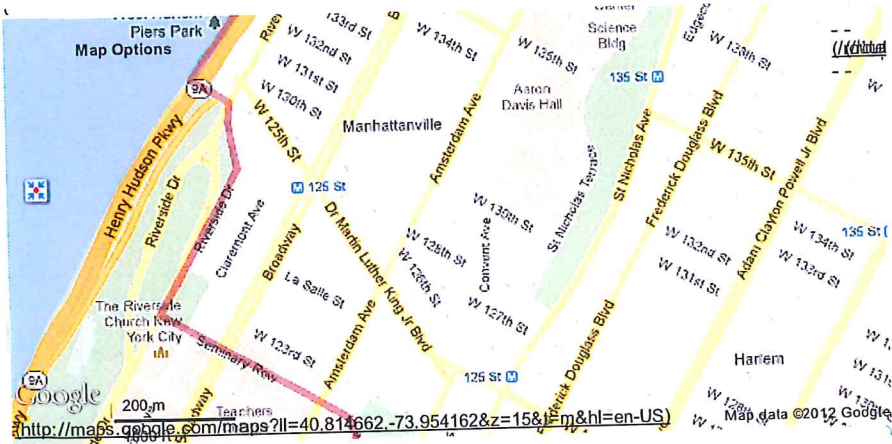
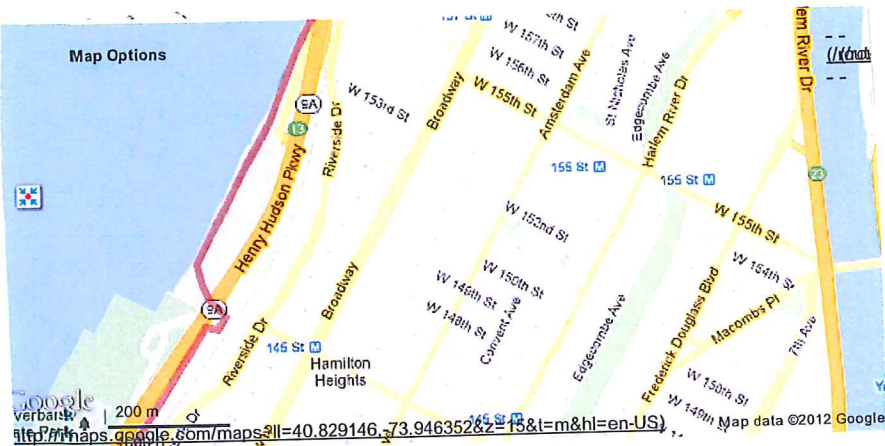


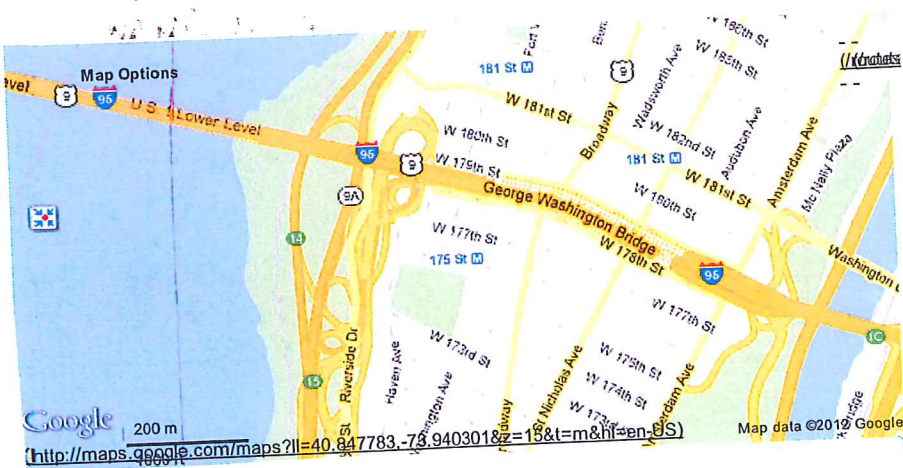
Central Park
 (1) 110th
 (R) MORNING SIDE DRIVE



MORNING SIDE DR.
 (2) 122ND
 (R) RIVERSIDE DR.

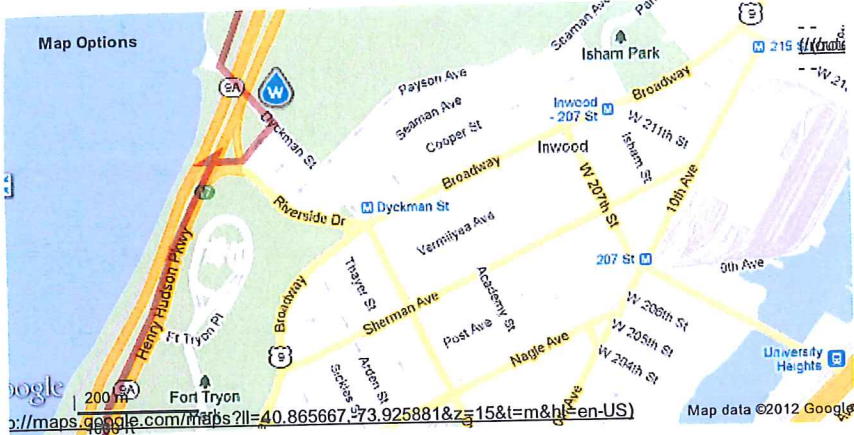


CROSS 9A
 AT 145th
 BEAR (3)
 H. HUDSON GREENWAY



UNDER GW
 BRIDGE

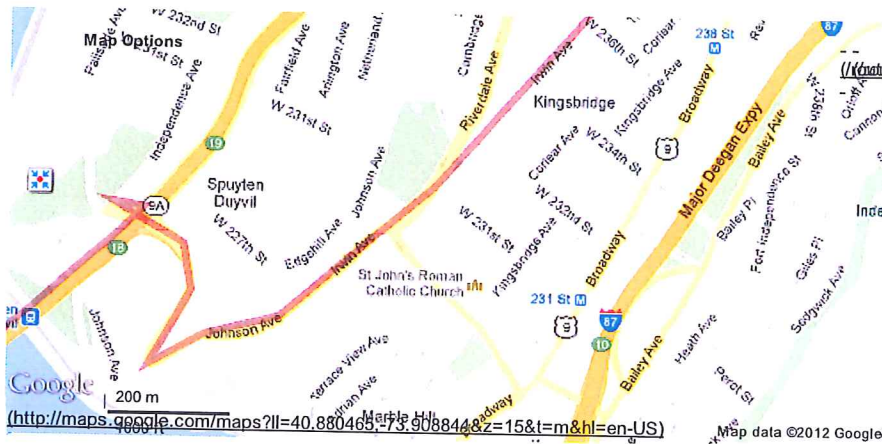
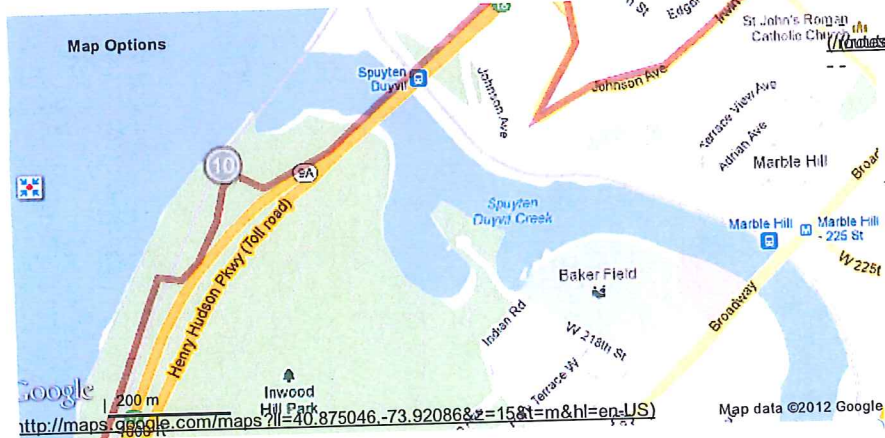
(4)



