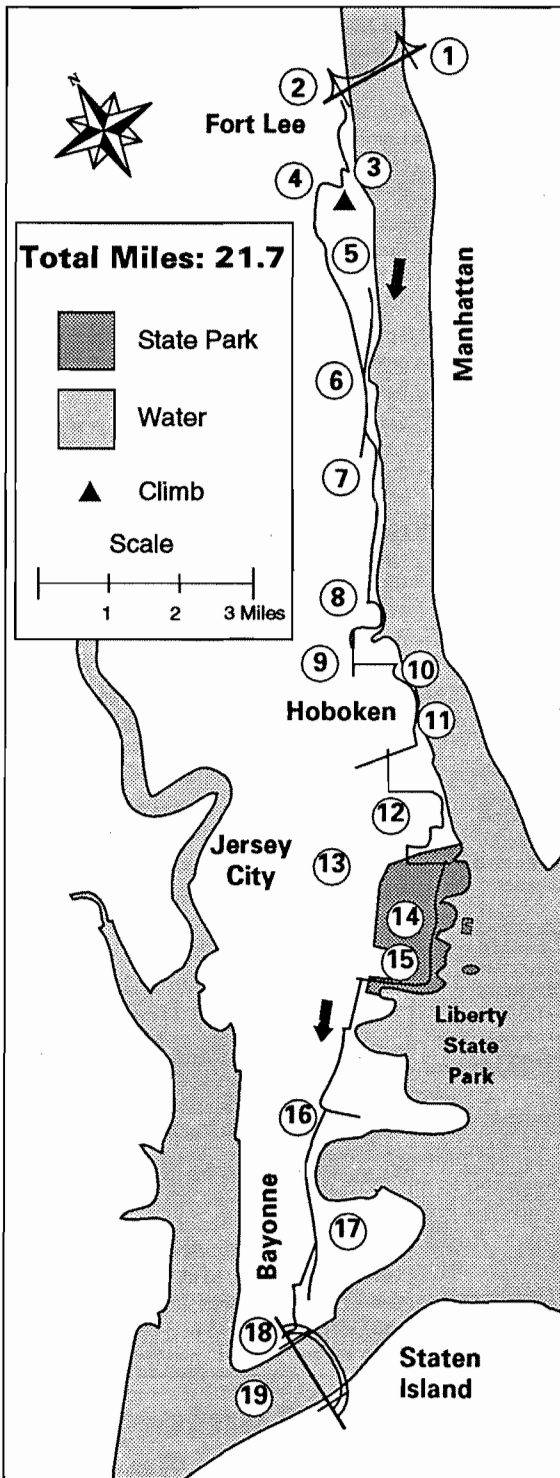
On the Waterfront — Hudson County, N.J.

This ride follows the NJ waterfront from residential to commercial areas. Most of these streets are quiet on weekends and some roads listed are closed to traffic on Sundays, making this a great short ride or a recuperation ride.

As you take in million dollar views, you will travel through Hoboken, birthplace of Frank Sinatra, a state park, a few other his-

toric sites (such as the site of the first modern baseball game) and three coffee processing plants. No need to point these out, you will find them by their powerful aroma. (It's quite wonderful.)

Did you wait forever for the ferry after the Five Boro Bike Tour? This route, when taken in reverse, will return you to Manhattan via the PATH train at Journal square or the GWB.



- 1 At 178 St., cross the **George Washington Bridge** to NJ.
- 2 After the bridge, make a left on **Hudson Terrace**, and proceed through traffic light. (Caution: hill is steep & there is ongoing construction.)
- 3 At the bottom of hill, make a right on **Palisade Terrace** (0.6 miles). Make a left on **Undercliff Terrace** and continue to the fork at the end.
- 4 At the fork, make a right onto **Rt. 5** and ride to the top of the hill, making a left on **Palisade Ave.** (1.8 miles)
- 5 Veer left on **Gorge Rd.** at the Cliffside Park High School. (2.6 miles)
- 6 **Gorge Rd.** merges into **River Rd.** (3.7 miles) Continue on **River Rd.**
- 7 Turn left on **Port Imperial Blvd.** (5.3 miles). This is a private road, well marked with signs for the ferry. Helmets are required on this road. Follow around the Ferry terminal, past the marina to the end. (7.9 miles)
- 8 At the T, make a left on **Harbor Rd.** Ride past the shops and steer left at the Ramada, staying on **Harbor Rd.** (8.5 miles)
- 9 Continue on **Harbor Rd.** past the underpass, turn left and merge on **Park Ave.** Make a left on **14th St.** Continue to the end. (9.3 miles)
- 10 Make a right on **Harbor St.**, then a left on **Frank Sinatra Drive.** This corner is the site of the first modern baseball game, (June 19, 1846).
- 11 Make a left on **Hudson St.** and a right at the Path/NJ Transit train station on **Newark St.** Turn left at the Texaco on **Henderson St.** (11.0 miles)
- 12 Make a left on **18th St.** and follow the main road around the Newport Complex. As you leave the Newport Complex, make a left on **Marin Rd.** Continue through 4 lights to **Grand St.**, make a right. (12.1 miles)
- 13 Make a left on **Jersey Ave.** and continue to the very end. Cross the foot-bridge over the former Morris Canal and enter Liberty State Park.
- 14 Liberty State Park is full of activities, museums and food stands. Continue along the water to the Boat Launch, (boats available to Ellis island and the statue of Liberty) make a right on **Freedom Way.** Ride to end. (15.1 miles)
- 15 Exit the park via **Morris Pessin Dr.** and make a left at the top of the hill on **Caven Point Rd.** Follow past Cochrane Stadium to the end. (18.0 miles)
- 16 At the end of **Caven Point Rd**, make a left then right on **Rt. 169.** Go over the hill, cross the railroad tracks and continue along **Rt. 169.**
- 17 Make a right on **Prospect Ave.** at the Military Ocean Terminal. (19.6 miles)
- 18 Make a right at the first light, on **22nd St.** (20.2 miles) Make a left after the underpass on **Ave E.** Continue to the Bayonne Bridge. (21.7 miles)
- 19 To return to Manhattan, there are 3 options: retrace your route; cross the bridge (at Ave A and 4th St) and follow **Bay St.** to the Staten Island Ferry; or ride **JFK Blvd** directly to the Journal Square PATH Station (6.5 miles).

—Mark Masuelli

Joyrides #4

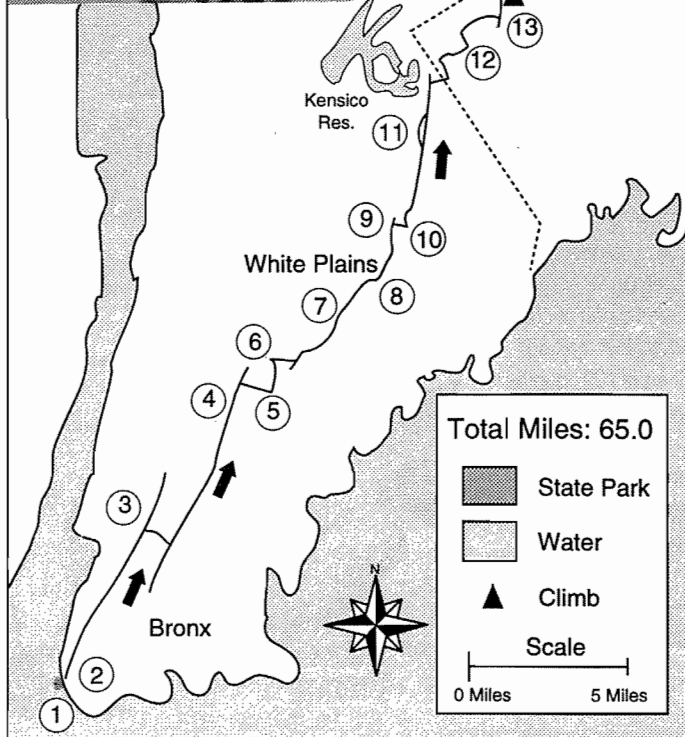
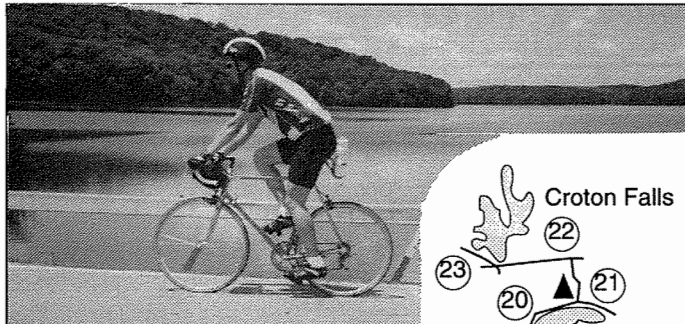
Westchester Hills and Lakes

No one-day ride has everything, but this one comes close. In 65 miles from Central Park to the Westchester-Putnam line, it traverses an astonishing array of urban, suburban and rural landscapes.

The route skirts four big reservoirs in NYC's water system, each more beautiful than the last. It's hilly, with at least a half-

dozen challenging climbs. The train return (Metro-North pass required) is well-earned.

We're leading this ride on Sunday, Sept. 19. Pace will be New York Cycle Club B/B+ (16-17 mph on flats). Lunch in Bedford, but bring pocket food too. We'll leave from the boathouse (Central Park, north of 72nd St.) at 8 am.



- 1 Leave the **Boathouse** in Central Park, ride to the 102nd St. Exit, making a left on **Madison Ave.**
- 2 Follow **Madison** to the end, cross the bridge and turn left onto the **Grand Concourse.**
- 3 Right on **Bedford Park Blvd.** (200th St.) and a left at the bottom of the hill onto **Webster Ave.**
- 4 **Webster Ave.** becomes **Bronx River Road**, which becomes **Midland.** Cross the parkway and continue straight. At the top of the hill, make a right on **Highland.**
- 5 At the T, left on **California.**
- 6 Right at the light on **Mill.** Continue over the parkway.
- 7 Make a left at the light on **Wilmot**, continue left on **Wilmot** at the stop sign.
- 8 Bear right at the fork after Stratton and continue to White Plains.
- 9 In White Plains, make a right on **Main St.** and follow to the end.
- 10 Left on **North Broadway**, and at the second light bear right on **Lake St.** Cross over 287, and continue past Silver Lake.
- 11 Fork left onto **Old Lake St.**, which rejoins **Lake St.** and crosses over 684. Make a right on **Bedford Rd.**, then a left at the T and curve right onto **Locust.** Continue Left on **Bedford** again. You're in Connecticut.
- 12 Turn right on **John St.** and continue on hills past Riverville.
- 13 Make a left at the T on **Round Hill Rd.** Keep going, bearing right.
- 14 At the big T, make a left onto the **Bedford-Banksville Rd.** Follow to the end.
- 15 Turn right on **Rt. 22** and continue into Bedford Village. Stop for lunch at the deli on the square.
- 16 As you leave Bedford, turn hard right onto **Rt. 121** (Old Post Road). Continue on **121** and cross the Cross River Reservoir.
- 17 Turn right onto **Rt 35.** Climb the hill and turn left on **Rt. 121.** Cross Rt 138.
- 18 Angle left at your second left, **Bogtown Rd.** Climb and descend. Quick stop at the Titicus Reservoir.
- 19 **Mills Rd.** becomes **Titicus River Road.**
- 20 Make first two rights after the reservoir. Continue along reservoir on **Titicus Rd** (Rt 116).
- 21 Left on **Delancy**, keep climbing to end. Left on **Hardscrabble Rd.**
- 22 Cross 684, continue to **Rt. 22.**
- 23 Continue to Croton Falls train station. Or, ride further through town, through signal, right on first dirt road past junkyard, to Croton Falls Dam.

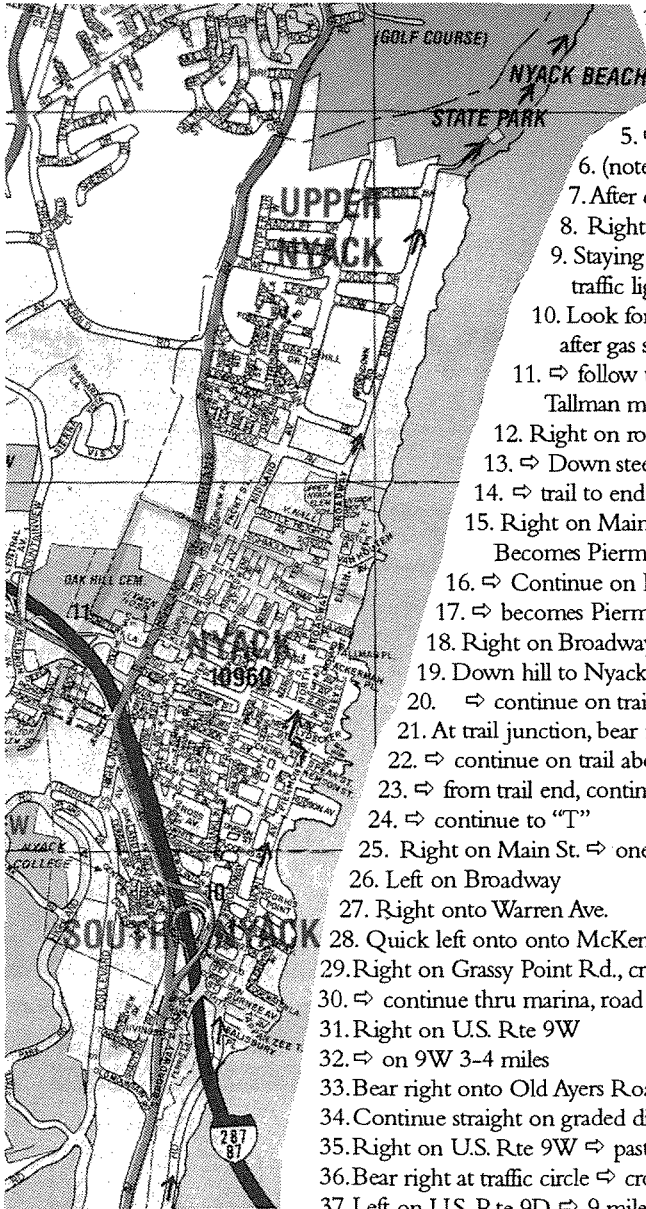
— Charlie Komanoff and Mark Masuelli

Joy Ride #5

Hybrid Hudson (compiled by Jon Orcutt)

65 miles of beautiful river valley roads and trails: Manhattan to Cold Spring (despite our title, all of the trail segments described here are rideable with road bikes). Ride assumes Metro-North train return to NYC (see Tool Kit on page 16 for info).

A note on the turn sheet: While this ride appears to have complex directions, the route for the most part is a continuous line, and you can keep to most of it by riding as close to the river as possible.



