

| Go | At | On | For |
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| | 0.0 | Start of route | 0.0 |
| L | 0.0 | Ed Koch Queensboro Bridge Path | 1.4 |
| L | 1.4 | Queensboro Bridge Greenway | 0.2 |
| R | 1.6 | at 21st St to X at light | 0.0 |
| QL | 1.7 | Queensbridge Park Greenway | 0.3 |
| S | 2.0 | X Vernon Blvd - CAREFUL! [DUTCH KILLS] | 0.3 |
| R | 2.3 | path at playground | 0.1 |
| PIT | 2.4 | Restroom <i>Then return to main path</i> | 0.1 |
| QR | 2.4 | Queensbridge Park Greenway | 0.0 |
| QL | 2.5 | Vernon Blvd | 0.7 |
| L | 3.1 | at 34th Ave onto Rainey Park bike path | 0.3 |
| L | 3.4 | Exit Rainey Park - Slight left onto Vernon Blvd | 0.1 |
| L | 3.5 | at Broadway onto Socrates Park bike path [ASTORIA] | 0.1 |
| QR | 3.6 | Continue right on bike path toward Vernon Blvd | 0.1 |
| QL | 3.7 | Vernon Blvd | 0.2 |
| L | 3.9 | Hallett's Cove bike path | 0.0 |
| QL | 4.0 | Turn left, follow bike path, NYC Ferry on left | 0.3 |
| R | 4.3 | - follow bike path | 0.0 |
| QL | 4.3 | Exit bike path - Turn left onto 1st St | 0.1 |
| QR | 4.4 | 27th Ave | 0.4 |
| L | 4.8 | 12th St | 0.2 |
| S | 4.9 | Shore Blvd bike path | 0.4 |
| L | 5.3 | TRO bike path | 0.7 |
| BL | 6.0 | Shore Blvd | 0.0 |
| QR | 6.0 | 20th Ave protected bike lane [DITMARS STEINWAY] | 1.4 |
| R | 7.3 | 49th St [ASTORIA HEIGHTS] | 0.7 |
| R | 8.1 | 25th Ave | 0.0 |
| QL | 8.1 | 48th St | 0.5 |
| L | 8.6 | 31st Ave [JACKSON HEIGHTS] | 2.2 |
| L | 10.8 | 99th St | 0.1 |
| QR | 10.9 | 27th Ave | 0.4 |
| S | 11.3 | X Ditmars Blvd to enter bike path over GCP | 0.1 |

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| S | 11.5 | Follow greenway along Flushing Bay Promenade | 0.3 |
| BL | 11.8 | TRO Flushing Bay Promenade | 0.5 |
| L | 12.3 | TRO Flushing Bay Promenade | 0.8 |
| R | 13.1 | TRO Flushing Bay Promenade toward Northern Blvd Bridge | 0.1 |
| S | 13.2 | X Flushing Creek | 0.3 |
| L | 13.4 | Prince St [FLUSHING] | 0.3 |
| L | 13.7 | 33rd Ave | 0.0 |
| QR | 13.7 | Miller St | 0.1 |
| QR | 13.8 | 32nd Ave | 0.1 |
| QL | 13.8 | Farrington St | 0.1 |
| R | 14.0 | 31st Rd | 0.4 |
| L | 14.4 | Union St | 0.1 |
| PIT | 14.4 | JK Bakery - Union St. Pickup Lunch - just north of turn onto 29th Road | 0.0 |
| QR | 14.4 | 29th Rd | 0.2 |
| L | 14.7 | 146th St [LINDEN HILL] | 0.1 |
| R | 14.8 | 27th Ave | 0.1 |
| L | 14.9 | 147th St | 0.2 |
| R | 15.1 | Willeys Point Blvd | 0.4 |
| L | 15.5 | Murray St | 0.5 |
| L | 16.0 | 17th Ave | 0.1 |
| R | 16.1 | 150th St | 0.4 |
| R | 16.5 | 12th Rd [WHITESTONE] | 1.0 |
| R | 17.5 | Totten St [BEECHHURST] | 0.1 |
| QL | 17.6 | Cryders Ln | 0.1 |
| QR | 17.6 | Little Bay Greenway | 0.5 |
| PIT | 18.2 | Pit stop @ park bathroom | 0.2 |
| R | 18.4 | off bike path onto road | 0.1 |
| QL | 18.5 | greenway just before CIP entrance - Joe Michaels Mile | 1.2 |
| BL | 19.6 | TRO Greenway | 1.3 |
| R | 20.9 | Northern Blvd protected bike lane | 0.1 |
| L | 21.0 | 223rd St protected bike lane [BAY-SIDE] | 0.3 |
| L | 21.3 | Horatio Pkwy protected bike lane | 0.2 |
| L | 21.5 | Continue on bike lane | 0.8 |
| R | 22.3 | 233rd St | 0.4 |
| L | 22.7 | 230th St | 0.1 |
| R | 22.8 | 69th Ave | 0.2 |

