

Route List	Route Elevation	Milage	Location	Notes
<a href="#">Hudson River Greenway Out &amp; Back</a>	142 ft / -141 ft	10	Manhattan	Route is very low in elevation. Should be accessible to cyclists of all levels. Route runs along the Hudson River Greenway and is a fully paved route.
<a href="#">Prospect Park Loop</a>	450 ft / -446 ff	10	Brooklyn	Route is very low in elevation and is a slight increase in elevation compared to the previous routes. Should be accessible to cyclists of all levels.
<a href="#">Astoria Route</a>	235 ft / -235 ft	10	Queens	Route is very low in elevation. Should be accessible to cyclists of all levels. Route is located in Astoria Queens and is a fully paved route. Mostly bike paths.
<a href="#">Tour De Bronx</a>	262 ft / -233 ft	10	Manhattan/Bronx	Route is very low in elevation. Should be accessible to cyclists of all levels. Route is goes from lower Manhattan to the south Bronx. Route is mainly goes along bike paths.
<a href="#">Deer Path (Jersey)</a>	646 ft / -646 ft	15	Jersey	Scenic route with moderate elevation. Will encounter a climb with a long slow increase in elevation. Don't worry you can do this. Route is completely paved roads, be safe and make sure to hydrate.
<a href="#">Bronx 15</a>	669 ft / -670 ft	15	Bronx	Completely paved roads. Elevation is moderate and can be somewhat challenging to new riders. No many bike lanes. Be sure to use the sidewalk when crossing Nereid and Mclean Ave bridges.
<a href="#">Queensboro Bridge</a>	711 ft / -540 ft	15	Manhattan	Route is mostly on the Hudson River Greenway. Elevation varies but is mostly low. There are some segments however with 100 ft elevation gain. Be sure to walk your bike across the Roosevelt Island Bridge.
<a href="#">Bay Ridge/Rockaway</a>	884 ft / -974 ft	20	Brooklyn	Route is mostly along the coast and bike paths. Be sure to read notes on RideWithGPS. Route starts in Bay Ridge and ends in Rockaway Ferry. Able to take the Rockaway ferry back to the city.
<a href="#">Teaneck Route</a>	909 ft / -910 ft	20	Jersey	Suburban Jersey ride. Moderate elevation. The only climb of the ride is at mile 16-17 and is very gradual. Roads are pretty wide and nicely paved
<a href="#">Palisades Park</a>	1,602ft / - 1,186ft	15	Manhattan	
<a href="#">Central Park Loops</a>	1,042 ft / -1,040 ft	20	Manhattan	This route is a simple 3 loops around Central Park Manhattan. Elevation is moderate.
<a href="#">Wed C</a>	1,065 ft / -1,063 ft	20	Jersey	Great route to begin challenging your speed and climbing. elevation is moderate. Still should aim to finish in under two hours time including rest time. Be sure to pace yourself climbing and be sure to shift properly. shift down on uphill and shift up on down hills.
<a href="#">Montclair Northfield Loop</a>	1,090 ft / -1,106 ft	20	Jersey	This route is a quick out and back. Elevation is in the 1100 +/- . Be sure to pace yourself and aim to finish in under 2 hours time. There are two climbs miles 4 and 10. Speed limit reaches 45 mph. Some roads are narrow with no shoulder. Be sure to be cautious with sharp blind turns.
<a href="#">Tenafly</a>	1,100 ft / -1,106 ft	25	Manhattan/Jersey	Moderate elevation. Make sure to hydrate and be sure to pace yourself well. Route is marked with restroom stops and food stops. Part of the route goes along the Hudson River Greenway Bike Path, and the route after is pretty residential. Mile 15-16 does have a pretty challenging hill but be sure to breath, shift down, and keep a steady pace.