1. Cross George Washington Bridge ⇨ end of GWB pathway
2. Left on Bergen Cty Rte 505
3. ⇨ past first entrance to Palisades Park ⇨ down steep hill
4. Part way down hill, left onto Henry Hudson Drive, aka "River Road"
5. ⇨ River Road loops under GWB ⇨ nine miles to Alpine, NJ
6. (note, keep to main course of River Road, avoid dead end spurs to boat basins).
7. After climbing hill at end of River R.d. (to top of Palisades) bear left to U.S. Rte 9W
8. Right on 9W ⇨ 3-4 miles
9. Staying on 9W, cross NJ/NY state line, go down big hill that swings right. ⇨ thru traffic light at bottom of hill, past old-style diner/gas station on right.
10. Look for Tallman State Park trail entrance (marked "bike route") on right immediately after gas station/diner.
11. ⇨ follow trail. It will turn from fine gravel to asphalt near the end. ⇨ to "T" with Tallman main road
12. Right on road to fork, bear right past "Authorized Vehicles Only" sign.
13. ⇨ Down steep, bumpy hill to river level ⇨ at end of road to fine gravel trail
14. ⇨ trail to end
15. Right on Main Street ⇨ into center of Piermont (stores, etc. for food, drinks).
Becomes Piermont St.
16. ⇨ Continue on Piermont St., becomes River Road under Thruway/Tappan Zee Bridge.
17. ⇨ becomes Piermont Ave. in Nyack ⇨ to end, left at "T" one block to Broadway.
18. Right on Broadway ⇨ becomes North Broadway, to end in Upper Nyack/Nyack Beach park
19. Down hill to Nyack Beach ⇨ trail along river's edge
20. ⇨ continue on trail about two miles
21. At trail junction, bear right (down hill)
22. ⇨ continue on trail about another two miles
23. ⇨ from trail end, continue on paved road (Riverside R.d.) through concrete plant,
24. ⇨ continue to "T"
25. Right on Main St. ⇨ one block to main square in Haverstraw
26. Left on Broadway
27. Right onto Warren Ave.
28. Quick left onto McKenzie R.d. ⇨ becomes Peach R.d. ⇨ becomes Gagan R.d.
29. Right on Grassy Point R.d., cross RR tracks
30. ⇨ continue thru marina, road swings left at Grassy Point, becomes Main St.
31. Right on U.S. Rte 9W
32. ⇨ on 9W 3-4 miles
33. Bear right onto Old Ayers Road (orange signs mark "Alt bike route") ⇨ to end of road
34. Continue straight on graded dirt road ⇨ to end
35. Right on U.S. Rte 9W ⇨ past Orange Cty line
36. Bear right at traffic circle ⇨ cross Bear Mtn Bridge to east side of Hudson
37. Left on U.S. Rte 9D ⇨ 9 miles to Cold Spring
38. (Alternate to #37) Right on U.S. Rte 6/202 over mountain to Peekskill (Train Station)
39. Left at first traffic light in Cold Spring. Buy beer, food at stores. Train station at bottom of hill. There's a park with gorgeous views of river, Storm King Mtn, Breakneck Ridge, etc. across the tracks at the river's edge.

This ride's so simple, we only needed to show you the Nyack portion. Just remember, follow the river!

Note: Route 9D could use some work on its shoulders to make it more bike-friendly. Write: Al Bauman, Regional Director, NY State Dept. of Transportation, 4 Burnett Blvd. Poughkeepsie, NY 12603 or call 914-431-5750.

JOYRIDE #7



LIBERTY STATE PARK

(about 19 miles)

1 Head east out of Hoboken Station along Observer Highway. (To get to Hoboken from NYC, take either the ferry from the World Financial Center or the PATH.)

2 Turn **Left** at **Jefferson Street** and continue under the elevated train tracks.

3 Turn **left** on **18th St.** and follow it as it changes into Washington Ave.

4 Turn **right** on **Grand Avenue.**

5 Turn **left** on **Jersey Ave.** At the end of Jersey Ave. is a bike/pedestrian bridge, which leads into Liberty State Park.

6 Turn **left** once in the park and follow the path along the Morris Canal Big Basin, heading towards the old CCNJ railroad station.

7 Go through the station and rejoin the path heading south.

8 The path takes you right along the water with a wonderful view of New York harbor.

9 Continue along the path to the last parking lot.

10 Take a **left** out of the parking lot onto **Morris Pesin Drive.**

11 Cross over the railroad tracks and turn **left** on **Caven Point Rd.** Follow the signs to Port Liberte.

12 Turn **left** onto **Chapel Ave.** and follow it to the end. This is Port Liberte, a waterside development with its own ferry service to Manhattan.

13 Turn **around** and head back along **Chapel Ave.,** under the NJ Turnpike & up the hill.

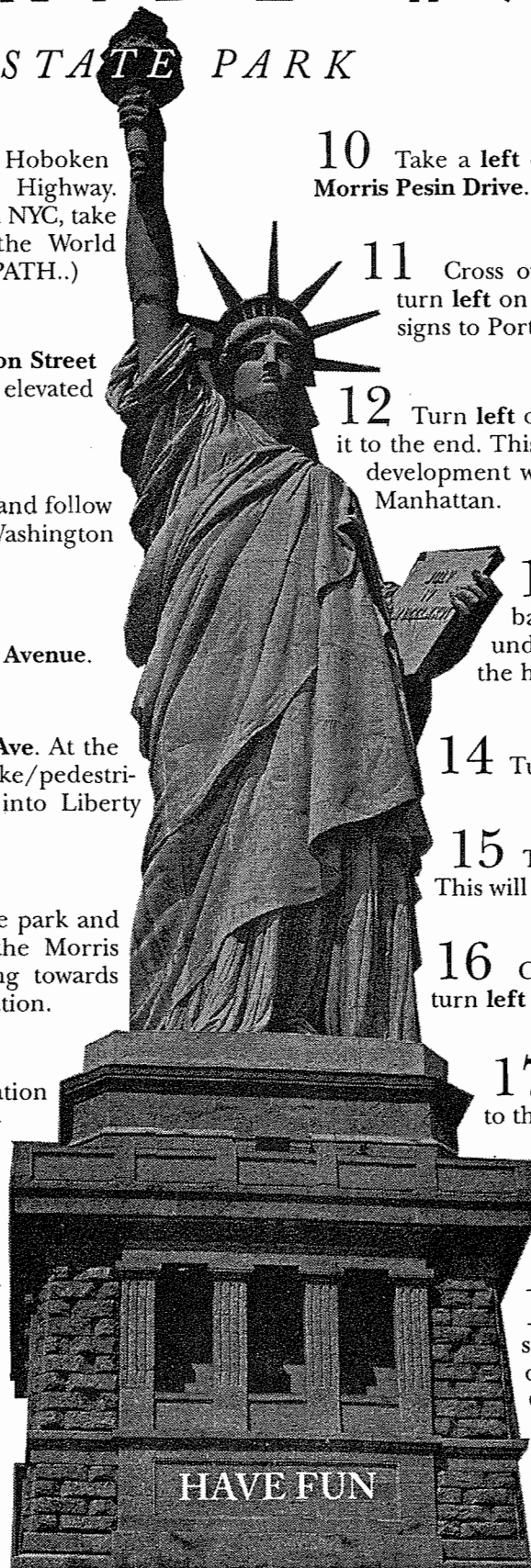
14 Turn **right** on **Garfield Ave.**

15 Turn **right** on **Bay View Ave.** This will take you back into the park.

16 Continue into the park and turn **left** onto **Freedom Way.**

17 Take Freedom Way back to the north side of the park, **cut across the grass,** and turn **left** on the **path** heading back to the bike/pedestrian bridge.

18 From here **backtrack** steps 1-5: **right** on **Grand,** **left** on **Washington,** and **right** on **Observer Hwy.** back to the Hoboken Train Station.



JOYRIDE

#8

This ride is a 70-mile, seven-county trek with an initial leg in the suburbs, one punishing climb and great country riding through the Newark watershed, a corner of Sterling Forest and the length of Harriman/Bear Mountain Park, with a return to Manhattan via Metro-North train (bike pass required).

START: George Washington Bridge to New Jersey (Fort Lee)

Left on Rte 505

First Right: diagonal connector street to Main St.

Right on Main St.

Continue (Main St. becomes Fort Lee Rd., cross creek and highway, becomes DeGraw Ave.)

Left on Teaneck Rd.

Right on Fort Lee Rd.

To bottom of hill, proceed through RR track pedestrian crossing

Continue on Ft. Lee Rd., cross Hackensack River

Bear Right, Bridge St. Bergen St., Myer St.

Left on Union St.

Right on Essex St. several miles (note Triboro Diner on left)

Right on Saddle River Rd. (note: bike path to right of road parallels this segment)

Right on Red Mill Rd.

Immediate **Left on Paramus Rd.** (This is a problem intersection; you have to cross the median here.)

Left, Century Rd.

Right, Saddle River Rd. becomes Prospect St.

Bear left, Ackerman Ave.



Left, Godwin Ave.

Left, Franklin Ave. to end (historical site on right)

Left on Ramapo Valley Rd. (under highway bridge)

Right on W. Oakland Ave.

Right on Skyline Dr. (to end, over Ramapo Mountain this is the *punishing* climb)

Right on Greenwood Lake Tpke. (Wanaque Reservoir on left)

Right on Sloatsburg Rd. (This is Sterling Forest: see advocacy note below)

Bear Right at fork (Orange Cty Rte 72, not Rte 84) to end follow signs for ramp that loops around to **Rte. 17 North**

Right on Rte 17 north (highway-ish, but only on it for a mile)

Right on Seven Lakes Drive (about 16-17 miles at Palisades Parkway interchange, follow 7

Lakes Drive/Bear Mtn/Perkins Dr. signs)

Down switchback into Hudson R. valley (views!)

Left on Access Rd. to Rte 9W north (look for signs)

Left on Rte. 9W North

Right at traffic circle, to Bear Mtn Bridge

Cross bridge

Left on Rte. 9D North (*alternate route: Right, Rtes 6/202 to Peekskill 5 miles with climb over arm of mountain*)

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

•Advocacy note: Sterling Forest hangs in the balance between preservation and being developed, paved over, and flooded with traffic. New York and New Jersey Governors Pataki and Whitman have crafted a deal to buy the Forest, creating an unbroken chain of protected public lands from the NJ Highlands through Harriman and Bear Mountain State Parks to the Hudson River. The purchase deal will require federal participation, and western Republicans in the House are holding the process up in Congress.

To find out how to help, call Sterling Forest Resources: 914-294-3098.

JOYRIDE

By Ed Ravin

#9

Raiders of the Lost Greenway About 12 miles

MTB or hybrid a must

An off-road ride in Manhattan? Without intruding on sensitive parkland or riding on the horse trails? Yes, it can be done, thanks to miles of abandoned waterfront paths in Upper Manhattan. Of course, being a Manhattan ride, instead of logs, rocks, and creaks, this route may have garbage, car parts, and gravel—but it's also got river views that can't be beat. Call it an industrial strength Greenway ride.

But be forewarned—this ride is not a Sunday stroll in the park. Some of these areas are isolated for long stretches, so ride with a friend. You'll need to carry your bike through a few tricky spots, some of them right by the East River with no guard rail—so be careful. There are stretches with tall weeds and overgrowth that are a blast to bike through, but it's definitely easier to do it during the long-sleeve seasons. Make sure you've got everything you need to fix flats.

Start: Go East on East 96th St to end

Left on East River Promenade, pass under Wards Island Bridge, under Triboro Bridge, paved path bears left—but stay to the right, along waterfront. Path turns to dirt.

Follow waterfront dirt road North—past salt pile, through decrepit cement yard, across asphalt heap, carry bike to NE corner (caution!) through empty lot under bridges, through abandoned parkland

Leave waterfront via 142nd Street pedestrian overpass (just south of 145th Street Bridge—further progress along waterfront blocked by chainlink fence and parking lot)

West on West 142nd Street (against traffic 1 block)

Right on Lenox Ave

Left on West 143rd Street

Right on Bradhurst Ave

Left on West 145th Street

Right on St. Nicholas Ave

Ahead on St. Nicholas Place

Ahead and **Right** (North), downhill onto Harlem River Drive (alongside Highbridge Park) On-ramp for "Harlem River Drive North" at bottom of hill — take right lane

At bottom of ramp on northbound Harlem River Drive, hop **Right** as soon as fence ends (at merge with highway)

Follow Esplanade under High Bridge, under I-95 and Washington Bridge. Follow rabbit trails through weeds—stay to the right (alongside river). Emerge onto paved plaza (amazing how nice this place looks when the city takes care of it!)

Exit at Dyckman Street/10th Ave

West on Dyckman Street, to end (food and bathrooms along Dyckman or Broadway). Open the gate on left by marina (it's unlocked—close it behind you)

South on gravel/dirt road—enjoy Hudson River views. Path dead ends, go back to gate and Dyckman St

Right (East) Dyckman Street



Ed Ravin

Right on Staff Street

Right Riverside Drive—follow signs for Henry Hudson Pky South....

Left immediately after underpass, up abandoned ramp (or right up abandoned stairs). Use caution crossing street.

South on Riverside Drive sidewalk path—watch out for trenches and construction debris

Pass Pergola (open air pavilion with columns). Check out great views of Hudson River

Follow sidewalk across highway U-turn ramp, stay alongside Northbound highway

Pass base of GW Bridge tower

Clamber over barriers to continue on path. Stay on main path.

Path forks—take right side (uphill)

Path loops onto bridge sidewalk

Path loops to Riverside Drive sidewalk (watch out for fallen trees)

Cross highway exit—continue on sidewalk

Leave sidewalk and join Riverside Drive southbound (near Psychiatric Pavilion construction)

Take Riverside Drive back south to West 96th Street.

JOYRIDE

By Doug Kester

#10

This joyride is a pleasant outing to the Manhasset/Port Washington area along the North Shore of Long Island. Most of the roads within NYC have bike lanes, or are lightly traveled residential roads. Most of the roads on Long Island are very smooth with wide shoulders, until you get close to the shore. There the roads tend to narrow, but the speed of traffic is greatly reduced. It's a whole other world out there, so enjoy it!

Start from the E,F,R subway station at 71st St. & Queens Blvd.

Head one block NW on Queens Blvd. and turn right on Jewel Avenue. Then:

- RIGHT** on Utopia.....3.0 mi
 - LEFT** on 73rd Ave.....1 Block South
 - LEFT** on Cloverdale.....5.6 mi
 - RIGHT** on LIE Service Road6.1 mi
 - LEFT** on Community Drive.....9.7 mi
 - RIGHT** on Northern Blvd.....10.1 mi
 - LEFT** on Plandome Road.....11.3 mi
 - LEFT** on N Plandome Road.....17.0 mi
 - FOLLOW** loop back to Middle Neck Road
 - RIGHT** on Middle Neck Road.....18.4 mi
 - RIGHT** on Main St/N Plandome Rd....20.7 mi
 - RIGHT** on Plandome Road24.0 mi
 - LEFT** on Community Drive.....24.6 mi
 - RIGHT** on LIE Service Road25.0 mi
 - RIGHT** on Marathon Parkway.....26.5 mi
 - LEFT** on 54th Avenue26.6 mi
 - LEFT** on Douglaston Parkway.....27.0 mi
 - MERGE** onto LIE Service Road.....27.2 mi
 - LEFT** on Cloverdale Blvd28.1 mi
 - RIGHT** on 73rd Avenue28.6 mi
 - RIGHT** on Jewel Avenue.....31.2 mi
 - LEFT** on Queens Blvd34.2 mi
- One block south to the 71st St subway station

Special thanks to Pat Carter & Ed Serrano for the ride.