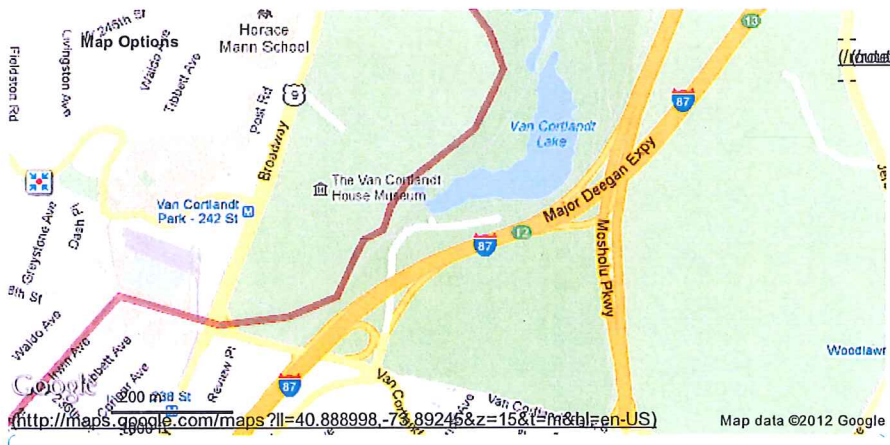
Ⓛ DYCKMAN ST
 ✖ WATER

Air 9.4

10 miles

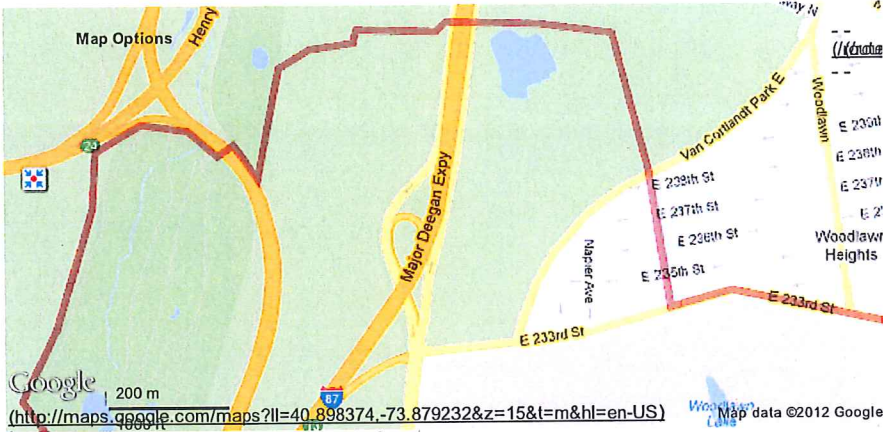


over BRIDGE (water)
 Ⓛ JOHNSON AVE
 TURNS INTO
 IRWIN AVE

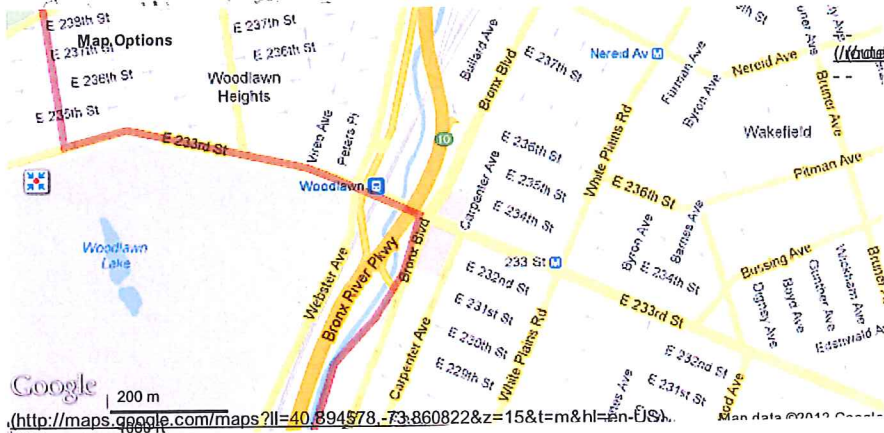


END of IRWIN
 Make Ⓛ
 + then into
 Van Cortlandt
 PARK

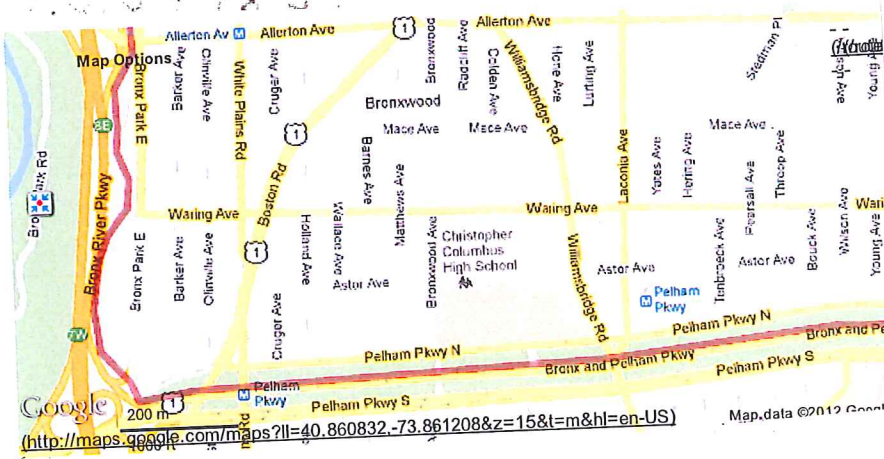
2



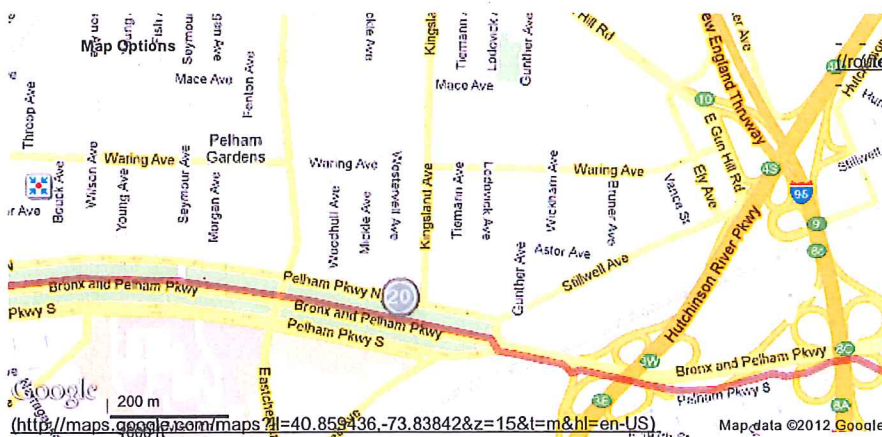
OUT OF PARK
 C VANCO PARK E
 (L) AT 233 RD ST.