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| L | 22.9 | Cloverdale Blvd | 0.1 |
| S | 23.1 | Enter Alley Pond Park at 73rd Ave & Cloverdale | 0.0 |
| S | 23.1 | Head straight across Park | 0.1 |
| S | 23.1 | Heading straight across keep playground on your right | 0.1 |
| S | 23.2 | Continue toward 76th Ave - keep Alley Pond Environmental Center on your right | 0.1 |
| QL | 23.3 | Exit park, Turn left onto 76th Ave | 0.2 |
| R | 23.5 | Cloverdale Blvd | 0.1 |
| S | 23.6 | Straight to enter Vanderbilt Parkway bike path | 0.0 |
| QR | 23.6 | Vanderbilt Motor Pkwy | 1.3 |
| L | 24.9 | TRO Vanderbilt Pkwy X over Clearview EWay | 0.1 |
| QL | 25.0 | TRO Vanderbilt Pkwy | 0.5 |
| L | 25.5 | Exit Vanderbilt Parkway at 199th St. Turn left on 73rd Ave [FRESH MEADOWS] | 2.0 |
| | 27.6 | .[KEW GARDENS HILLS]. | 0.7 |
| R | 28.3 | 141st St | 0.2 |
| L | 28.5 | 71st Ave | 0.1 |
| S | 28.7 | 137th St | 0.0 |
| QL | 28.7 | 70th Rd | 0.0 |
| QR | 28.8 | 136th St | 0.1 |
| L | 28.9 | Jewel Ave | 0.3 |
| R | 29.2 | Make sharp right then left to enter Meadow Lake Drive Greenway | 1.0 |
| BR | 30.2 | TRO Meadow Lake Dr toward Meadow Lake Bridge | 0.1 |
| BR | 30.3 | Meadow Dr toward Meadow Lake Circle | 0.0 |
| S | 30.3 | Straight to Meadow Lake Circle | 0.1 |
| QL | 30.4 | Meadowlark Cir 1/4 turn, then left onto Bridge | 0.2 |
| L | 30.6 | to go around Skate Park | 0.0 |
| BR | 30.7 | after skate park - head to Unisphere | 0.2 |
| R | 30.8 | at Unisphere - ride 1/3 round circle | 0.1 |
| QR | 30.9 | Avenue of the Americas (4th right) | 0.3 |
| BR | 31.2 | around inner circle (New York Ave) | 0.0 |

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| QL | 31.2 | TRO New York Ave | 0.0 |
| PIT | 31.3 | Park Restrooms | 0.0 |
| QL | 31.3 | Meridian Road | 0.0 |
| QR | 31.3 | Meridian Rd | 0.1 |
| S | 31.4 | Make a U-turn to continue back on Meridian Road | 0.4 |
| R | 31.8 | Shea Road | 0.1 |
| S | 31.9 | At Calvert Cir, continue straight TRO Shea Rd | 0.5 |
| L | 32.4 | Boat Basin Pl | 0.1 |
| QL | 32.5 | greenway just before Northern Blvd | 0.3 |
| R | 32.8 | 34th Ave after exiting greenway | 0.0 |
| QL | 32.8 | 34th Ave [JACKSON HEIGHTS] | 2.5 |
| L | 35.3 | 59th St | 0.3 |
| R | 35.6 | 39th Ave | 0.3 |
| L | 35.9 | Woodside Ave | 0.0 |
| QR | 36.0 | 39th Ave | 0.2 |
| L | 36.2 | 50th St [SUNNYSIDE GARDENS] | 0.2 |
| R | 36.4 | Skillman Ave | 1.1 |
| R | 37.4 | bike lane at Queens Blvd | 0.3 |
| S | 37.7 | Queensboro Bridge Greenway [LONG ISLAND CITY] | 0.2 |
| BR | 37.9 | TRO Queensboro Bridge Greenway | 0.2 |
| R | 38.1 | 21st St | 0.0 |
| QL | 38.1 | Queensbridge Park Greenway | 0.3 |
| | 38.4 | End of route | |