JOYRIDE

#11

Bayonne Bridge Blast-Off

This 26-mile ride starts at the St. George Ferry Terminal in Staten Island, passes through some pleasant parks, follows the newly redone Bayonne Bridge Bike Path, and traverses Hudson and Bergen Counties in New Jersey. This suburban ride offers great views of NYC, has only two major hills, and can be done in reverse. The ferry is free to Staten Island, and Fifty cents to Manhattan.

LEFT on Bay Street out of the St. George Ferry Terminal

RIGHT on Victory Blvd. **BIG HILL!** Take your time climbing Victory Blvd., as there are not many big climbs on this ride. This one can be tough.

RIGHT on Forest Ave

LEFT on Silver Lake Drive

RIGHT on Victory Blvd

RIGHT into Clove Lakes Park

Just after the intersection of Victory and Clove. There are various paths, both paved and unpaved through the park. Follow them along the lakes and creek to the north side of the park, at Forest Ave.

LEFT on Forest Ave

RIGHT on Morningside Ave

RIGHT onto Bridge entrance, across from Hooker Place

CROSS Bayonne Bridge: Watch for the stairs at the NJ side of the bridge. Walk your bike to the bottom at Avenue A and 4th Street

RIGHT on 4th Street

LEFT on JFKennedy Blvd. JFKennedy Blvd. is the main road through Hudson County, but has much less traffic than any avenue in Manhattan. Head north through Bayonne and Jersey City, to Union City

RIGHT on 37th Street

LEFT onto Boulevard East

RIGHT on Hillside Road

LEFT on River Road. The last mile of River Road is the other big climb, but it's almost over. The George Washington Bridge is at the top of River Road

Right onto the GWB

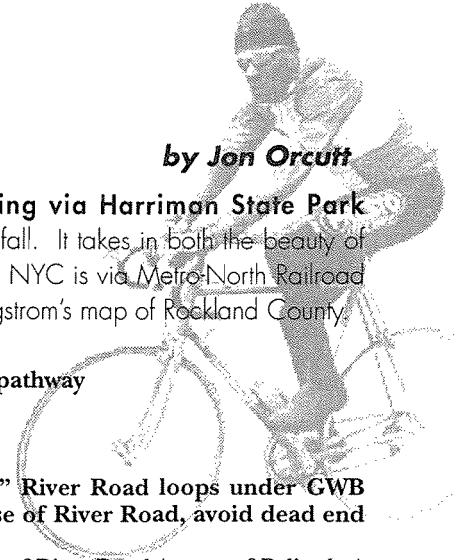
by Doug Kester

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.

#12

JOYRIDE

By Leah Dilworth

#13

Do you have a great ride you'd like to share with our readers? Send in your turn sheet—if we use it, we'll send you a T.A. "One Less Car" t-shirt!

To Hal and Back

From City Hall in Manhattan to Jacob Riis Beach, Rockaway. This easy-going ride, designed by the legendary Hal, is perfect for a summer day. The 40-mile round-trip avoids heavily trafficked streets and is appropriate for beginners or anyone interested in experiencing a more mellow New York.

CROSS the Brooklyn Bridge and continue straight (across Tillary) on Adams St.

PAST Atlantic Av, turns into Boerum Place.

LEFT on Dean St.

RIGHT on Third Ave.

LEFT on Third Street to Prospect Park.

ENTER park.

RIGHT on the park roadway.

CONTINUE to Coney Island Ave. exit.

RIGHT, traffic circle, to Coney Island Ave.

RIGHT on Coney Island Ave.

RIGHT on Beverly Rd.

LEFT onto Ocean Parkway bike path.

CONTINUE for about three miles.

LEFT on Avenue T to Marine Park.

CROSS Stuart Ave. and hop curb into park.

RIGHT on asphalt bike-ped path in park.

CONTINUE for about a one quarter circuit around softball diamond to corner of E. 33rd St. and Avenue U.

CROSS Avenue U.

LEFT on bike path paralleling Avenue U (five short blocks).

RIGHT on E. 38th St. (go wrong way one block).

LEFT on Ave. V (four short blocks).

RIGHT on Hendrickson St. (one block).

LEFT on Hendrickson Pl. (one block).

RIGHT on Flatbush Ave. bike path.

CONTINUE to Marine Parkway Bridge.

CROSS bridge. (On weekends bridge pathway is crowded with people fishing. Consider walking bike on ascent and descent but riding over middle, which is clear.) At base of bridge pathway, turn

LEFT on 169th St.

CONTINUE to Jacob Riis Park and Atlantic Ocean!

On return, reverse directions until Prospect Park.

ENTER park from Coney Island Ave.

RIGHT on park roadway.

CONTINUE to Grand Army Plaza exit.

LEFT on Union St.

RIGHT on 3rd Ave.

LEFT on Pacific.

RIGHT on Boerum Place (cut through gas station).

CONTINUE on Adams to Brooklyn Bridge.

JOYRIDES

#14

A 60-mile roll from Poughkeepsie along the Shawangunk plateau to Beacon, with some bushwhacking and trail riding carriage trails for the extra-adventurous. Attracting rock climbers with its sheer cliffs, the 'Gunks offer cyclists challenging terrain, expansive mountain views, and superb access to the great outdoors.

Over the River and Through the 'Gunks

by Jon Orcutt

START: Take Metro-North Hudson Line to Poughkeepsie. (See page 19 about REQUIRED bike passes.)

From downtown Poughkeepsie, **TAKE** U.S.44/NY55 to the Poughkeepsie Bridge, which crosses the Hudson just south of the train station.

GET ON SIDEWALK on right as you approach bridge. This is an narrow "single-track" lane, and signs indicate that bikes must be walked. Whatever you do, please be cautious and courteous to pedestrians. Signs also say "Bridge path closes at dusk," and there are lockable gates, so don't plan a midnight mountain ride.

FOLLOW the beat-up service road away from bridge path, curves slightly left up shallow hill.

At the traffic signal, go **RIGHT** on highway.

Bear **LEFT** a half-mile ahead on Rtes 44/55 (main highway continues straight).

CONTINUE on Rtes 44/55 roughly 20 miles through beautiful countryside. The Shawangunk ridge appears in front of you, then the road gradually switchbacks up onto plateau. The climb wasn't as bad as I expected.

See NOTE below if you'd like to divert onto Minnewaska State Park trails at this point.

NOTE: Minnewaska State Park and the Mohonk Nature Preserve atop the Shawangunk ridge are criss-crossed by "carriageways" — dirt and gravel paths that are suitable for hybrids. In the Mohonk area, park rangers may dun you for registration (\$5/day) and bike (\$10/season) fees.

If you want to link the road ride described here with riding on the trail system, get the NY/NJ Trail Conference maps of the Shawangunks. When I tried to link a road-and-trail ride with a route through the back (western) slope of the 'Gunks, I found those trails almost impossible on a hybrid. When the trail disappeared, my friend and I bushwhacked down a series of wooded cliffs, handing the bikes down to each other. We found some beautiful brooks, swimming holes and a 100-foot waterfall that we wouldn't have found on the bikeable terrain, but this type of excursion isn't for everyone. We found our way to an old quarry access road on the back slope, and continued the road ride from there.

CONTINUE on Rte. 44/55 over the ridge, with views of the Catskills while you go down back side of slope.

LEFT on Foordemore Road, and go on for about 3 miles.

Another **LEFT** on Berme Road to Ellenville.

LEFT on Rte. 52. The first few miles out of Ellenville are a steady, challenging climb back onto the Shawangunk ridge, followed by awesome 2-mile drop.

CONTINUE on Rte. 52 for about 30 miles into Newburgh. The road turns into South Street in town.

LEFT on Robinson Ave.

RIGHT on North Street.

LEFT on Grand Ave. Watch for entrance to bridge path on left.

CROSS the Newburgh-Beacon Bridge

RIGHT onto Rte 9D, go for about a half-mile.

WATCH FOR SIGN for Metro-North Beacon station on right.

RIGHT on access road to Beacon station for the train return to NYC.

#15

Boardwalk Ride to Long Beach

About 55 miles round trip, this tour of Queens and Nassau County Boardwalks showcases some of New York's best beaches. The trip can be shortened by taking the subway to or from the noted (*) locations. All of the NYC beaches are open to the public, but many of the Nassau County beaches are for residents only or charge a fee. If you're planning to swim the Rockaways beaches' have easier access and are less crowded.

By Paul Harrison

STARTS at Prospect Park

FOLLOW park roadway to Ocean Pkwy exit

EXIT Prospect Park, **LEFT** onto Parkside Ave.

RIGHT onto Parade Place (On return, use St. Paul's Pl.)

RIGHT onto Caton Ave.

LEFT onto Rugby Road (Becomes E 14th St—On return, use E. 13th St.)

LEFT at Avenue T

RIGHT on Gerritsen Ave.

LEFT on Avenue U

RIGHT onto Flatbush Avenue (unless you're a strong rider, use the sidewalk (it's a legal bike path))

CROSS Marine Parkway Bridge Bike/Ped Path. Yield to peds and fisherpeople.

At end of bridge, **LEFT** onto Beach 169th St

LEFT at end onto Boardwalk

At end of Boardwalk, turn **LEFT**

RIGHT onto Rockaway Beach Blvd.

RIGHT on Beach 116th St *(S train stops here. Transfer from the A to the S at Rockaway Blvd. stop)

LEFT onto Boardwalk

From Memorial Day to Labor day, you can **DIVERT** onto a car-free Shore Parkway at 109th Street, parallel to the Boardwalk

Ends at B 73rd St, make **LEFT**

RIGHT on Rockaway Beach Blvd

RIGHT on B 69th Street *(Beach 67th St-Gaston stop on

Far Rockaway A train)

LEFT on Boardwalk (notice the street signs for "walks" on the left, they're all that's left of this former beach house paradise)

Follow to end, **LEFT** on B 9th St. Travel one block

RIGHT on Seagirt Blvd.

CIRCLE the circle

RIGHT up onto the sidewalk, follow the wooden fence up the hill and

ONTO the Atlantic Beach Bridge

PAY 5¢ toll with nickel if you want, it's never enforced

CROSS BRIDGE Dismount when passing peds and other bikes (the path is too narrow for two)

LEFT at end of sidewalk

LEFT onto Park Street

Immediate **RIGHT** onto Plaza Street

Up Ramp, **LEFT** onto Boardwalk

LEFT at end

RIGHT onto Ocean Street

LEFT at end onto Yates Street

RIGHT at Beech Street

RIGHT on New York Ave.

Up Ramp, **LEFT** onto Boardwalk

CONTINUE along center bike lane to end.

To **RETURN**, just reverse directions. To take LIRR Long Beach Branch back, follow Boardwalk back to Edwards Blvd., station is 7 blocks up.

JOYRIDE

By "Fast Ed" Matthiack

#16

HOMeward BOUND



A 54.5 mile ride through central Jersey with beautiful parkland interludes in South Mountain and Watchung Reservations. You will travel from Newark, the state's largest city, to low trafficked rural areas. The ride is fairly challenging and has some good climbs. This is the ride that "Fast Ed" uses to travel to his mom's house. (Though that's about another 20 miles west of the finish at Raritan Station). You will need a New Jersey Transit bike permit (see page 19) to get home.

	Start Newark Penn Station	16.2	Left Glenside Ave.
0.0	Right Raymond Plaza West	17.1	Right Glenside Rd.
Then	Left Raymond Blvd.	17.8	Left Mountain Ave.
0.7	Left University Avenue	21.5	Cross Hillcrest Rd.
0.8	Right Springfield Ave.		Ahead Mountain Ave. (Route 622)
1.0	Bear Right South Orange Blvd.	25.2	Left King George Rd.
4.5	Seton Hall University (Big Climb)	25.7	Right Mountain View Rd.
7.8	Left Cherry Lane / Brookside Drive	29.2	Right Liberty Corner Rd.
	* (For South Mountain Reservation see note).	30.3	Left Valley Rd. (Route 512)
9.9	Left Old Short Hill Rd.	30.7	Left Church St. (Route 512)
10.3	Right Millburn Ave		(Food, water convenience store on right)
11.1	Right Morris Ave.	34.6	Left Lamington Rd. (Route 202)
then	Left Baltusrol Way	34.9	Right Peapack Rd. (Route 512)
11.5	Left Temple Ave.	37.8	Left Main St. (Route 512)
	Ahead Baltusrol Way	38.1	Left Pottersville Rd. (Route 512)
12.1	Right Shunpike Rd.	41.2	Left Black River Rd.
12.5	Left Mountain View Rd.	45.2	Right Lamington Rd.
13.5	Left Tree Top Dr	then	Left Rattlesnake Bridge Rd.
13.8	Right Vista Way	49.4	Left Easton Tpk. (Route 614)
13.9	Left Fernhill Rd.	52.9	Right First Ave.
14.1	Left High Point Dr.	53.4	Cross Route 202
14.2	Ahead Summit La.	54.0	Left Somerset St.
15.0	Right Tracy Dr. (first right off circle)	54.3	Left Thompson St.
	# (For Watchung Reservation see note.)	54.5	Left Raritan Station

* South Mountain Reservation, Essex Co. Parks Dept 201-268-3500 — formed in 1895 - no mountain biking allowed. No facilities.
 # Watchung Reservation, Union Co Parks Dept 908-527-4900 — formed in 1920 by purchase of 50 properties. Goal is to maintain area of county in natural state. Mountain biking is prohibited on the 50 to 100 miles of hiking trails. Facilities in Historical Village/picnic area.

JOYRIDE

By Mark Masuelli

#17

This quick (21+ miles) trip through Staten Island is a perfect ride for a mild winter Saturday. The riding is easy, and you get some great waterfront views of the north and east shores. Dress warm for the ocean wind! There are some sights that will surprise you, and there is an easy connection to the Bayonne Bridge (and Liberty State Park) just off Morningstar Avenue.

Staten Island Ferry is free toward Staten Island, 50 cents toward Manhattan. You must buy a bike ticket at the ticket booth beneath the Staten Island terminal, and board the ferry on the lower level vehicle entrance. The Manhattan terminal is just east of Battery Park—take Broadway downtown, or East River Park, and then South Street (bear left along the water just past the seaport).