(R) BRONX BLVD
 ONTO PATH



→→→
 (L) BRONX +
 PELHAM PARKWAY.

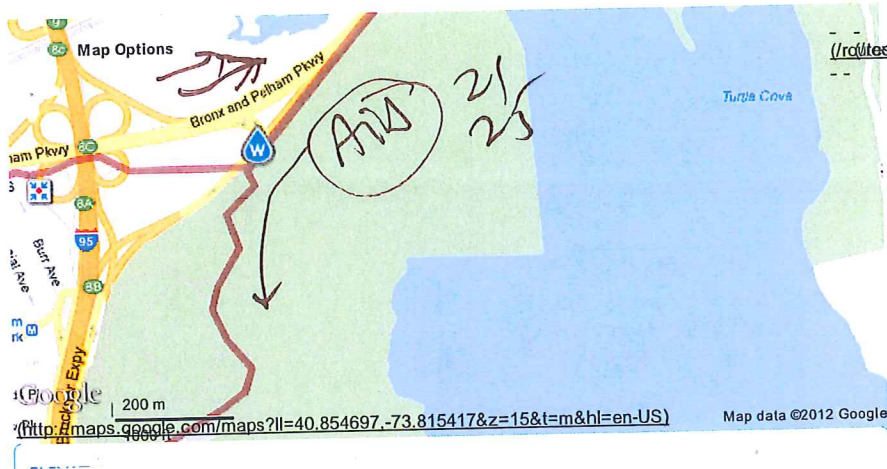


(20 miles)

Parkway +
 KINGSLAND AVE

(AID 21)

(3)



BEAR (C)
 PELHAM BRIDGE
 RD

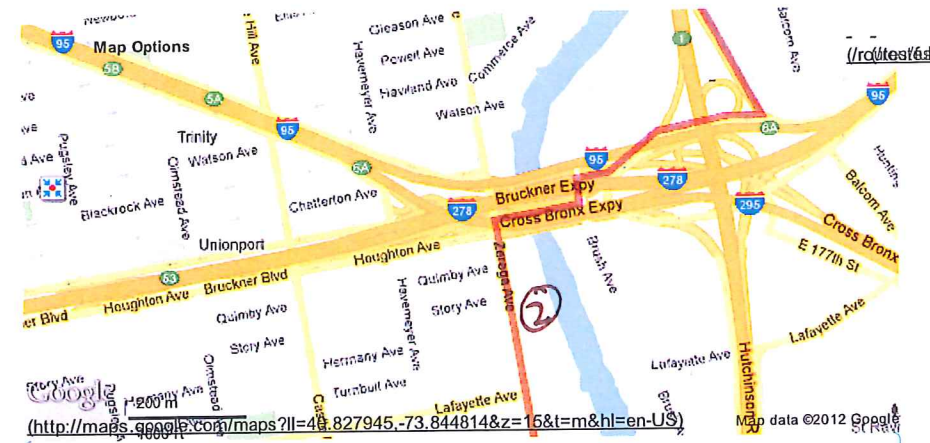
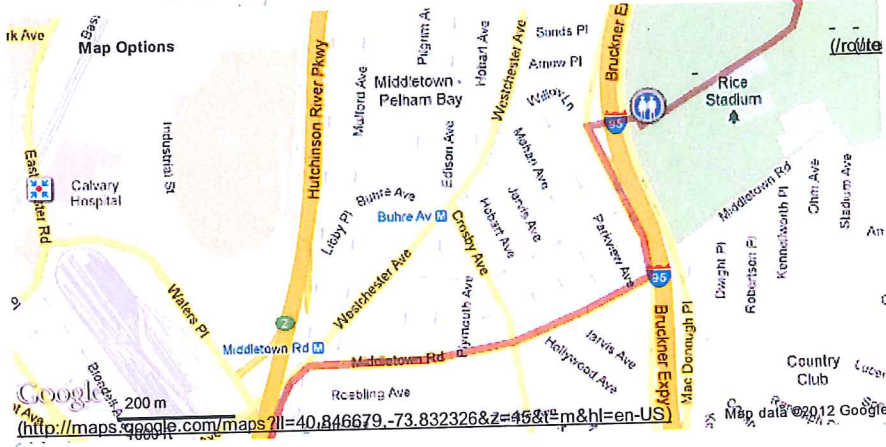
(R) CITY ISLANDS RD
 LOOP BACK
 CITY ISLANDS RD

→ BRIDGE RD
 BEAR (C)

