

Go	At	On	For
	0.0	Start of route	0.0
R	0.0	From Aberdeen-Matawan Station, turn right onto Atlantic Ave	0.2
R	0.2	Lower Main St	0.1
PIT	0.2	Restroom at gas station	0.3
R	0.5	Gerard Ave	0.3
L	0.8	Broadway bike lane	0.0
BR	0.8	Henry Hudson Trail	1.1
R	1.9	Turn slight right onto Maple Place	0.0
QL	1.9	Atlantic Street bike path	0.0
QR	1.9	Henry Hudson Bike Trail	8.6
L	10.5	Avenue D	0.3
R	10.8	Bay Ave	0.4
L	11.2	Henry Hudson Bike Trail	2.0
PIT	13.2	Restroom on left	0.1
S	13.3	Shore Dr	1.0
L	14.3	Miller St	0.1
QR	14.4	Bay Ave	0.4
S	14.8	roundabout	0.0
S	14.8	At roundabout, take exit 1 onto South Bay Avenue	0.0
	14.8	At crosswalk move onto right sidewalk	0.1
	14.9	bike lane across bridge	0.3
R	15.2	Turn right	0.1
L	15.4	Sandy Hook path	1.5
PIT	16.9	Restroom and beach	3.3
L	20.1	TRO path	0.1
QR	20.2	TRO path	0.6
R	20.8	TRO path	0.2
R	20.9	path	0.3
R	21.3	path	0.1
	21.3	Photo-op at Sandy Hook Lighthouse	0.1
S	21.4	Continue through parking lot	0.0
QR	21.4	Jog right left onto Magruder Hudson Rd	0.3
L	21.7	Sandy Hook Path	4.8
S	26.5	waterfront walkway	1.6
R	28.1	Jog right left onto Ocean Ave	1.5
PIT	29.6	Lunch at EvenTide Grille on right then continue south on Ocean Ave	2.0

Go	At	On	For
S	31.6	Ocean Blvd North and get into left lane	0.1
L	31.7	Atlantic Avenue	0.1
QR	31.8	Ocean Avenue North	0.3
L	32.1	TRO Ocean Avenue North	0.5
L	32.5	Seaview Avenue	0.1
R	32.7	Ocean Avenue North	0.4
BL	33.1	bike path adjacent to Boardwalk	0.2
S	33.3	At roundabout, take exit 2 onto Ocean Avenue	0.3
S	33.6	At roundabout, take exit 1 onto Morris Avenue	0.4
L	34.0	3rd Avenue	0.0
	34.0	Long Branch Station trains at 1:14, 2:04, 3:01, 4:04, 5:03	0.0
	34.0	End of route	