Take Staten Island **Ferry** from Manhattan.

When exiting, go **left** up ramp, Right on Richmond Terrace

Continue along waterfront, past Snug Harbor Cultural Center (1.8 mi.)

Left onto Morningstar Road, under Bayonne Bridge (4.3 mi.)

Ahead on Morningstar Road, becomes Richmond Avenue (5.2 mi.)

Ahead on Richmond Road, past Great Kills landfill and Staten Island Mall (8.8 mi.); watch for traffic

Left onto Arthur Kill Rd (look for big plastic gorilla at mini-golf course; 10.4 mi.)

Right onto Richmond Rd. (12.1 mi)

Ahead on Richmond Rd. to Old Richmondtown, a restored 18th Century village (12.3 mi.)

Right on Richmond Rd.

At fork, **bear right** onto Morley Ave. (13.3 mi.)

Right at "T" onto Richmond Rd.

Follow bike lane signs to Richmond Rd. around to the left (13.6 mi.)

Right onto Midland Ave. (pick up bike lane; 14.4 mi.)

Left onto Fr. Capodanno Dr. (15.7 mi.)

Bear left to Lily Pond Ave. (18 mi.)

Continue under Expressway, bear right onto School Rd. (18.6 mi.)

Left onto Bay Street (18.9 mi.)

Follow Bay Street to ferry terminal. (21.6 mi)

Ride originally published in the Jan/Feb 1993 issue of City Cyclist.

JOYRIDE

#18



Queens Bike Lane Trek

By Paul Harrison

A relaxing spring afternoon ride to stretch those underused cycling muscles, this ride highlights the Queensboro Bridge battleground, most of the bike lanes in Queens, Flushing Meadows Park and the fabulous Vanderbilt Parkway greenway.

Starting at 2nd Avenue and 59th Street, cross the Queensboro Bridge on the South Outer Roadway (see page 13 for an update on QB bridge access)

Right on 23rd Street

Left on 45th Avenue

Cross Jackson Avenue (45th turns into Thompson)

Bear left onto Skillman

Road splits, **follow** 43rd Avenue

Left on 48th Street

Right on 39th Avenue

Left on Woodside Avenue

Right on 37th Avenue

Left on 60th Street

Cross Broadway

Right on 34th Avenue

Follow partially completed 34th Avenue bike lane

Right on 108th Street

Left on 70th Avenue

70th Avenue merges with Jewel Avenue, crosses through Flushing Meadows Park

(Optional) At the bottom of the hill there is an entrance to the park on the left side of the road. Cross over carefully,

then take a loop around Meadow Lake, home of the Dragon boats.

Go up hill, exercising caution when you cross the Van Wyck Expressway exits and entrances

Continue along Jewel Avenue bike lane

Right on 141st St

Left on 73rd Avenue

Cross Main Street, **follow** 73rd Avenue bike lane

Left onto Hollis Hills Terrace (After Clearview Expressway Overpass)

Left onto Vanderbilt Parkway greenway entrance (about 100 feet before bridge)

Follow greenway to the end (stop for water/bathrooms or a game of catch at Alley Pond Park)

To return, **reverse** directions to 48th Street

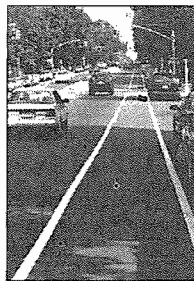
Right onto Skillman

Bear right onto Thompson

Right onto 21st Avenue

Right on Queens Plaza South (just before Queensboro Bridge underpass)

Bike path entrance is at 24th Street



34th Ave bike lane

JOYRIDE

BY STEVE COLON

Tallman Mountain State Park

Bring your bike, baiting suit and lunch and you're all set for a day at the park. Don't forget what mom said, wait 45 minutes after eating before going in the pool!

Starts at Entrance to George Washington Bridge, 178th Street and Cabrini Avenue, Manhattan

Left up George Washington bridge ramp and cross Bridge.

Left on Hudson Terrace and proceed to STOP sign, **continue** through intersection.

Left on Main Street halfway down the hill.

Left on River Road, enter park.

Continue on River Road for 1 mile, **bear left** through the circle, **continue** on River Road for 1.4 miles.

Bear left and continue on River Road, go up hill.

Continue down hill on River Road for 4.3 miles.

Bear left on River Road and go up hill for 1 mile.

Right at Palisades Interstate Park Commission Police Headquarters (bathrooms, water fountain).

Right on River Road, it turns into Palisades Interstate Park Drive.

Left at Fork on Palisades Interstate Park Drive, follow signs for 9W.

Left at STOP sign on Palisades Interstate Park Drive.

Right at light on 9W North, continue for 4.5 miles.

Right into The Oasis' parking area (rest stop).

Right on 9W North.

Right on Hudson River Greenway Path, continue 1.5 miles.

Left at post gate on the Bike route (you are in Tallman State Park).

Left at fork continue for a very short distance and make a right at the sign on Park Drive (go toward the Swimming

Pool/North Picnic Area).

Enter traffic circle and **bear left**. Turn **right** at Do Not Enter sign.

Right into Picnic Area (Good place for lunch).

Right at Picnic area exit and follow path for .5 mile to traffic circle at Park Drive.

Go around the circle, down the hill and through the post gate.

Left on Ferdon Ave.

Left on Valentine Ave. at STOP sign .

Right on 9W at STOP sign.

Continue on 9W - Skunk Hollow for 9.5 miles.

Right on Palisade Ave.

Right on Hudson Terrace.

Left onto sidewalk, continue on GWB bike path across the Bridge.

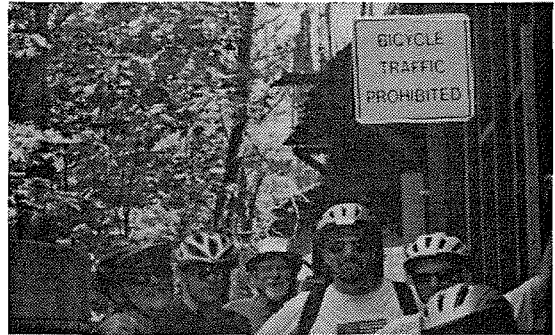
Right on Cabrini Blvd.

JOYRIDE #20

BY DANNY LIEBERMAN

The 30 mile River Route to Riverdale

It includes long stretches of park on the West side of Manhattan, one of the most scenic bridges in town, and some fine countryside in the Bronx.



Start and End at the Plaza Hotel, 5th Ave & 59th St.

Take the Central Park loop road (East Drive) up to the North end L - Central Park North, becomes Cathedral Parkway - take this all the way West.

R - Riverside Dr, drop down the hill on the right adjacent to Grant's Tomb. You're now on 12th Ave, under the Riverside viaduct. Take 12th Ave until it ends, then take the Marginal St on the left, continuing North along the edge of the North River plant.

L - into the park at the end of the plant. Follow the park path. Turn right at the stone gates. Continue past the end of the park, take the next Marginal St to Ft Washington Park, take that path past the tennis courts (on right) and the little red lighthouse (on left). At the North end the path becomes very steep, but follow the loop up to the parkway, and take the sidewalk along the northbound Parkway to the wooden stairs.

Cross - wooden stairs and walk one block south to Plaza Lafayette - W 181st St

L - West 181st St - couple blocks

L - Cabrini Blvd - take this street until it ends at the traffic circle by Fort Tryon Park

R - Margaret Corbin Drive - road thru Fort Tryon, use right side, take as far as the Cloisters Museum. You're now at the top of a steep hill and need to get to the bottom. On your right will be a path down, start by going to the left. Ride slowly, and exit at corner of Payson Ave and Riverside Dr.

L - Riverside Dr - 3 blocks

R - Staff St - 1 block

L - Dyckman St

R - enter Inwood Hill Park, follow the path as far as the

metal stairs Cross - metal stairs over Amtrak tracks, continue on the path north R - take the second right off the main path, it's a very steep climb up, best to walk up this hill to the parkway. You'll be at the Henry Hudson Bridge toll plaza. The bridge sidewalk is right there, just go across and admire the view. L - exit the sidewalk onto HHP West

L - take a sharp left turn onto Kappock St, pass under the parkway

L - immediately turn around, and follow Kappock St the other way as it goes into HHP East. Stay on Henry Hudson East until W 246th St

R - W 246th

L - Fieldston Rd

L - W 259th St

L - Riverdale Ave, the strip mall here is a good place to stop for provisions,

R - W 254th St

L - Independence Ave

L - W 249th St, by the entrance to Wave Hill

R - Henry Hudson West Service Rd

R - W 246th St

L - Palisade Ave, follow the loop around Spuyten Duyvil and under the HH Bridge

Ahead - Johnson Ave, bear to the right, downhill

R - W 230th St

R - Broadway, cross Broadway bridge back to Manhattan

L - W 181st St

R - St Nicholas Ave, use bike lane below W 168th St

R - Powell Blvd, follow bike lane back to Central Park

R - West Drive back to the Plaza

JOYRIDE #21

Loop It Out to Queens

Enjoy a portion of this year's NYC Century Bike Tour. Tackle the Tri-Boro, visit Flushing Meadows, ride the new bike lanes in Queens, brave the Little Neck Bay winds on the Joe Michael Mile, explore the paths in Alley Pond Park and return

at the famous QBB outer roadway bike path (Open to bikes except for 3 to 8 weekdays.) About 40 miles, mostly flat. We can't guarantee the red "C" marks will still be visible on all streets, so as always, take a map just in case.

Start Manhattan entrance to the Tri-Boro Bridge (126th St. and 2nd Ave. - entrance is a right off of 126th to get on the bridge) *Warning! There are stairs on the bridge! Be prepared to carry your bike.*
 Tri-Boro to Randall's Island
 R Path to Bridge re-entrance near Randall's Island Park
 Continue on Tri-boro Bridge to Queens
 Tri-boro Bridge to Queens
 Exit bridge — stairs down
 L Hoyt Avenue to 26th St.
 L 24th Avenue
 L 19th St.
 R Enter Astoria Park
 Dismount at field house and walk ahead on park path to curb
 R Astoria Park South
 R Shore Blvd.
 R 20th Ave.
 bear R 75th St.
 L Ditmars Blvd.
 R 82nd St.
 L 34th Ave. to end
 cross 114th St. onto median bike path over bridge
 R Shea Stadium Circle
 enter Flushing Meadows Park
 L just past tennis Stadi-

um, on to "authorized vehicles only" road
 bear L at fork —enter park follow C's on route thru park
 Stay right around water/under overpass, bear left up steep overpass
 Pass Botanical Gardens on L — exit park
 L Main St.
 R Elder Ave
 R Colden St
 L Laburnum Ave
 L 158th St
 R 32nd Ave
 L 163rd St
 R 26th Ave
 R Corp Kennedy Plaza
 L 28th Ave
 (bridge over Cross-Island Pkwy)
 L entrance to Joe Michael Mile
 R Northern Blvd
 R 223rd St
 L 43rd Ave
 L 219th St
 L 46th Ave
 R 223rd St becomes Cloverdale Blvd
 L Horatio Pkwy
 bear R E. Hampton Blvd
 Cross LIE onto 233rd St
 R 67 Avenue/Lee Goldman Lane
 L 230th St
 R 73rd Ave

L Enter Alley Pond Park opposite 226th St
 Bear L & Follow park paths
 R onto Vanderbilt Pkwy path (take a L 1/2 mile to water and restrooms)
 R Hollis Hills Ave
 L at parking lot — through tunnel into Cunningham Park
 R on park path
 L between backstops — continue on path to corner
 L 73rd Ave bike path
 R 141th St
 L Jewel Ave bike path (bike lane ends at intersection... continue on sidewalk down hill
 R into Park
 L onto lake loop road
 Bear R through parking lot onto lake path
 After clearing the path but before the next parking lot and bridge to next part of Park- Watch for ramp to overpass walkway on your left
 L 112th St
 R 64th Ave
 L 108th St.
 R 71st Ave
 Cross Queens Blvd.
 L Station Sq.
 Continue Greenway Place North
 L Markwood

after stop light proceed through intersection over highway
 R Forest Park Drive
 ahead on Park Drives
 —cross Woodhaven Blvd. continue on park drives. Note: 2-way traffic
 Pass golf course on right
 R Oak Ridge (big house at triangle)
 R Myrtle Ave
 L 80th St (turns into Dry Harbor Rd)
 L Juniper Blvd South
 R 69th St
 L Elliot Ave
 R Fresh Pond Rd
 Bear L 61st St
 L Maspeth Ave
 R Rust St (Turns into 56th Rd, then Review Ave)
 L Borden Ave
 R 5th St
 R 46th Ave.
 L Vernon Blvd
 Bear R 10th St
 R Queens Plaza South — Enter 59th/QBB Bridge bike/ped path
 L 59th St
 L First Ave
 L 61st St
 to Central Park entrance at Columbus Circle

Joyride #22: 26 miles total (out and back)

RYE PLAYLAND/WINTER WONDERLAND By Steve Colon

This ride takes you from Pelham Bay Park in the Bronx to Rye Playland in Westchester County, passing through the towns of Pelham Manor, New Rochelle, Larchmont and Mamaroneck. The ride begins on the western border of the lower portion of Pelham Bay Park where Bruckner Blvd. runs along side of the NY State Thruway. Start by following Bruckner Blvd. north.