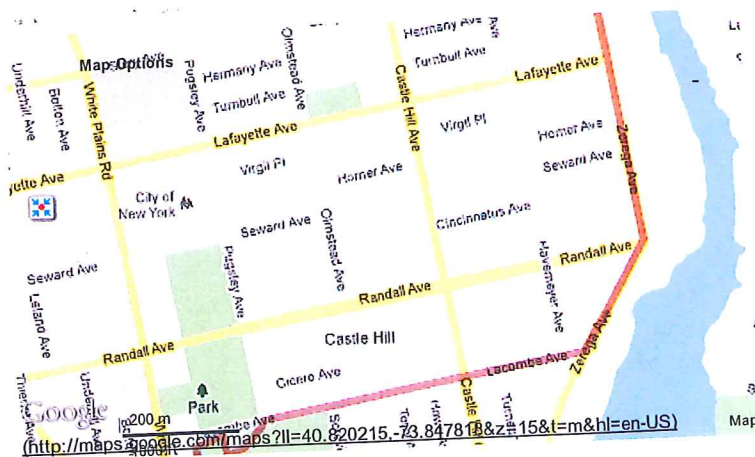
OUT OF PARK
 (C) BRUCKNER BLVD

(R) MIDDLETOWN RD

(C) BY HUTCH

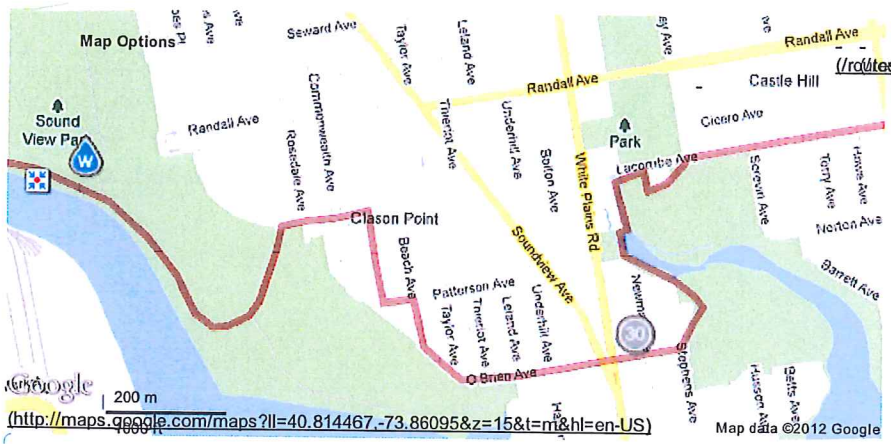


→ → →
 (R) CROSS BRONX
 (C) ZEREGA AVE



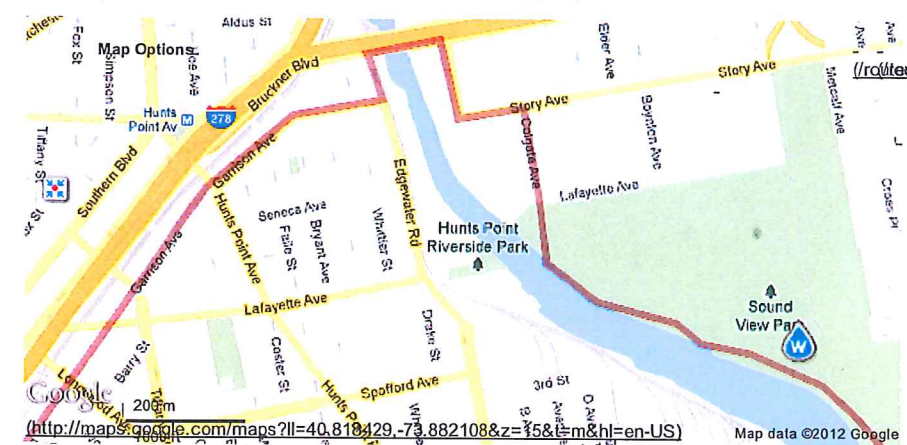
ZEREGA AVE
 (R) LACOMBE

(4)

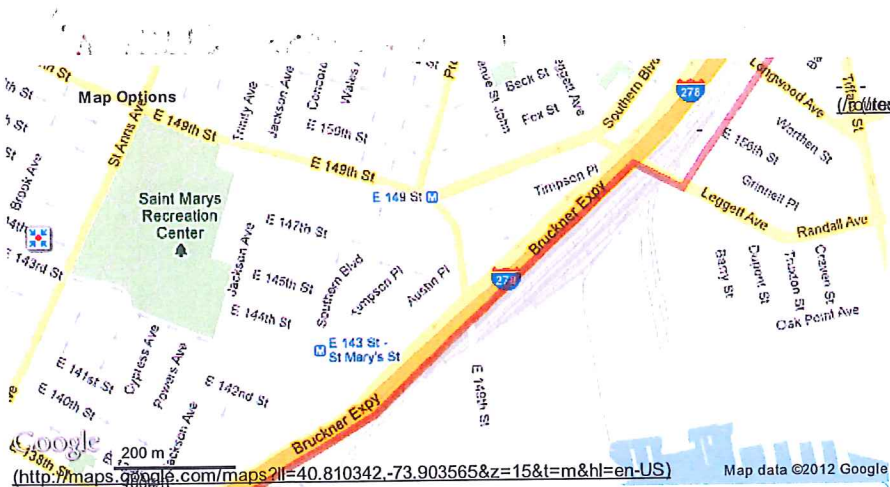


- ① Agency of Math
- Compton Ave
- ② O'BRIEN AVE
- 130 mile
- UP BEACH
- ③ to LACOMBE
- THRU PARK

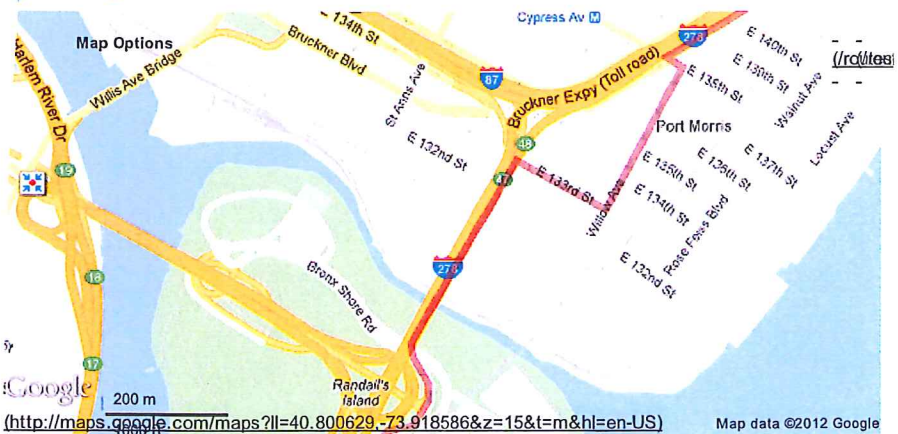
ADD 31



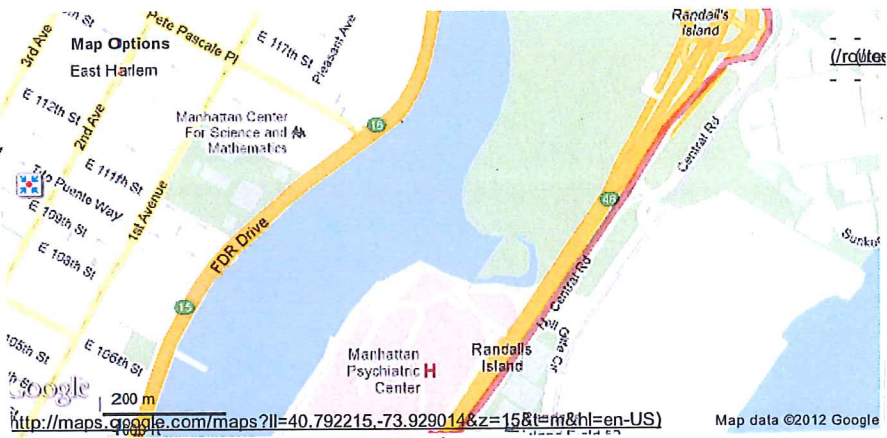
- COLGATE
- ④ STORY
- ⑤ BRONX RIVER AVE
- ⑥ MERR BRUCKNER
- ⑦ EDGEWATER
- ⑧ GARRISON



