

Go	At	On	For
	0.0	Start of route	0.1
R	0.1	Jackson Ave	0.1
S	0.2	Cold Spring Rd	0.5
BL	0.6	TRO Cold Spring Rd	1.0
R	1.7	Stillwell Ln	1.6
R	3.2	Harbor Rd	0.3
L	3.6	Woodbury Rd	0.2
R	3.7	W Rogues Path	1.2
L	4.9	Restroom Stop - Breezy Park	0.3
L	5.2	Railroad St - Easy to miss - after Oakwood Rd	0.5
R	5.7	W Pulaski Rd	3.0
R	8.7	Cuba Hill Rd	0.3
L	9.0	Clay Pitts Rd	3.9
L	13.0	Town Line Rd	0.1
QR	13.0	Don Way	0.1
QR	13.1	Peppermint Rd	0.2
L	13.4	Candy Ln	0.4
R	13.7	Caramel Rd	0.3
L	14.0	Hayrick Ln	0.3
L	14.3	New York State Bicycle Rte 25A/ãÑScholar Ln	0.2
L	14.5	New York State Bicycle Rte 25A/ãÑOld Commack Rd	1.3
R	15.8	Springmeadow Dr	0.0
QL	15.9	TRO Springmeadow Dr	0.5
R	16.3	Park Woods Ln	0.9
S	17.3	Marvin Dr	0.6
R	17.9	Ellen Pl	0.1
L	18.0	1st Ave	0.5
R	18.5	Meadow Rd W	0.3
PIT	18.7	Stop at Andersen's Deli to pick up lunch	0.0
QR	18.7	After picking up lunch, turn right onto Indian Head Rd	0.9
S	19.6	Church St/ãÑNew York State Bicycle Rte 25A	0.2
R	19.8	Old Dock Rd	1.3
L	21.1	Sunken Meadow Rd	1.2
R	22.3	sidewalk / thru fence / follow bike path	0.1
QR	22.4	Sunken Meadow Pkwy	0.1

Go	At	On	For
R	22.5	with Creek on your left	0.5
L	23.0	Bridge	0.1
R	23.1	Turn right	0.3
L	23.4	into Parking Lot	0.0
QR	23.5	Turn right	0.0
QR	23.5	Turn right	0.2
PIT	23.7	Stop for Lunch!	0.0
UT	23.7	Head South and West thru Parking Lot	0.1
QL	23.7	Turn left	0.1
L	23.8	Turn left	0.0
QR	23.9	Naples Ave	0.5
L	24.3	Sunken Meadow Pkwy	0.3
R	24.6	Sunken Meadow Rd	0.9
BL	25.6	Meadow Glen Rd	1.2
R	26.8	Pulaski Rd	0.3
L	27.1	Town Line Rd	1.3
R	28.4	Franconia Rd	0.1
S	28.5	Stoothoff Rd	0.6
L	29.2	McFadden Dr	0.0
S	29.2	5th Ave	0.1
QR	29.3	Old Bridge Rd	1.0
L	30.2	Wren Ct	0.3
S	30.6	Bellerose Ave	0.3
S	30.8	Make a U-turn at Bark Ln	1.3
S	32.1	Cross Vernon Valley Rd and continue on Bellrose	1.2
L	33.3	Wells Rd - Tricky	0.9
L	34.2	Taylor Ave	0.5
R	34.7	Pulaski Rd	1.7
R	36.4	Park Ave	0.4
L	36.8	Veer left TRO Park Ave - Tricky	0.1
QL	36.9	Broadway	0.9
S	37.8	Railroad St	0.6
BR	38.4	W Pulaski Rd	1.7
S	40.1	Woodbury Rd	0.4
R	40.4	Harbor Road/NY-108 N	0.3
L	40.8	Stillwell Ln	1.6
L	42.3	Cold Spring Rd	1.5
S	43.8	Jackson Ave	0.1
L	43.9	- End of Ride	0.0
	43.9	End of route	

Go	At	On	For
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