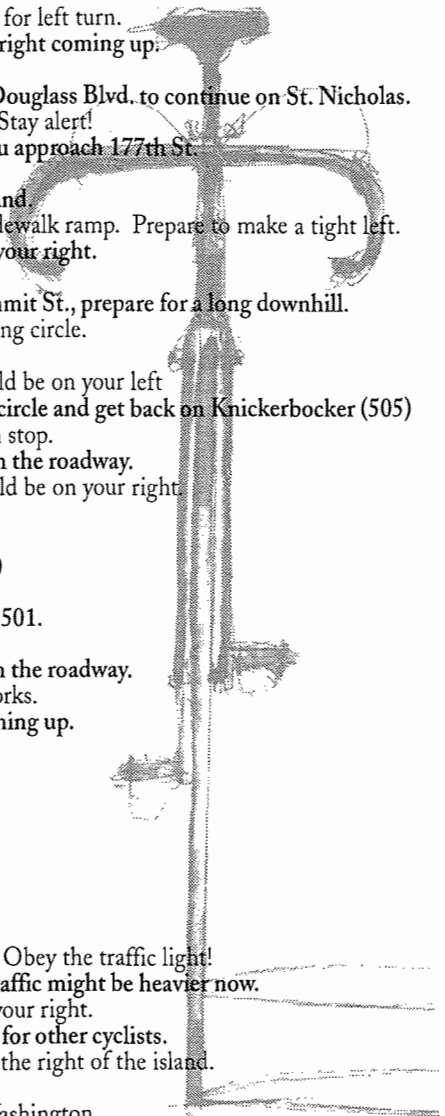
Straight, bear Right	Bruckner Blvd. to Shore Rd.	0.4	Follow Sign to Orchard Beach/City Island
Straight	Shore Rd.	0.3	Road narrows, keep right
Straight	Shore Rd. - Cross Drawbridge	0.1	Use caution! Sewer grates & slippery bridge
straight	Shore Rd.	0.5	Proceed to Traffic Circle
Right	into Traffic Circle	0.2	go 180 degrees (1/2way)
Right	out of Traffic Circle onto N.Shore Rd.	3.3	At some point Shore Rd becomes Pelham Bay
Straight,	bearing left,but do not turn make a L@Echo Ave.	0.6	Leif Erickson Park should be on your Right; pass Gateway Bay Bar on your Left
Right	Main St (turns into Boston Rd.)	2.9	Getty gas on Left before, Taco Bell on Left after turn
Right	onto sidewalk Harbor Island Rd.	0.1	Restrooms @gas station across street.
Back out	onto Boston Rd. straight @Boston post Rd.	0.5	
Bear Right	@Fork Boston Post Rd.	2.5	Ride over small bridge.
Bear Right	@Fork Route 1	0.2	Follow sign for Route 1. Bear Right @ light.
Right	Rye Playland Parkway	0.8	Follow sign for Rye Playland.
Right	Forrest Ave.	-	Pull into parking lot. Buy food @deli or The Cafe
Right	Rye Playland Parkway	0.2	
Left	Thomas Keane Plaza	0.1	Follow the bus depot & boardwalk,You've gone 12.7miles so far.
Straight	Thomas Keane Plaza	0.1	Follow exit signs.
Right	Rye Playland Parkway	1.4	Get on bike path, follow to top of overpass, you're at Route 1
Left	Route 1	0.2	Watch for traffic at intersection.
Diagonally cross			
intersection to	Boston Post Rd.	2.8	Be alert. Traffic will be heavier now.
Bear Left @Fork	Boston Post Rd.	2.5	Road forks @ Mamaroneck Ave. You want to stay on Boston Post Rd.
Right	Parking lot@Nature's Warehouse	-	Sports drinks and stuff can be purchased here.
Right	Boston Post Rd.	0.5	Watch for traffic entering & exiting strip malls.
Start moving Left	Boston Post Rd.	0.4	Prepare for L turn. Sunoco station will be on your Right & Taco Bell on your Left before the turn.
Left	Echo Ave.	0.3	Busy intersection.
Straight	Echo turns into Pelham Rd.	0.2	Change occurs after passing Galway Bar (on R).
Straight	Pelham Rd.turns into Shore Rd.	3.4	Traffic can get congested in afternoon.
Enter Traffic Circle	Shore Rd.	0.3	Watch for traffic exiting circle. Follow sign for City Island/Shore Rd.South
Left	City Island Rd.	0.1	Very short distance. Very busy intersection.
Right	onto sidewalk on Shore Rd. Drawbridge	0.1	This side is the safest way.
the Left of the drawbridge			
Straight	Pathway	0.4	Use caution, Pathway alternates btwn paved & unpaved. Watch for gravel and silt.
Left	Park pathway@ benches	0.6	Ride into Pelham Bay Pk.

New Jersey Knickerbocker, a.k.a. 505 to Northvale

by Stephanie Shapiro, Paul Secor & Steve Colon

Begins at the Boathouse in Central Park; a scenic ride that utilizes Routes 505 going and 501 returning. 42 miles total.

Left, heading North	Park Drive	1.7	Stay to right, watch for cyclists and joggers.
Straight	Park Drive, down hill	0.5	Watch your speed.
Right out of Park	Adam Clayton Powell Jr. Blvd.	0.4	Use bike lane. Prepare for left turn.
Left	117th Street	—	Short distance. Quick right coming up.
Right	St. Nicholas Ave.	0.3	Use bike lane.
Straight	St. Nicholas Ave.	2.44	Cross over Frederick Douglass Blvd. to continue on St. Nicholas.
Left	168th Street	0.16	Two-way traffic here. Stay alert!
Right	Ft. Washington Ave.	0.43	Start moving left as you approach 177th St.
Left	177th Street.	0.09	Go two blocks.
Right	Cabrini Blvd.	0.07	Watch for concrete island.
Left onto sidewalk	178th Street	—	Short distance. Use sidewalk ramp. Prepare to make a tight left.
Left up Bridge ramp	Bike/Ped Ramp to GWB	1.28	Cross Bridge. Stay to your right.
Right	Hudson Terrace	1.96	Keep right.
Left	Palisade Ave.	1.96	Just after you pass Summit St., prepare for a long downhill.
Around monument at circle	Palisade Ave.	0.25	Watch for traffic entering circle.
Right	Knickerbocker Ave. (No. 505)	2.95	Stay to your right.
Around monument at traffic circle	Knickerbocker Ave. turns into Knickerbocker Road	0.48	Circle Restaurant should be on your left as you leave the traffic circle and get back on Knickerbocker (505)
Straight	Exxon Station at Grant Ave. and Knickerbocker	—	-Bathroom stop.
Right out of gas station	Knickerbocker Road (No. 505)	2.5	Careful getting back on the roadway.
Straight at 3-way int	Knickerbocker Road (No. 505);	2.32	Oradell Reservoir should be on your right
Bagel place nearby	Knickerbocker turns into Livingston (still No. 505)		
Right	Oak Tree/Central Ave.	0.8	Keep right.
Right	Piermont Rd./Route 340	3.78	Keep right.(South 501)
Left	Closter Dock Rd.	0.8	
Right	Anderson Ave. (County Rd)	2.25	Follow signs for South 501.
Stop at Bicycle Workshop	County Rd. & Mahan St.	—	Quick pit stop.
Straight	County Rd.	0.55	Careful getting back on the roadway.
Right	Dean Dr.	0.65	Stay right when road forks.
Left	Elm St.	0.23	Tricky intersection coming up.
Right	Eagle St.	0.23	Left turn coming up.
Left	Hudson Ave.	0.33	Right turn coming up.
Right	Elkwood Terrace	0.33	Left turn coming up.
Left	Davidson Pl.	0.15	Right turn coming up.
Right	Lydecker St.	0.15	Left turn coming up.
Left	Booth Ave.	0.81	Left turn coming up.
Left	Fairview Ave.	0.22	Right turn coming up.
Right	Summit St.	0.65	Left turn coming up.
Left	John St.	0.44	Right turn coming up. Obey the traffic light!
Right	Hudson Terrace	1.85	Stay right, afternoon traffic might be heavier now.
Left	Up onto sidewalk, leading to Bridge	—	Cross Bridge. Stay to your right.
Right at bottom of ramp	178th St.	—	Short distance. Watch for other cyclists.
Right	Cabrini Blvd.	0.04	Turn so that you are to the right of the island.
Right	177th St.	0.03	Left turn coming up.
Left	Haven Ave.	0.4	Follow Haven to Ft. Washington.
Right	Ft. Washington Ave.	0.15	Prepare for a right turn down a steep hill.
Right	165th St.	0.2	Watch speed and stay alert at hill bottom of the hill.
Left	Riverside Drive	4.9	Ride straight down to the end of Riverside Drive at 72nd St.

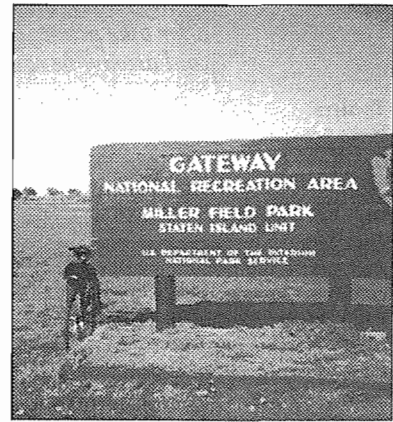


STATEN ISLAND GIDDY-UP

by Clarence Eckerson, Jr.

This 40 mile ride boasts many exciting premiums. You'll jaunt past Snug Harbor, the S.I. Zoo, Historic Richmondtown, the S.I. Lighthouse and into the Gateway National Recreation Area. The terrain ranges from very hilly [Todt Hill, Lighthouse Road] to mostly flat with intermittent upgrades. Traffic is light to moderate except on Todt Hill and the last mile of Hyland Boulevard.

Cool ocean breezes make this a great ride on a warm summer day. If you get tired or have a catastrophic breakdown, you are always less than a mile from the Staten Island Rapid Transit once you reach the southernmost tip at the turn onto Hylan Boulevard.



From Manhattan: Take the Staten Island Ferry (Free!) For departures: 718-815-BOAT. Board on the lower level.

Exit ferry. Immediate R [right] on Richmond Terrace.

At 1.8 miles you can visit Snug Harbor Cultural Center.

2.3 L [left] on Pelton.

2.8 R on Henderson. Go two blocks on Henderson and hang a Left on Bement.

3.9 R on Clove Road.

4.4 L on Martling. Visit the Staten Island Zoo.

4.7 L on Slosson.

5.6 Continue as Slosson becomes Todt Hill Road.

NOTE: This is the second-highest peak on the East Coast. If you're game, explore some side roads and experience some majestic views of the Verrazano Bridge and NYC.

7.8 R on Richmond.

8.8 R on Rockland Avenue.

9.4 L on Meisner.

9.8 L on Terrace Ct. Follow this around the bend as it becomes Lighthouse Road. To your left: the Atlantic Ocean; up on your right: the monolithic S.I. Lighthouse.

10.4 R on Richmond Hill Road. Up ahead is 18th century, historic Richmondtown. Good place for a break!

10.8 L on Arthur Kill Road.

18.8 L on Bently when you see the dead end sign for Arthur Kill. Go two blocks and make a R on Craig Avenue.

19.5 L on Hylan Boulevard.

27.3 R into Great Kills Park. Go to the end (Crookes Point) and back (2 miles each way.) Views of Brooklyn, Jersey, Manhattan and the Verrazano. *OPTION: You can ride the adjacent multi-use path but the speed limit is 10 mph and it is congested with peds, bladders, and children.*

31.3 R back on to Hylan (use caution, heavy traffic)

31.9 R on Guyon.

32.3 L on Old Mill Road.

32.8 R on Ebbits.

33.2 L on Cedar Grove. Enter Miller Field and cross to the other side. Look for large opening in the fence directly opposite where you entered the park. Go through.

34.0 Enter the Father Capodanno Boulevard Bike Lane.

OPTION: There is a 2+ mile boardwalk that runs along the beach to your right. Yield to pedestrians at all times!

36.5 Father Capodanno banks L to become Lilly Pond Road. Continue under 278 (careful, stick to the bike lane) and veer Right on to School Road.

37.4 L on Bay Street —three miles to the ferry.

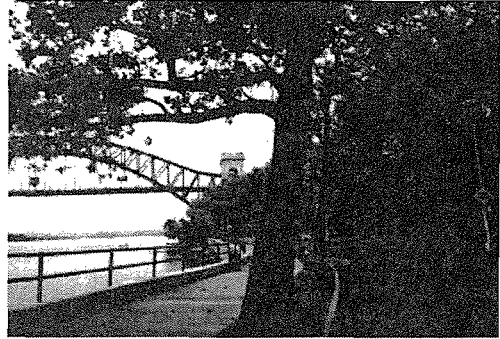
Have you got a joyride you want to share? Let us know! email: info@transalt.org or call us.

EAST RIVER ROUST-A-BOUT

by Clarence Eckerson, Jr.

If you haven't contemplated any of our joyrides, this quirky adventure may be the one you've been waiting for. This leisurely ride explores the East River from a number of perspectives, takes you over three bridges, on to two islands, and even includes a short elevator trip! And at just under 20 miles, cyclists of any fitness level can easily manage it.

The highlights include a loop around Roosevelt Island, which has a magnificent community garden, an old lighthouse at its north end, and breathtaking views of the Manhattan skyline. But the real treat is a visit to Socrates Sculpture Park along the Queens waterfront. Here you'll see some of the most unorthodox and humorous art in the country. After you've visited once, you'll make multiple returns to share the experience with friends.



The bucolic view from Shore Blvd., along Astoria Park (check out the speed humps!)

START: Central Park/5th Avenue. Head east on 62nd Street.

0.8 R [Right] on York Avenue.

0.9 R on 59th Street. Look for signage at 1.1 miles directing cyclists to the entrance to the Queensboro Bridge Bike Path.

2.6 R on 27th Street.

2.7 R on 43rd Street.

3.3 R on Vernon.

4.0 L [Left] on 36th Avenue. Continue over bridge.

4.3 Look for "Ped/Bike Elevator to Roosevelt Island" signs. Take it to the Concourse level and exit doors to your left. Follow roads and pathways north and complete an entire circuit of the island (4 miles). After your loop, return via the bridge.

8.6 L back on Vernon.

TO SEE: Socrates Sculpture Park (at 9.2 miles, on the left just past Costco.)

9.7 Veer R on to Main Avenue.

9.9 L on 12th Street. Becomes Shore Boulevard at Astoria Park.

TO DO: Astoria Park has one of the nicest swimming pools in the city. Just remember to bring a bathing suit (no biking shorts allowed) and a lock for your valuables (duffel bags are not allowed in the pool area.)

10.8 R on Ditmars.

11.2 R on Crescent St.

11.7 L on Hoyt. Stairs to the Triboro Bridge are on your left.

13.8 Immediate R upon descending ramp to Randall's Island. Follow perimeter of the fence surrounding Golf Driving range. Continue under bridge, then look for "Pedestrian Walkway" signs near flags at 14.4 miles. Take to Manhattan.

15.0 L on 2nd Avenue. (Heavy traffic for six blocks!)

15.4 L on 120nd Street.

15.8 Use footbridge to cross FDR and continue south for four miles on East River esplanade to 60th Street.

NOTE: Walk your bike through Carl Shurtz Park (only about 2 blocks.) This is the Mayor's backyard, so be civil and observe the posted courtesies to other park users.

Editor's Note: QBB Access & entrance will likely be altered; see Cycling News in this issue.

TWO BRIDGES NOT TOO FAR

Do This Ride with
T.A. members and staff.
Meet Sunday, September 20th at
10 AM, Grand Army entrance to
Prospect Park. Bring/buy lunch.
Leisurely pace.
Rain cancels.

By Governor Clarence Eckerson, Jr

At forty miles, Joyride #26 is a derivation of the Brooklyn to Rockaway staple. You'll see the largest boro at its finest including the Midwood and Howard Beach areas which abound with exquisite homes and overhead tree canopies. And you'll use dedicated bike lanes, greenways, and low-traffic streets (including a few speed humps!) to get there.

The start is at the Grand Army Plaza entrance to Prospect Park which is easily accessible by a half-dozen subway lines including the Grand Army stop on the 2 and 3 trains.

START: Grand Army Plaza/Prospect Park.