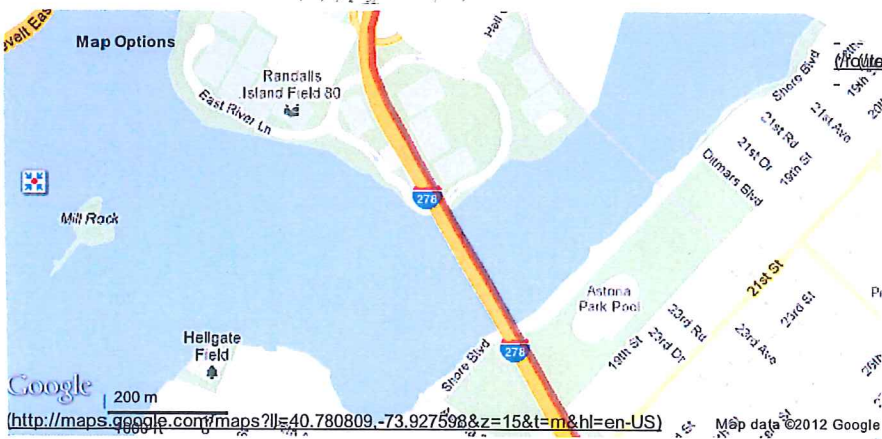
- GARRISON → →
- ⑨ LEGGETT
- ⑩ BRUCKNER



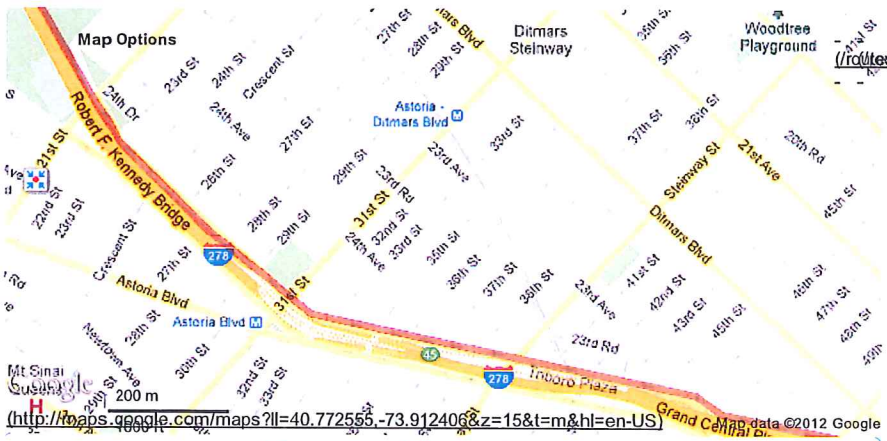
- ⑪ 138th
- ⑫ Willow
- ⑬ 133
- ⑭ 278 →
- Randell's Isle



RANDALL'S ISL



X TRIBORO



T BRIDGE
 HOYT AVE
 (C) ASTORIA BLVD (N)
 → → →
 (R) Dimars
 (C) 23RD
 → Dimars

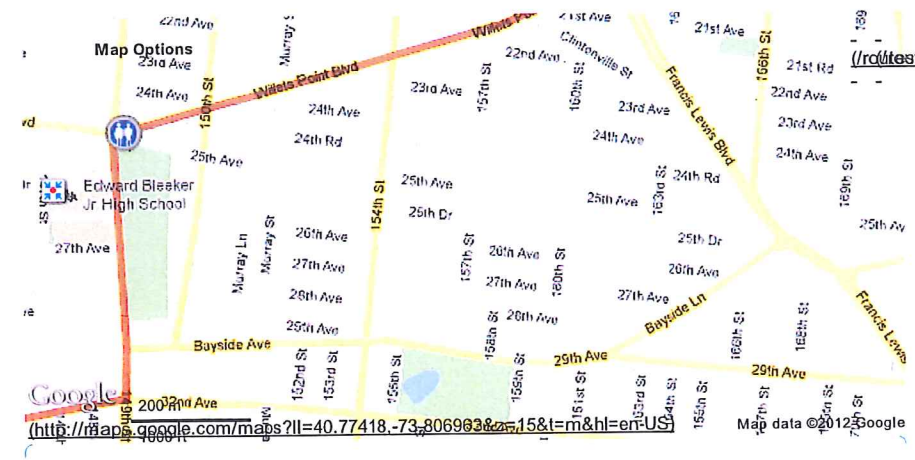


40 miles
 Dimars
 (C) 27th st
 to WATER
 FLUSHING BAY
 PLUMBERS (C)

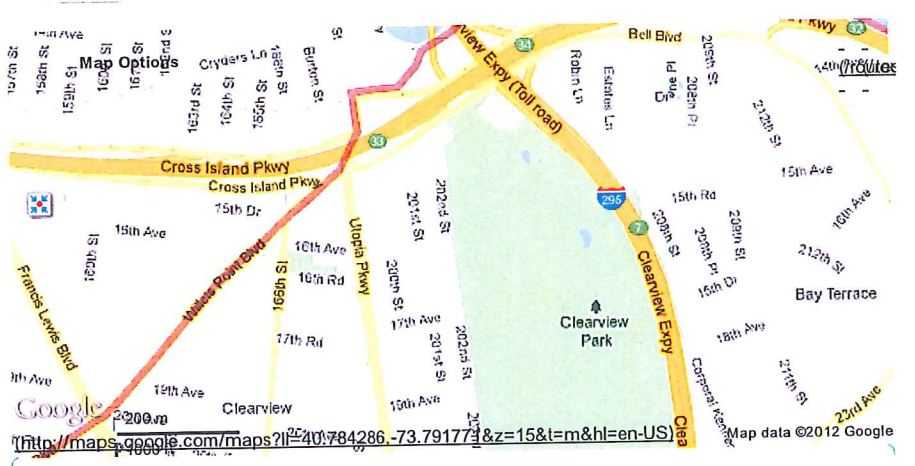
ADD 41



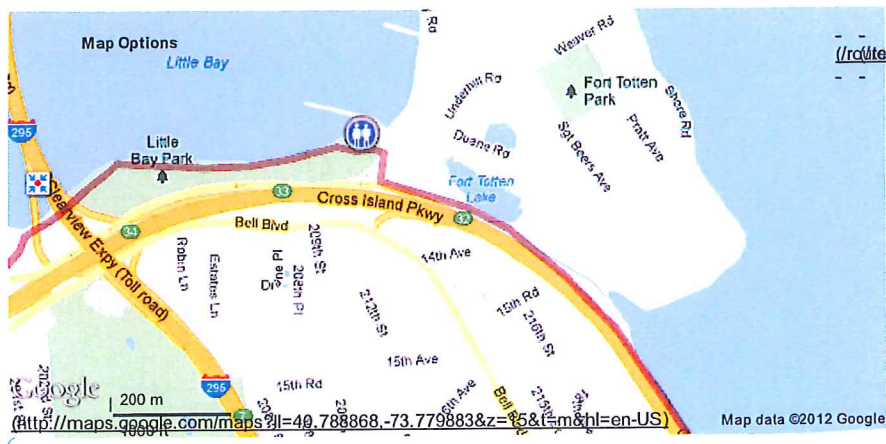
AFTER VAN WYCK
 Rte (S) (R)
 Onto 25A (NOL. BLVD)
 (U) PRINCE
 (R) 35th AVE
 (U) LEAVITT
 (R) 32ND AVE



(U) 149th
 (R) Willet's Ponds Blvd



Willet's Ponds →
 UNDER? CROSS ISLAND
 PKWY
 towards water



Parallel
 X ISLAND PKWY

(7)