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<a href="#">Bronxville</a>	1,262 ft / -1,252 ft	30	Upper Manhattan/West Bronx	Route is completely paved roads in the Bronx. Elevation is moderate. This route has several uphill so be sure to pace oneself and be hydrating. Roads vary in size and about 50% have bike lanes.
<a href="#">Bradley/Nyack Loop</a>	1,493 ft / -1,494 ft	35	Jersey	Scenic route with a variety of paved roads. Most roads are two way lanes with very little/narrow shoulders and sharp blind turns. Be sure to be always signaling and looking over your shoulder. No double spacing when in groups. Only able to double pace on a road with multiple lanes. Elevation is moderate with a few climbs and some down hills. Road speed limits didn't seem to go higher than 45mph
<a href="#">Bainbridge</a>	1,593 ft / -1,591 ft	40	Upper Manhattan/Bronx	Route is mainly in the city (Bronx) with a small section in routing through a residential area. Elevation is moderate with some gradual inclines. Be sure to use the bike lane on Grand Concourse. The roads are a mix of bike lanes or not. Also, This route can be a bit congested depending on the time of day you decide to ride. Be sure to stay vigilant and use all signals to make cars aware.
<a href="#">Kielbasa Meander</a>	1,730 ft / -1,729 ft	45	Jersey	Scenic Jersey ride. Moderate elevation with a gradual elevation increase in the beginning of the ride. Mostly routed through neighborhoods and the speed limit doesn't seem to go higher than 40 mph. Normal pavement with some roads having a shoulder and others not. Most roads are two lane roads so be sure to single pace and only double pace on busy multi road lanes for safety; two abreast in the lane farthest to the right if there is no shoulder present. Be sure to signal through the entire ride even if you're riding alone so cars are aware.
<a href="#">Westfield Garden</a>	1,760 ft / -1,760 ft	50	Jersey	Elevation is moderate. Road conditions are average. Roads are mostly two lane roads with no shoulders and a speed limit of about 40 mph.
<a href="#">Wincoma</a>	2,647 ft / -2,647	55	Long Island	Elevation is beginning to get more difficult with longer more steady climbs. Don't be scared. It is important to pace yourself well throughout your entire ride and make sure you are shifting properly during those uphills. Don't feel obligated to do the route if you are not comfortable with the elevation. It is best you continue training where you feel comfortable and know you can complete the ride. Go at your own pace. Roads are nicely paved and the speed limit doesn't go higher than 45mph. Not many roads had a shoulder so be cautious when riding.
<a href="#">Mansion Ride</a>	2,892 ft / -2,890 ft	60	Long Island	Very narrow roads. Route has several steady climbs and some sharp blind corners. Some main roads don't have shoulders but have multi lanes. Be sure to stay far right as possible. Also some roads like Shore Dr have a sidewalk if you do not feel safe on the actual road. Use your best judgement.
<a href="#">Chestnut Ridge</a>	3,472 ft / -3,477 ft	65	Mahattan/Jersey	These route roads vary in condition. Some roads have shoulders and some do not. The route goes through many residential areas and the speed limit doesn't seem to go higher than 40mph. The beginning of the route is fairly manageable. There are several climbs throughout the ride, but nothing too high of an incline.
<a href="#">Pine Brook</a>	4,051 ft / -4,051 ft	75	Jersey	Route elevation is pretty difficult. Roads vary with some having wide shoulders and others too narrow. Speed limit doesn't seem to go higher than 45mph. Some turns midway into the ride are blind sharp turns.

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<a href="#">Summit</a>	5,034 ft / -5,097 ft	80	Jersey	Route elevation is difficult. Riders should prepare for the ride by hydrating properly prior to riding. Be sure to also bring tons of nutritional snacks with you for these longer, more intense rides. Road conditions vary. Main roads are well paved and have good size shoulders. Most back roads like Frog Hollow Rd are narrow and uneven pavement. Speed limit on this route goes up to 50mph. Be your own advocate. If you ever feel unsafe be sure to remove yourself from the situation and get off your bike. Breaks/rest should happen every 15-20miles.
<a href="#">West Orange</a>	5,901 ft / -5,902	90	Jersey	Route elevation is difficult. Riders should prepare for riding by hydrating properly prior to riding. Be sure to also bring tons of nutritional snacks with you for these longer more intense rides. Road conditions vary. Main roads are well paved and have good size shoulders. Most back roads are narrow and uneven pavement. Speed limit on this route goes up to 45 mph
<a href="#">Bear Mountain</a>	6774 ft / -6774 ft	100	Manhattan/Upstate	Route is very high in elevation and the rider should properly hydrate and prepare for this long ride. Route goes along Rte 9W for the majority of the ride. Rte 9W has good shoulders for a good portion of the route. Mile 30 Rte 9W speed limit reaches 55 mph.