- 0.8** R on Bedford Avenue Bike Lane. Some moderate traffic at the beginning.
- 6.9** L on Emmonds Avenue
- 7.5** Enter the Shore Parkway Greenway at Brigham Street
- 13.7** L over bridge to Pennsylvania Ave
- 14.6** R on Cozine
- 15.7** L on Crescent Avenue
- 16.0** R on Loring, ride through apparent dead end - road becomes 149th Ave on other side.
- 17.1** R on 84th Street
- 17.6** R on Shore Parkway then immediate L to go under expressway - 84th continues on other side.
- 18.5** L on 164th Avenue
- 19.0** R on Cross Bay Blvd. At Veterans Memorial Bridge cross to other side to use ped/bike path over bridge.
- 23.7** Upon descending bridge, circle left, go beneath overpasses, and make a R on Beach Channel Road.
- 25.0** L on 16th Street, then immediate R on Newport Avenue.
- 26.2** R on 140th Street
- 26.4** L on Beach Channel Road. A sidewalk/greenway will eventually run parallel. It's in bad shape, but rideable.
- 27.8** Go over Marine Parkway Bridge.
- 28.9** Cross to right side of road and take Greenway North.
- 30.0** Cross back and continue on Greenway.
- 32.0** L on Emmonds Ave
- 32.7** R on Bedford Ave
- 36.5** L on Foster
- 37.1** R on Marlborough
- 38.2** L on Caton Avenue
- 38.5** R on Stratford Avenue (doesn't look like a road, go between ball fields)
- 38.7** R into Prospect Park. Ride half lap to arrive back at start.

QUEENS TREASURE HUNT

**Do This Ride with
T.A. members and staff.**
Led by Danny himself!
Meet Saturday, December 5th at
10 AM at starting point below.
Leisurely Pace.
Bad weather cancels.
Save the date!

By Danny Lieberman

This ride takes you from Queens Boro Hall through some of the most exquisite sections of the Northeast corner of Queens. Total distance is 30 miles. While there are a few hills, they are not life-threatening. **Starting point:** NE corner of Queens Blvd & Union Turnpike (by the statue "CIVIC VIRTUE"). **Closest subway:** E/F/R to Union Turnpike Station.

LEGEND:

BL bear left **A** ahead
BR bear right **X** cross

- R** Union Turnpike - stay right, heavy traffic
- BR** Grand Central Pkwy Service Rd
- R** 168th St
- L** Abigail Adams Ave - entering the community of Jamaica Estates
- A** Croydon Rd
- R** Charlecote Ridge
- Quick L** Devonshire Rd
- L** Dalny Rd
- L** Somerset St
- R** Eton St
- L** Barrington St
- R** Cambridge Rd
- A** Soho Dr
- L** Santiago St
- BR** Nero Ave
- L** Sancho St
- R** McLaughlin Ave
- L** Francis Lewis Blvd - cut thru Cunningham Park. Traffic moves quick, stay right.
- R** Union Turnpike - watch for turning traffic at the Clearview Expwy
- L** Hollis Hills Terrace
- R** Vanderbilt Motor Parkway
- L** Exit to Alley Pond Park (bathrooms)
- R** Winchester Blvd
- L** Union Turnpike
- BR** 80th Ave
- L** Little Neck Pkwy - follow up a long hill - the crest is between the two highways. Careful on the downhills!
- X** Northern Blvd
- L** Sandhill Rd - clandestine turn onto unmarked street directly behind LIRR crossing, through Udall's Cove Preserve & community of Douglas Manor.
- BR** Douglas Rd
- A** Marinette St
- BL** Shore Ave
- BR** West Dr
- BR** Douglaston Pkwy - LIRR station nearby
- Fork L** continue on Douglaston Pkwy
- R** Northern Blvd
- R** Cross Island Greenway - "Joe Michael's Mile" - portions of on-ramp are under construction but Greenway is open
- L** use ramped bridge to 28th Ave
- R** Little Neck Blvd
- L** 27th Ave
- BR** 26th Ave ("private")
- R** Bell Blvd
- L** 23rd Ave
- R** 212th St
- L** Cross Island Service Rd
- R** Utopia Pkwy - entering Beechhurst
- BL** Totten St
- L** 14th Ave
- R** 166th St (unmarked)
- BL** Powell's Cove Blvd
- R** 161st St
- L** Riverside Dr
- L** 154th Pl
- A** 154th St
- R** 10th Ave
- R** 152nd St
- L** Powell's Cove Blvd
- R** Clintonville St - entering Whitestone
- R** 6th Ave
- L** Powell's Cove Blvd
- L** 3rd Ave
- A** Pass under bridge - bathrooms at Francis Lewis Park
- R** Parsons Blvd - entering Malba
- L** Malba Dr
- R** Boulevard
- BR** Point Crescent (unmarked)
- A** South Dr
- BR** Malba Dr
- A** Whitestone Expwy Service
- L** 14th Ave
- R** Parsons Blvd - into the greater Flushing nabe
- L** Oak Ave
- R** 164th St - passing around Kissena Park
- R** Goethals Ave - entering Briarwood
- L** Parsons Blvd
- R** Coolidge Ave
- L** 135th St
- R** Hoover Ave
- R** Queens Blvd - back to start

To print out the Joyride in bigger type, visit the T.A. website at www.transalt.org/features/

THE SECRET PARKS & PIERS OF RED HOOK

by Clarence Eckerson Jr.

Since it's the middle of winter, we'll keep this one short. In fact, at under eight miles, this jewel of a joyride can also be done on foot. This month, we're visiting the burgeoning community of Red Hook, located on Brooklyn's Western toe. Neglected for decades (thanks primarily to the monstrous BQE) this area is now experiencing a renaissance with an infusion of artists, waterfront development, and cunning entrepreneurs.

You'll visit four newly reconstructed piers from which you can enjoy unmatched views of New York Harbor and lower Manhattan. Bring a book or snack and immerse yourself in the solitude of these magnificent, secluded lands. The endpoint is the Brooklyn Heights Promenade, making this a perfect adventure on a sunny, winter afternoon.

START: Brooklyn side of the Brooklyn Bridge bike path. Closest subway: Borough Hall (2, 3, 4 & 5) and join the ride at Joralemon Street. The A, C, F, G, M, N & R trains stop within blocks of the start.

- 0.0 Go south on the brand-new, Adams Street bike lane!
- 0.3 (R)ight on Joralemon.
- 0.8 (L)eft on to Furman Street.
- 1.0 Ahead is Columbia Street. Future plans for the Brooklyn waterfront include separate off-street bike paths on this and adjoining streets.
- 1.4 R on Degraw St.
- 1.6 L on Van Brunt
- 2.7 At dead end, road becomes Beard Street Warehouse/Pier. Check out the vintage trolley car and train tracks being restored by Bob Diamond. Also, don't miss the eccentric sculptures at the pier's end. Spend some time and reverse out via Van Brunt St.
- 2.8 Next L is Reed Street.
- 2.9 R on Conover - BUT before continuing, visit the Red Hook Garden Pier to your left. Anchored here is the unique Lehigh Valley No. 79, a floating wooden barge which hosts art exhibits and a free concert series in the summer. Fact: Over 300 tons of silt and muck were pumped from its hull to get it to float.
- 3.1 L on Coffey St. (cobblestones!) to another dead end. This is Louis Valentino Park which offers some more spectacular views of the waterfront and Statue of Liberty.
- 3.4 Reverse direction and head back out Coffey.
- 3.8 R on Ostego - then quick L on Sigourney St.
- 4.0 R on Columbia St. Continue to the Columbia Street Esplanade and use the bicycle path on the sidewalk. Don't miss the twisted relics and dilapidated warehouses on the opposite shore. Ride to the end and reverse out.
- 5.4 R on Bay Street
- 5.7 L on Clinton St. Careful crossing under the BQE, Clinton continues on the other side.
- 7.4 L on Montague. Ride to the end for the world famous "movie view" of Manhattan from the Promenade.



Kick back on the Columbia Street Esplanade, one of the newest greenways along the Brooklyn waterfront.



Back to the Future? Bob Diamond wants to restore trolley service in Red Hook. Monitor his progress at the Beard Street Warehouse.

EAST RIVER VICTORY LAP

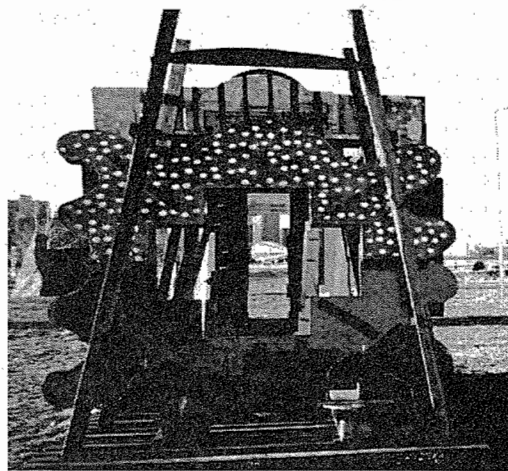
by Clarence Eckerson, Jr.

DO THIS RIDE WITH FRIENDLY T.A. FOLKS!
 Saturday March 20, 1999. Meet at the entrance to Pier 17 at 11 am. Leisurely pace. Lousy weather cancels.

It's time to celebrate some recent monumental victories T.A. has won for cyclists in New York. We've strung together three here along with a few stops at other prime vantage points of NYC along the East River in this 13-mile ride.

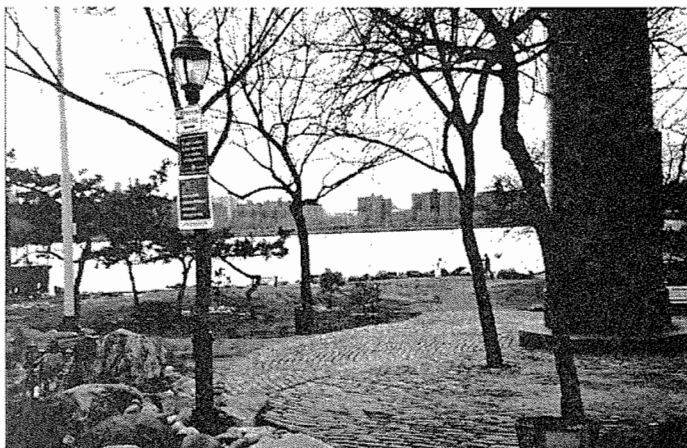
Starting at the South Street Seaport, you'll glide along the South Street bike path, a newly-completed segment of the future East River Greenway. Next, the grand opening of the new Willie B bike path awaits you (thanks to all those letters from T.A. members!). And finally, at ride's end you'll experience the joy of riding over the QBB on the future, 24-7, ped/bike-only North Outer Roadway!

In between, there are some must-see rest stops. Nestled in the shadow of the Willy-B lies a quaint blip of green called Grand Ferry Park. A few miles yonder in Queens, bask in the sunshine at a pair of elegantly rebuilt piers, which rise between 49th and 51st Aves in Hunters Point. And, of course, what would a trip to the waterfront be without a sojourn to the mischievous outdoor art expo known as Socrates Sculpture Park? *(see right)*



- START** Pier 17/South Street Seaport. Proceed north two blocks and enter the South Street bike path.
- 0.8 **Straight** Continue north on South Street and go under FDR. Use sidewalk to East River Park. Stick to the waterfront.
 - 1.6 **Left** Immediately on park path under Williamsburg Bridge. Use FDR ped overpass to Delancy Street.
 - 1.8 Head towards FDR Access road and take a **Right**. Then **Right** on Grand St.
 - 2.5 **Right** on Clinton
 - 2.7 **Right** on Delancy. Ahead are the stairs to the brand spankin' new Willie B bike path!
 - 4.1 **Left** off path then quick **Left** on South 5th Street.
 - 4.3 **Right** on Kent
 - 4.6 **Left** on Grand to visit Grand Ferry Park. Reverse back out. **Left** on Kent.
 - 5.4 **Straight** Kent becomes Franklin
 - 6.0 **Right** on Eagle
 - 6.3 **Left** on the Pulaski Bridge bike path.
 - 6.9 **Left** on Jackson. Becomes 51st Avenue.
 - 7.3 **Right** on 2nd Street
 - 7.4 **Left** on 50th Ave/becomes Center Blvd/becomes 48th Ave. Don't miss the piers!
 - 7.7 **Left** on Vernon Blvd
 - 9.6 **Left** into Socrates Sculpture Park (just past Costco.) When leaving take a **Right**, going back the way you came on Vernon Blvd.
 - 10.3 **Left** on 36th Avenue
 - 10.9 **Right** on Crescent
 - 11.5 **Right** over the QBB Bike Path to Manhattan.

(Below) Local residents have carved out a refuge on the Williamsburg waterfront with South Ferry park.



THE PEOPLE'S PARKWAY

by Clarence Eckerson Jr., Hal Ruzal & Robert Eberwein

One of the annual rites of Spring is the closing of a seven-mile stretch of the Bronx River Parkway to cars, but as T.A. members know you don't need one to get there. Here's a simple route which takes you through the heart of The Bronx to get you there fast with a minimum of traffic. Procure a posse of people and pedal up, we guarantee you'll have fun.

The Parkway is closed from 10am to 2pm on the following Sundays: May 2, 9, 16 & 23 and June 6, 13, 20 & 27 as well as five other times during the Fall. For more info call (914) 242-PARK.

START: Central Park North (110th Street) & Adam Clayton Powell Boulevard.

0.0 Go North on the ACP Blvd. bike lane.

0.5 L [Left] on West 117th then immediate R [Right] on St. Nicholas Avenue Bike Lane

2.8 R on West 160th Street

2.9 L on Edgecomb

3.5 Bear R and merge with Amsterdam.

4.1 R on Laurel Hill Terrace. Look for entrance on right to cross over the Washington Bridge.

4.6 L on University

6.8 L on Reservoir Ave

7.1 Veer R on Sedgwick Ave

8.0 R on West Moshulu Parkway South.

9.4 L on Webster Avenue. This will eventually turn into Bronx River Road and then Midland Ave.

14.7 Cross bridge (R over Parkway) and make immediate L on to unnamed road.

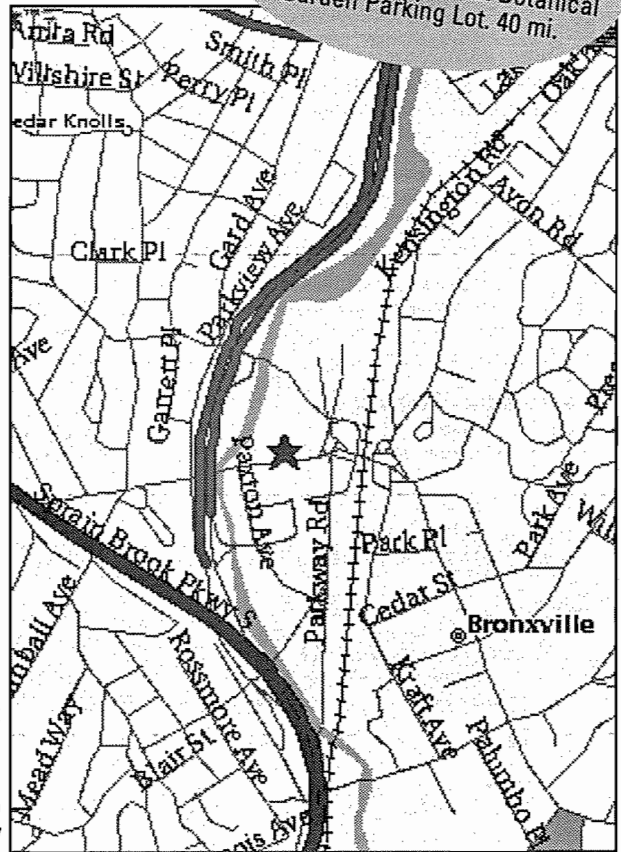
15.0 L on Paxton. When you reach the stoplight (15.3), take the park path opposite (next to the H-sign for Lawrence Hospital- marked on the map at right) This will parallel the Parkway winding in and out of parklands - at one point crossing over a wooden bridge. At all times ride north and keep the Parkway on your left.