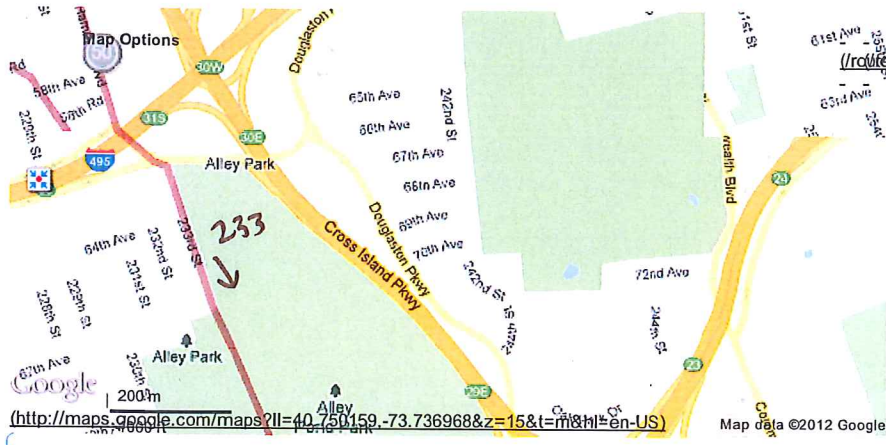


Bronx Queen @
Greenway

- (B) 25A
- (U) C 223RD ST
- (U) HURSTON PARKWAY
- (B) E. HANPTW

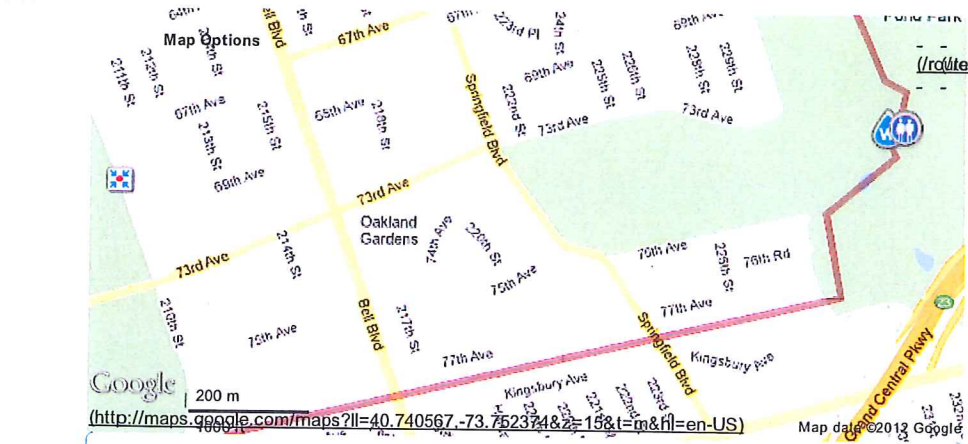
50 mile
C 5th
+ EAST HAMPTON

177th St
315th St

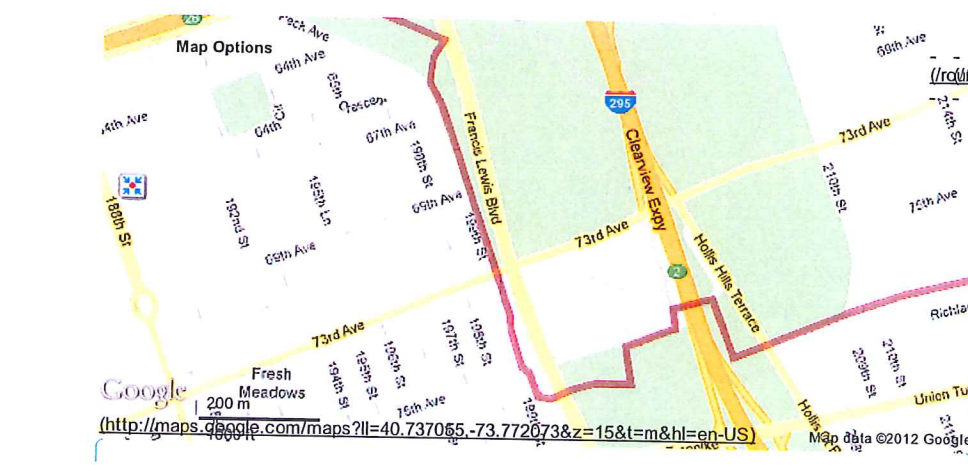


EAST HAMPTON → 233 RD

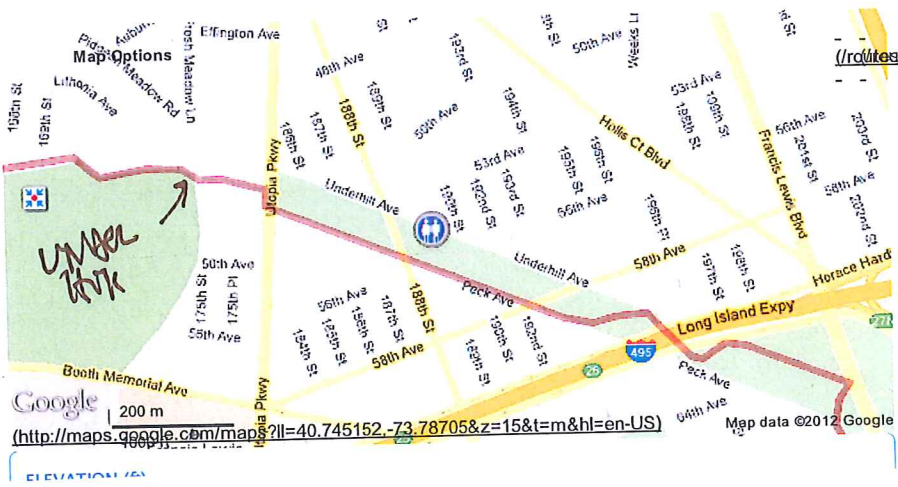
ALLEY PARK
PARKWAY
AHS 50th
ALLEY RD



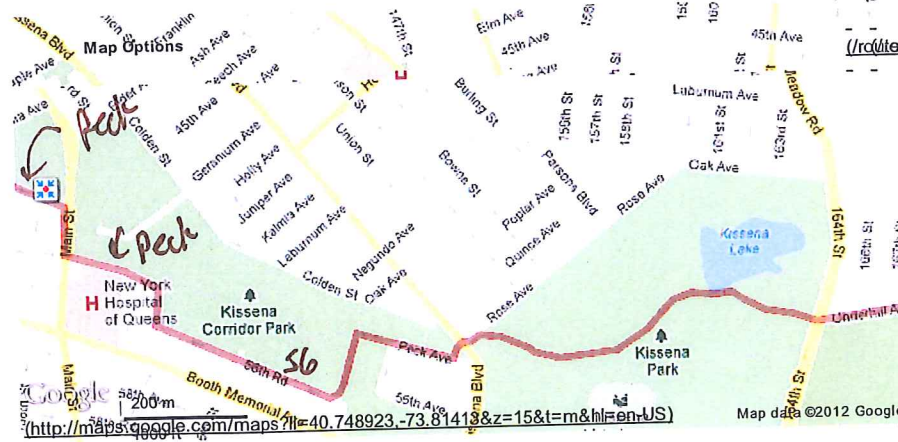
OUT OF PARK
(L.I. MALL
PKWY
(VAN DER BILT PKWY))



Still Motor Alley
(AFTER
F. LEWIS BLVD)



Mohawg →
 PECK AVE →
 X UTOPIA PKWY
 to UNSER Hill AVE
 (KISSENA PARK)



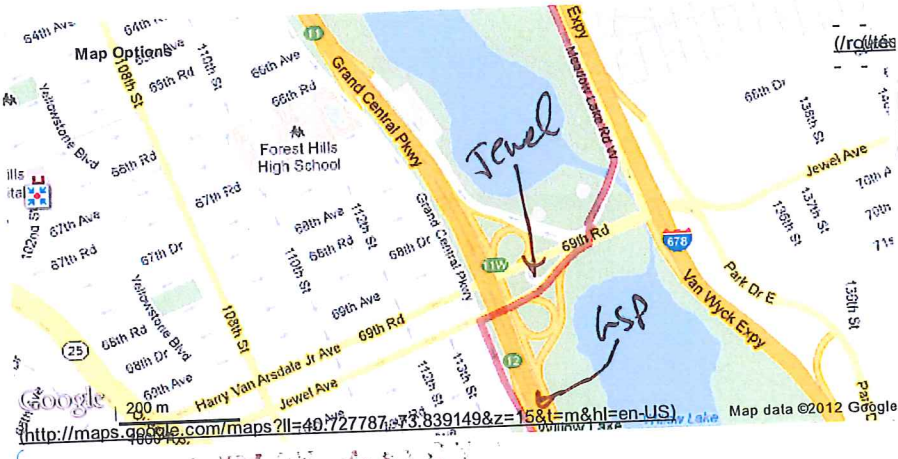
THRU PARK
 to PECK AVE
 → 56th RD
 @ 142
 @ Peck



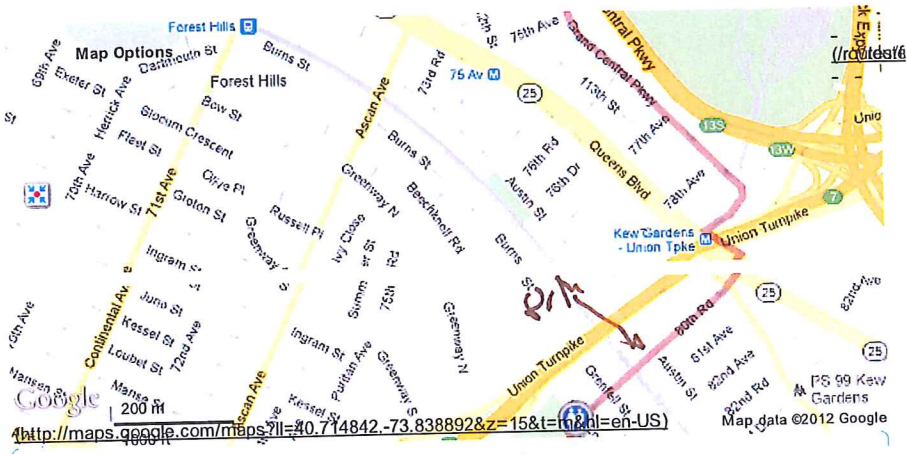
Peck → ELDER →
 → 133 RD
 → @ BOOTH M. AVE
 → Fowler → Ponds
 Unisphere | 1/5 mile
 AIDE



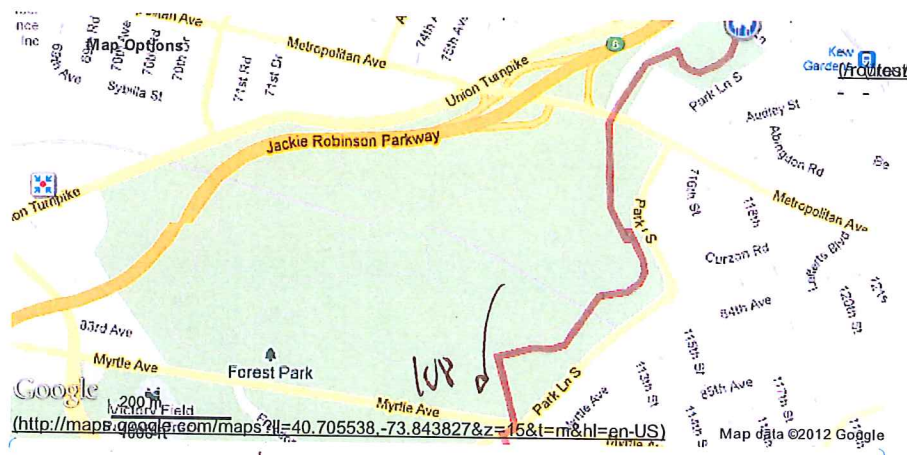
OUT of AREA
 Follow Van Wyck
 EXPRESSWAY



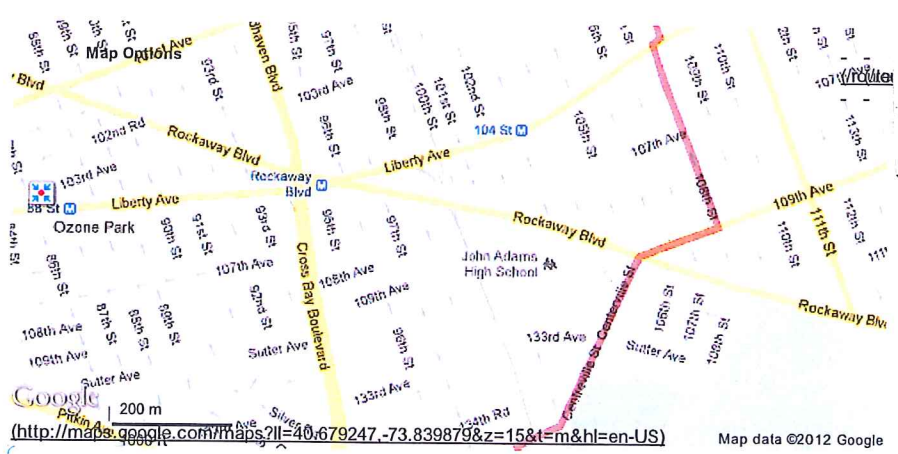
→ →
 Ben @ Jewel Rd
 @ Grand Central Pkwy