16.3 Welcome to the Bronx River Parkway. Ride a 14-mile loop.

30.0 At this point you have a choice: You can reverse the route back to Central Park by merely substituting a R on East Moshulu Parkway North (instead of West Moshulu South) and ignoring the 117th Street turn for a round trip of about 47 miles. Or, for those weary travelers who've had enough, you can hop on Metro North at a myriad of nearby stations including Bronxville or Mount Vernon West. Just don't forget your Bike Pass (available at Grand Central Window #27 for a \$5 fee.)

Do this ride with friendly T.A. folks! Meet Sunday, May 23rd, 10am at the Harlem Meer (110th & Lenox Avenue) in Central Park. Moderate pace. Lunch break after riding Parkway. Heavy rain cancels.

Or, join T.A.'s Bronx Chapter for a June 13 ride that includes a dip at Orchard Beach. Meets 9am at the Metro-North Bronx Botanical Garden Parking Lot. 40 mi.



JOYRIDE CLASSIC: THE RIVER ROAD EXCURSION

We thought it was time for a recap of a favorite and most requested ride: over the George Washington Bridge, through the New Jersey Palisades, and back down route 9W.

Starting from the Central Park loop, exit at the north end of the park.

1. At 110th St./Central Park North turn left and travel west on 110th St. to Riverside Drive.
2. Right onto Riverside Drive. North on Riverside Drive to West 165th St.
3. Right onto West 165th St (steep!).
4. Left onto Ft. Washington Ave.
5. Pedal north on Ft. Washington Ave. to West 177th St.
6. Left on West 177th St. a few blocks to Cabrini St.
7. Right onto Cabrini St. (playground on your left)
8. Travel north on Cabrini for one block, to 178th St. Turn left onto the sidewalk at the end of the block. The GWB access ramp will be on your left. *Remember to yield to pedestrians on the bridge.*
9. At the end of the bridge, make a left onto Hudson Terrace, and proceed down through traffic light. (Caution: Steep hill.)
10. Halfway down the hill, make the *second left* onto Henry Hudson Drive (aka River Road). Be careful, this road often has a chain across it to control automobile traffic. (Note: State park regulations mandate helmets on this road.) There is a 1-mile climb (400 ft. elevation) at the end of this road, with a Park Police Station at the top on the right - good for a pit stop.
11. Pass the Police Station, and take a left onto 9W South to return to the bridge.
12. Off 9W South, turn left onto Palisade Ave.
13. Make a right onto Hudson Terrace and follow back to the GWB.
14. Take a right at the ramp exit, then a right at Cabirini (retracing your previous turns).
15. Left on 176 th St.
16. Right on Ft. Washington Ave.

Here you have two options:

Either take a right at W. 165th, and a left on Riverside (the way you came); or

Take a left at W. 165th, and a right on St. Nicholas. Ride the extra wide bike lane back to the park.

*Flashback:
Did you know that police used to bar cyclists from River Road? After several demos and a few arrests, T.A. won bike access in 1989.*

Cue Sheets from the Information Superhighway

Summer means serious riding! Whether you've been wanting to log some serious distance in training for the last NYC Century Ride [Sept. 12th] of the millennium

or just explore, our on-line research can help. We've compiled some good web sites that furnish you with exact turn sheets for rides throughout the area and beyond. First, start by checking out our last six joyrides (#25 - 30) on the T.A. web site at

<http://www.transalt.org/contents.html>. Turn sheets with mileage are provided with such destinations as the Rockaways, Little Neck, and Red Hook. In addition, you'll find an abundance of links to surf through in our library. Another good resource with free cue sheets on-line is the Fast and Fabulous site, which lists trips to the Kensico Dam and Bear Mountain, among others. Check them out at <http://www.fastnfab.org/cuesheets.htm>. If you're considering tackling the Garden State, Daniel Convissor has put together a fantastic site at <http://www.panix.com/~danielc/routes/micro.cgi>, which links New Jersey cities into an array from which you can navigate via personalized turn sheets. Simply build your route by clicking the path of the cities you wish to travel through, and his Micro Route Builder will print out the way. Just to the north lies Orange County, within reach of many Metro North stops. If you're interested in exploring it, the Orange County Bicycle Club's web site lists dozens of turn sheets at <http://www.sussexonline.com/ocbc/Rides.htm>. Finally, if you're looking to get some good ideas for riding way outside the metro area, visit the oddly named Uncle Barn Bicycle Cue Sheet Exchange at <http://www.unclebarn.turnhere.com>. This site boasts nearly 700 cue sheets from almost every state in the nation. Peruse the list for free, but it will cost you a couple of bucks to get a copy unless the particular county you wish to ride in is underwritten by a local bike shop or you trade in a ride design of your own.

TELL THE RAMONES...

With the reconstruction of the Marine Parkway Bridge slated to last until the year 2002, the city has cut off the most popular route for cyclists to get to the Rockaways. For peds and cyclists, there is the promise of a shuttle bus from spring to fall to transport them over the bridge (see article on page 2), but if you're stubborn like many NYC cyclists you'll still want to bike there without assistance. Your only option: using the Veterans Memorial Bridge which lies many miles east.

However, it is a long detour, roughly 10 extra miles each way. But fear not—we've got a route that's simple and safe. Clip and save for beach trips next year. Note: If you get too tired on the way out, you can always take the A train back to the mainland.

- START:** Start at Shore Parkway Greenway @ Brigham Street near the Windjammer Hotel in Sheepshead Bay
- 0.0 Enter the Shore Parkway Bike Path
 - 1.2 Cross Flatbush Avenue and continue east on bike path (note: this is where you would normally turn right and go out to Marine Parkway Bridge)
 - 6.2 Left over bridge to Pennsylvania Ave.
 - 7.1 Right on Cozine
 - 8.2 Left on Crescent
 - 8.5 Right on Loring, ride through apparent dead end, around hump of dirt, becomes 149th Avenue on the other side.
 - 9.5 Right on 84th Street.
 - 10.0 Right on Shore Parkway then immediate left and go under expressway. 84th Street continues on the other side.
 - 10.1 Left on 164th Avenue.
 - 11.3 Right on Cross Bay Blvd. Bike lane will appear as you cross the first bridge. Ride bike lane until it ends (about four long miles), then cross street (a good deli stop right behind here too), go behind and to the left of toll plaza and enter the ped/bike path of the Veterans Mem. Bridge. Rock, Rock, Rockaway Beach.

Break out the jackets – It's time for cool weather riding!



Seth Asher, an active member of T.A.'s Brooklyn Committee, has put together a fabulous joyride for us. Unfortunately, his turn sheet is way too long to print, so we'll post it on our web site at www.transalt.org. After reading the listing below, how could anyone miss this ride? Save the date!

For urban explorers...

So you love Brooklyn? Well come enjoy the eclectic mix of parks, historical sites, interesting architecture and waterfront views. Encompassing the exciting cement of South Brooklyn Height, Fort Greene, Gowanus, Clinton Hill, Weeksville, Greenpoint, Red Hook, and Vinegar Hill, we'll ride through diverse and fascinating communities on this mostly flat ride. There will be several stops for sightseeing, and riders should pack a lunch or bring lunch money.

Special note: we'll look closely at little-known Willowtown, with its radical (probably illegal) street greening, mid-19th

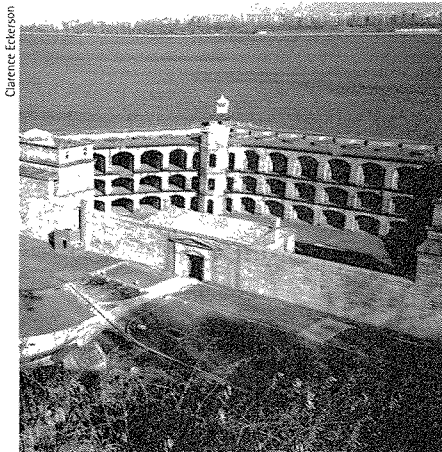
Century architecture, and urban ambiance. We'll also explore aspects of the area's street design, local history, spots of interesting urban in-fill and a pioneering example (later mutilated by expressway construction) of gorgeously designed working-class housing. Even for the very well explored Brooklynite, there are still loads of must-see treats on this one!

Do this ride with fellow T.A. members. Free. Meet Saturday, Nov. 20 @ 9am at Brooklyn Boro Hall, Cadman Plaza at Montague Street in front of Christopher Columbus statue. Subway access via 2, 3, 4, 5, A or F to Borough Hall stop. Or N, R to Court Street. Reminder: this is an official 5BBC ride, so all 5BBC rules, including mandatory helmets, apply.

Staten Island Winter Shore Tour

Recently, T.A. volunteer extraordinaire Lisa Freedman has been asking: "When are you coming to Staten Island to host a joyride?" Well, she got tired of grumbling and put together a marvelous, nearly traffic-free 25 mile route that highlights the Eastern shore of Staten Island. Included are distinctive views of the Verrazano Narrows Bridge and a visit to the Fort Wadsworth ramparts and gun batteries. Lisa also plans on visiting the beach (what?!) so wear your layers. Or bring your bathing suit if you've got polar bear blood.

If you've never been to Staten Island, this is a great way to get started. A road bike can make the trip but a hybrid or mountain bike is preferable. Also, the first two miles can be a bit confusing. Just remember: stay along the waterfront using Front and Murray Hulbert streets and you'll be fine.



Clarence Eckerson

Historic Ft. Wadsworth was designed to protect New York City from hostile invasion.

Do This Joyride!
 Meet Sunday, January 9th @ 11 am at top of ferry ramp in Staten Island. This means you must catch the 10:30 am ferry (also no charge!) from Manhattan. Leisurely pace. Bring a lock since we might tack on optional ice-skating at the end if time permits. Snow or rain cancels, but Lisa says she's riding no matter the temp. (That means she really wants us to come.)

Staten Island Winter Shore Tour

25 Miles

by Lisa Freedman

START: Staten Island Ferry. Exit, ride up the ramp.

- 0 Make a sharp **Left** on Bay, then another immediate **Left**. Go down ramp, then **Right** and ride thru park between historic buildings.
- 0.4 Continue along waterfront. **Right** on Murray Hulbert, fast **Left** on Front.
- 0.5 Ahead is Murray Hulbert again. DO NOT go over bridge on Hannah. The Navy port will be up on the left.
- 1.0 Becomes Front St. (yes, again!)
- 1.7 **Left** on Edgewater
- 2.3 **Right** on Hylan Blvd. Option to visit Alice Austen House, famous pioneering Staten Island photographer (\$5 admission) on return trip.
- 2.6 **Left** on Bay. Becomes New York Avenue.
- 3.5 **Left** on Tompkins. Fort Wadsworth Civil War gun batteries up ahead. Wow! Bring a camera.
- 3.6 Make a **Right** and go down hill and under VN bridge.
- 3.9 **Right** on Hudson (unmarked) followed by quick **Left** on USS North Carolina Road. Road will wend through military housing. Stay on or else you will hit a dead end.
- 4.8 **Left** on Tennessee, then quick **Left** on McClean.
- 5.1 **Left** on Lilly Pond Bike Lane. Becomes Father Capodanno.
- 5.6 **Left** on Doty to access Boardwalk. Turn **Right** and ride to end.
- 7.9 Use dirt path (for 100 ft.) to get to Cedar Grove Ave which cuts through ballfields.
- 8.3 Continue on Cedar Grove on other side.
- 8.8 **Right** on Ebits
- 9.4 **Left** on Mill Rd
- 10.0 **Right** on Guyon
- 10.3 **Left** on Hylan (Careful- Heavy traffic!)
- 10.8 **Left** into Great Kills National Park. About two miles in is the beach and Crookes Point. After a short stay, turn around and retrace steps back to ferry.

Lions, tigers, and bicyclists, oh my!

Spring's just around the corner so come join us as we take an excursion to The Queens Zoo located in Flushing Meadows Park. Here you'll see animals in their natural environment while we, the homo sapiens cyclinus, must keep to an enclosed path so the animals may taunt and make silly Far Side jokes about us (just kidding...we hope.) In addition, it's the permanent residence of that coyote that was running loose in Central Park last year and it features an adjacent petting zoo. You can easily visit both in an hour. Admission fee is \$2.50. Round trip distance clocks in at 18 miles.

Thanks for this month's cue sheet goes to Trudy Hutter, who along with Ann Shorter are the coordinators of The Week-day Cyclists (TWC), a loosely-knit cluster of cyclists that enjoy riding together. All TWC rides are free. Trudy extends an open invitation to all.

For more information visit The Week-day Cyclists' website at:

<http://members.aol.com/trudyth>

Do this ride with Trudy and Ann!

Sunday, March 26th at 10 AM.

Very Important: Meet at the Roosevelt Island Tram near QBB (not Central Park), on 2nd Ave, between 59th - 60th Street. Bring a snack (or get food on the way), locks, and admission for the zoo. Closest subway stop is 4,5 or 6 to 59th street. Bad weather cancels.