@
 X Queens Blvd
 @ Sun Rd

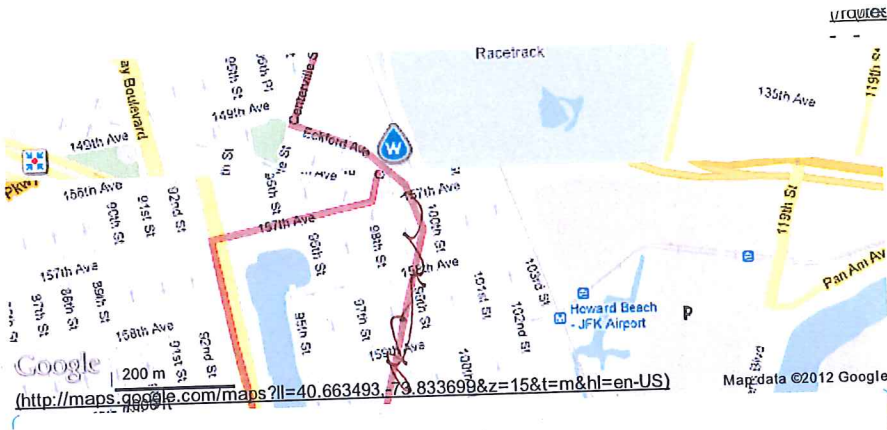


Thru park
 to 109th st



@ 109th
 @ Centerville St
 @ Hawtree →
 Centerville

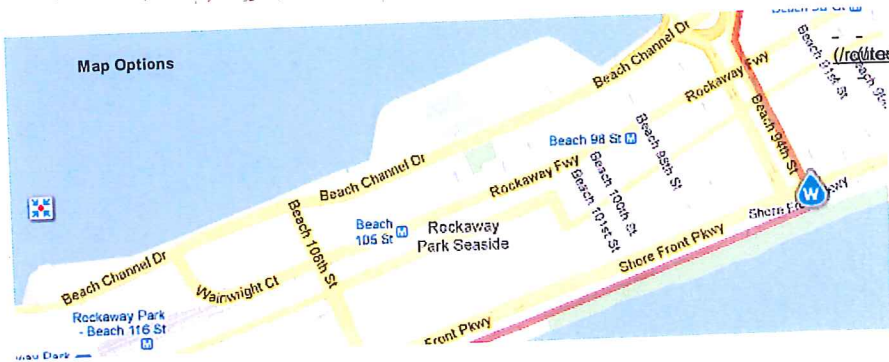
[AIDS] 64.5 Ave Over 10



Centerline
 (U) EDGEMOND →
 Ch/AAWY
 (R) 157
 (U) X BAY BLVD

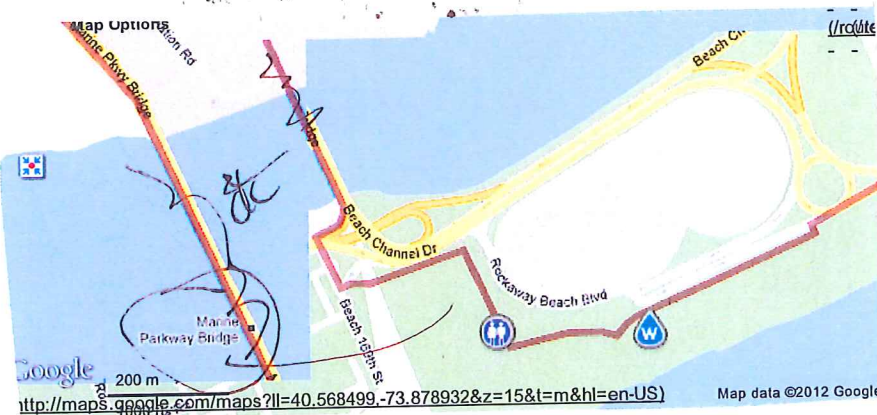


→ → CROSS BM
 (70)



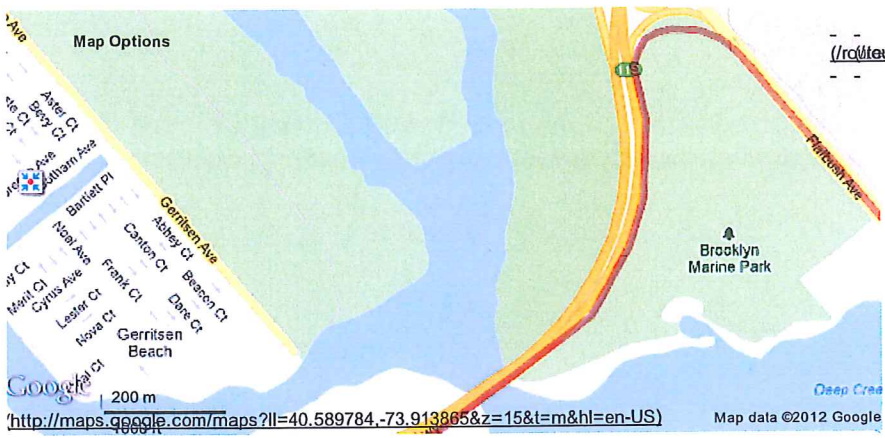
(R) AT Beach
 (A) 72

(R) 126th
 (U) Rockaway Beach
 RD



(U) Over
 Marine
 Pkwy
 BRIDGE

(A) JACOB RISS PARK
 75



Flatbush Ave
to
Belt Parkway →
Emmons Ave

80 miles

AT Emmons +
23rd



BRIGHTON BEACH
AND 81

- (L) Exeter ST
- (R) HAMPTON
- (U) CORBIN
- (R) BRIGHTON BEACH AVE
- (U) CONY ISLANDS
- (R) BARD MUSEUM

(R) up to 17th (X SURF AVE)
→ CRAPSEY AVE

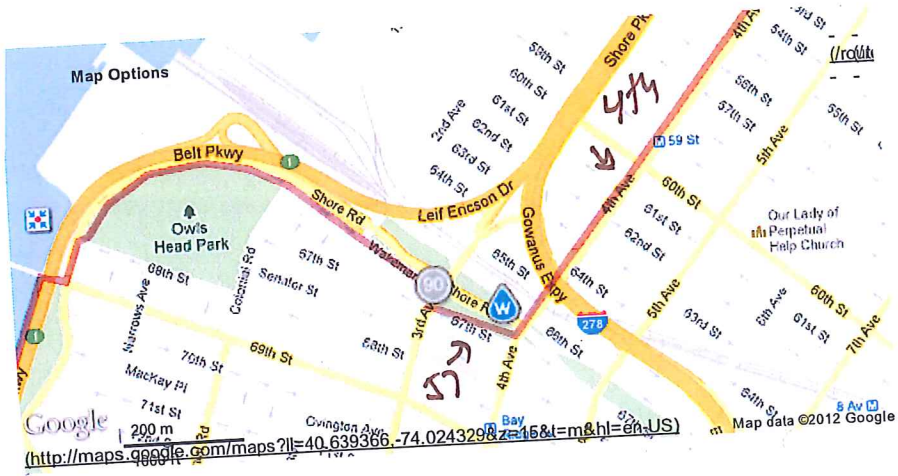
AND 85.3 BENTLEY BLVD



CRAPSEY → (U) 52nd
to shore Parkway

shore Parkway
under Verrazano

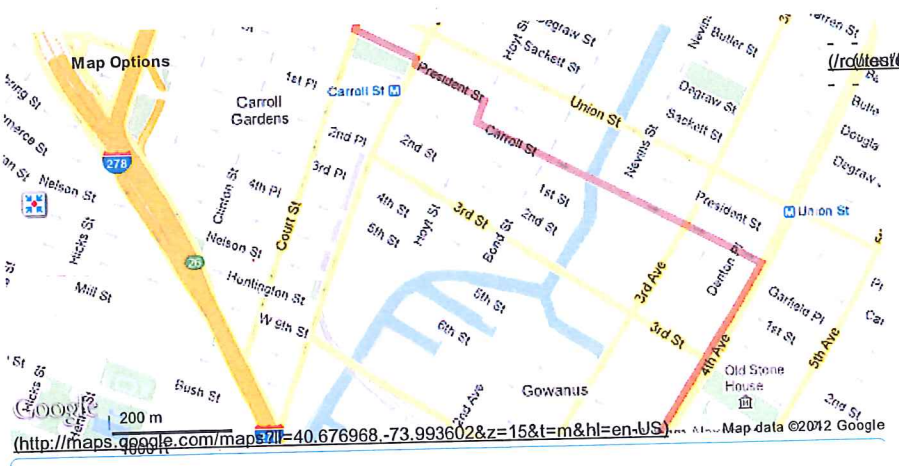
(12)



AROUND Owl's HEAD AT
 WAKEMAN PLACE
 QUICK @ 3RD AVE
 @ 57th
 @ 4th

90 Miles

AROUND 90.6 LEIF ERIKSON
 PARK



- ① CARROLL
- ② 4th
- ③ President
- ④ COURT
- ⑤ TILLY →

AROUND 95.6 BROOKLYN

⑥ LAFAYETTE

BEAR @ 4th AVE → UNION SQ PARK

@ 14th

THRU PARK TO BROADWAY!