TWC Ride to the Queens Wildlife Center in Flushing

KEY: BR = Bear Right; BL = Bear Left

- Start** Boathouse in Central Park
- Right** East Dr
- Right** 72 St Terrace Dr
- Left** West Drive
- Right** Seventh Ave South Exit
- Left** 58 St
- Left** 1 Ave (Stay on **Left** side)
- Left** 60 St (SW corner of 1 Ave/60 St), (CAUTION: Do not enter 60 St) go through gate to enter Queensboro Bridge North Pathway
- Left** Queens Plaza North
- Right** 23 St
- Left** 40 Ave
- Right** Vernon Blvd to end
- Left** 8 St
- Right** 27 Ave
- Left** 12 St (takes you into Shore Rd)
- Cross** Astoria Blvd & on **Right** corner go up path to restrooms on **Right**
- Ahead** Shore Blvd
- BR** Onto Shore Blvd
- Right** 20 Ave
- Left** 41 St
- Right** 19 Ave to end (81 St)
- Right** 81 St
- BL** Ditmars Blvd (prepare to make **left** on to 23 Ave after overpass)
- Left** 23 Ave
- Left** 86 St
- Right** Ditmars Blvd
- Left** Astoria Blvd
- BR** Astoria Blvd/114 St
- Ahead** 114 St
- Right** Roosevelt Ave
- STOP** 111 St & make **Left** to deli on opposite corner to pick up lunch
- Ahead** 111 St
- Left** 56 Ave to enter Flushing Meadow Park
- BL** After entering park & ahead to fountain
- BL** Go halfway around fountain & follow path ahead for about the distance of one block - Zoo at left
- Enter** Zoo & eat lunch at tables/picnic area at Water Seal exhibit
- Return:** to Boathouse in Central Park
- Left** When exiting main zoo
- Left** Go over overpass
- Right** On exiting overpass
- BR** Go over overpass
- Right** On exiting overpass
- Ahead** Follow path around right (west) side of lake end
- Exit** Pathway (narrow dirt path) onto Jewel Ave
- Right** Jewel Ave
- Left** 110 St
- Right** 70 Rd
- Left** 108 St (71 Ave/Continental Ave)
- Right** Exeter St
- Cross** Yellowstone Blvd (BL & look for Alderton ahead)
- Right** Alderton
- Left** 63 Ave/Juniper Blvd N
- Stop** Juniper Valley Park for water & restrooms
- Right** Lutheran Ave (NW corner of park)
- Left** Eliot Ave
- Right** Fresh Pond Rd
- BL** 61 St
- Left** Flushing Ave
- Right** Rust St/56 Rd
- Ahead** 56 Rd
- Left** Laurel Hill Rd/Review Ave
- Ahead** Review Ave
- Left** Borden Ave
- Right** Vernon Blvd
- BR** 10 St
- Right** Queens Plaza South
- Ahead**
- & Cross** Pedestrian crossing to Queens Plaza North for Northern Pathway or Shuttle Bus
- Left** 1 Ave
- Left** 72 St (Cross 5 Ave & Enter Central Park)
- Right** East Drive
- Left** Boathouse

Reach the (Long) Beach

Open up any NYC bike map and look waaaaay down in the lower right corner. That's Long Beach in Nassau County and you can get there from here. Though it's a long way—55 miles round trip—it's a very fun way to get in a workout and a dose of sun. Good things: little stopping, few turns and hardly any traffic lights. Bad: potential for omnipresent

headwind. Best: if you get too tired to return, you can bail out via the LIRR in Long Beach (remember to bring your bike pass) or hop on the A train (only five miles away in the Rockaways). Route out is 32 miles; return is 23.

Note: Due to Marine Parkway Bridge closure (see pg. 6), this route uses the Veteran's Memorial Bridge.

START: Prospect Park entrance at Grand Army Plaza. Enter Park.

- 1.6 Exit South end. Go halfway 'round traffic circle and continue on Coney Island Avenue.
- 2.1 L Albemarle (don't miss it!)
- 2.4 R Rugby Road
- 4.0 L Ave K
- 4.6 R Bedford
- 7.4 L Emmons
- 8.0 Enter Shore Parkway Bike Path at Bingham
- 14.0 L Pennsylvania
- 15.0 R Cozine
- 16.2 L Crescent
- 16.6 R Loring (continue around dirt pile "dead end" becomes 149th St on other side)
- 17.5 R 84th St
- 17.9 R Shore Parkway, then L 156th Ave which becomes 84th again under overpass
- 18.9 L 164th Ave
- 19.3 R Cross Bay Boulevard Bike Lane. Go over Abadabo Bridge.
- 23.1 L at end of bike lane to cross over Veteran's Memorial Bridge.



Clarence!



Do this ride with the cast of *Baywatch!* Okay, you'll have to settle for Clarence and the world famous Hal Ruzal! Saturday, May 20th. Leaves 9:30am sharp from Prospect Park (see below). Bring a spare tube. We'll lunch in Long Beach, spend an hour at the beach, then return. Expect to maintain a pace of 10-12 mph. (This should not be your first ride of the season!)

24.0 At end of ramp continue L (East) on Beach Channel Drive

26.7 Pass under subway trestle. Becomes Seagirt Blvd.

28.3 Look for bike signs, veer R on sidewalk to cross Atlantic Beach Bridge

28.8 L Park, becomes Beech

31.6 R New York Ave

31.7 YOU'VE REACHED THE BEACH!

For the return re-trace your steps back to Howard Beach.

After passing around dirt pile on Loring, continue, then pick up the following directions....

- 47.1 L Crescent
- 47.4 R Cozine
- 49.4 L 103rd
- 49.5 R Flatlands Ave
- 50.0 R 94th St.
- 51.0 L Ave A, R 92nd St., R Church, L E 95st to cross Linden Blvd safely
- 52.2 L East NY
- 52.3 R Rochester, THEN immediate L on Crown
- 54.0 R Washington Ave
- 54.6 L Eastern Parkway back to Grand Army

A Spiritual Journey

The New York Chinese Scholar's Garden By Alfredo Garcia



Leave the heat, stress and turmoil of everyday life in Gotham for the cool and calm of one of the few Zen gardens in the country. The ride covers 20 mainly flat miles. Bring a lock and \$4.00 to cover admission. If you'd like to take this Joyride

with its creator and a happy group of fellow pilgrims meet on Sunday July 15, at 9:15am at the Manhattan dock of the Staten Island Ferry on the lower level in front of the newsstand. Do not be late or you will miss the ferry.

Start: Parking Lot 2, Staten Island Ferry, St. George Terminal

Dir. Description

- L Vehicle Ramp
- R Richmond Terr.
- L Tysen St. CAREFUL @ TURN — take to end
- R Henderson Ave.
- L Bement Ave.
- R Cary Ave. / Post Ave.
- L Decker Ave.
- R Catherine St.
- L Pt. Richmond Ave.
- R Walker St.
- L Morningstar Rd.
- L St. Adalbert Pl.
- R Forest Ave.
- X South Ave.
- X Home Depot RR
- X Joseph Manna Park

- L Gulf Ave.
- R Edward Curry Ave.
- X Mill Pond Park
- L Chelsea Rd. take to end
- R South Ave.
- X RR tracks
- X West Shore Plaza mall
- L Meredith Ave. to bridge halfway and turn back
- R South Ave. – Long Stretch
- R Forest Ave.
- X A&P Supermarket – POSSIBLE FOOD STOP
- L Simonson Ave. – CAREFUL @ TURN
- R Walker St.
- L Pt. Richmond Ave.
- R Catherine St.
- L Decker Ave.
- R Post Ave. / Cary Ave.
- L Bement Ave.

- R Henderson Ave.
- L Kissel Ave.
- R Harbor Rd. – to Snug Harbor Cultural Center
- R Richmond Terr. OR L to RH Tug restaurant
- X Nicholas St.
- BR Stuyvesant Pl.
- X Staten Island Institute of Arts & Science
- L Wall St. - downhill
- X Richmond Terr.
- S Ramp to St. George Staten Island Ferry Terminal - FIN!

Cuesheet Symbols:
L=Left, R=Right, B=Bear, S=Straight, X=Cross, @=At, RR=Rest Room

*The New York Chinese Scholar's Garden
By Alfredo Garcia*

Henry Hudson Trail / Sandy Hook

DO THIS RIDE ON YOUR OWN OR join the 5BBC on Oct. 21 to ride in a group. This is a gorgeous 35-40 mile route to Monmouth County, New Jersey. From NYC, the Seastreak ferry leaves either from 34th St. & FDR Dr. or Pier 11 near South Street Seaport. It takes 45 minutes to travel to the town of Highlands, NJ. Round trip fare with bike is \$27. A bit steep, but the trip is worth it. From there, the cuesheet will give a route. Happy cycling.

L=Left, R=Right, X=Cross, P=Pass, S=Straight,
1=First

**START: SEASTREAK FERRY TERMINAL,
HIGHLANDS, NJ**

- S Willow St. (no sign)
- L Shore Dr.
- R Water Witch Ave. (Steep Climb)
- BR Linden Ave. (another climb)
- BR Red Bank Scenic Rd. (yet another climb)
- BR Ocean Blvd.
- X Mt. Mitchill Overlook, R
- S Ocean Blvd. (Steep Descent)
- R Ocean Blvd. (tricky turn, go right)
- X Hofbrauhaus restaurant
- L First Ave.
- X Mike's Bike Shop on L
- R Highland Ave.
- L Ave. D
- R Kennedy Ct. & Leonard Ave.—start Henry Hudson Trail
10 miles stretch to end—**BE ALERT @ INTERSECTIONS!**
- X Red Caboose car, on R
- X McMahon Park, restrooms on R, maybe orange gatorade
- X Naval Weapons Station Earle,
- X 4-5 wooden bridges ahead
- X Maple Pl. -Cornucopia Restaurant on L (732) 739-6888, <http://www.cornucopia-cruise.com>
Trail ends @ Clark St./Lloyd Rd.
Retrace to beginning of trail—**BE ALERT @ INTERSECTIONS!**
- L Ave. D
- R Leonard Ave.
- R First Ave.
- L Rt. 36 (NOTE: busy traffic—stay on wide shoulder, R)
Rolling hills, but fun stretch
- R Portland Rd. near Off The Hook restaurant, before Shrewdsbury Bridge
- 1R Highland Ave.
- L Lighthouse Rd. (that's why this is Highlands)
STEEP climb
To Navesink Twin Lights

- Dir. Turn/Street/Road
Retrace to Rt. 36, towards bridge
- R Shrewsbury Bridge (watch metal grating)
FOLLOW SIGNS TO SANDY HOOK RAMP
- R Ramp to Sandy Hook
- S Sandy Hook entrance
Do perimeter ride, stay on R
- X Gull's Nest restaurant, on R
- X Visitor Center, on R
- R Atlantic Ave.
- R Atlantic Ave.
- X Gunnison Beach
- X North Beach
- BL** to end of Atlantic Ave.
- X Coast Guard Station
- L Hartshorne Dr. - take to end
- P Historic homes on L, Sandy Hook Bay on R
- X Sandy Hook exit - watch for traffic
- BR** Ramp to bridge, Highlands
- R Shrewsbury Bridge (watch metal grating)
- 1R North Ramp (no sign)
- L Bay Ave. — **TURN WITH CARE!!!**
- L Ocean Ave. (no sign)
- R Shore Dr.
- R Willow St. follow sign to ferry
- L Seastreak Ferry Terminal **FINI**
*Route researched by Alfredo Garcia,
circa June 2000*

Tour De Bronx

L=Left, R=Right, X=Cross, P=Pass,
S=Straight, 1=First

START: River Avenue and E. 161st Street

R	Walton Avenue	0.68
L	E. 144th street	0.22
Bear R	E. 143rd street	0.19
Bear R	X 3rd Ave. onto Alesander Avenue	0.25
L	E. 138th street	0.46
L	St. Ann's Avenue	0.27
Bear R	Cross St. Mary's Street, enter St. Mary's Park on path.	0.02
Thru Park	Follow marked paths	0.32
S	Leave park onto E. 144th Street	0.05
L	Concord Avenue	0.31
R	E. 150th Street	0.19
L	On Prospect Ave. Use bike lane.	1.46
R	Boston Road	0.23
R	Charlotte Street	0.21
S	X Minford Pl., becomes Jennings	0.25
L	on Longfellow to E. 174th street	0.37
R	on E. 174th, cross Bridge	0.27
R	on Brons River Avenue to Story	
	Caution crossing Bruckner Espwy	1.00
L	On Story to Colgate	0.10
R	Colgate	0.14
L	Lafayette	0.39
R	Enter follow marked paths	1.27
R	Leland Avenue	0.14
L	Gildersleeve	0.18
L	White Plains Road	0.09
Bear R	continue on White Plains Road	0.34
R	Lacombe Avenue	0.26
R	Screvin Avenue	0.16
L	Norton Avenue	0.44
L	Turneur Avenue	0.24
R	Lacombe Avenue	0.11
L	Havermeyer	0.59
R	Story Avenue	0.15
L	Zerega Avenue	0.11
R	Bruckner Blvd - X drawbridge.	0.13
R	Brush Avenue	0.28
L	Lafayette Avenue	0.43
R	Cross Brons Espwy Service Road	0.37
R	Randall Avenue	0.17
L	Balcom Avenue	0.55
L	Sampson Avenue	0.11
R	Brinsmade Avenue	0.35
L	Schurz Avenue	0.60
L	Pennyfield Ave, over highway bridge	0.22
L	on Espressway Service Road	0.62
R	On Schley to Clarence	0.17
L	On Clarence to Philip	0.22
R	On Philip to Dean	0.10
L	On Dean to Lafayette	0.10
R	Lafayette Avenue	0.08
L	Shore Drive	0.30
S	Shore Drive becomes Stadium Ave.	0.82



BEGIN THIS RIDE FROM THE 161/YANKEE STADIUM STOP ON THE #4 OR D LINES. It is the 25-mile route of the annual Tour De Bronx and showcases the most beautiful cycling in The Bronx. Tour through scenic neighborhoods and gorgeous parks that will change the way you think about The Bronx. This is a great winter ride, close to the subway, in case the weather turns poor. The Tour De Bronx will be held in October, check T.A. magazine for the details.

S	Enter Pelham Bay Pk. Follow marked park paths to Visitor Center	0.32	S	Into park. Continue on marked paths.	0.39
Continue	follow marked paths	0.14	R	Leave park on Claremont Parkway	0.34
S	cross busy traffic circle	0.06	L	on Clay Avenue	0.24
R	After traffic light, enter Greenway path	0.20	Bear R	up the hill onto E. 170th street	0.08
L	take 1 fork on Greenway path	0.48	Sharp L	on Findlay Avenue	0.18
R	Cross Pelham parkway at Stillwell Avenue with WALK signal	0.02	R	on E. 169th street	0.29
L	On path	0.50	L	Grand Concourse— Use service road	0.77
R	Seymour Avenue	0.03	R	E. 161st Street	0.16
L	Pelham Parkway North	0.53	End	River Avenue	
L	Williamsbridge Rd - caution	0.09			
L	Pelham Parkway South (service road)	0.12			
R	Hering Avenue	0.32			
R	Rhineland Avenue	0.90			
L	White Plains Road	0.16			
R	Morris Park Avenue	0.48			
R	E. 180th street	0.30			
R	Boston Road	0.09			
L	On Bronx Park S. (pass Bronx Zoo)	0.40			
S	cross Crotona Parkway	0.02			
L	Southern Boulevard	0.25			
Bear R	Marmion Avenue	0.43			
L	Crotona Park North	0.10			
Sharp R	Enter Crotona Park				
S	follow marked paths	0.59			
S	cross Crotona Avenue with CAUTION				