

Go	At	On	For
	0.0	Start of route	0.0
R	0.0	TRO Manhattan Bridge Bicycle Path	1.3
S	1.3	Continue straight at bottom of ramp	0.0
QL	1.4	Jay St	0.3
R	1.6	Tillary St	0.2
R	1.9	Cadman Plaza W	0.0
QL	1.9	Clark St	0.1
QL	2.0	Henry St	0.6
L	2.6	Amity St	0.2
L	2.8	Jog left/right across Court St onto Dean St	1.0
R	3.8	5th Ave	0.7
L	4.5	3rd St	0.6
S	5.1	West Dr	0.2
L	5.3	into Picnic House Dr	0.1
PIT	5.4	Pit stop @ Picnic House Then return to West Dr	0.1
QL	5.4	West Dr	1.3
S	6.7	@ Circle, take the 3rd exit	0.0
BL	6.8	bike path into park	0.2
L	7.0	Caton Ave	0.2
R	7.1	Rugby Rd	1.4
S	8.5	E 14th St	1.0
L	9.5	Avenue N	0.4
R	9.9	E 21st St	0.0
BL	9.9	Bay Ave	0.2
BR	10.1	E 23rd St	1.5
L	11.6	Avenue X	0.1
QR	11.7	Bedford Ave	0.7
L	12.4	Emmons Ave	0.6
R	13.0	Brigham St and bear left onto bike path	1.9
L	14.9	to cross Flatbush Ave at light	0.0
QR	14.9	bike path	1.1
R	16.0	to cross Flatbush Ave at light	0.0
QL	16.0	bike path to cross Marine Pkwy Bridge	1.1
L	17.2	At light, cross Rockaway Point Blvd onto Beach 169th St	0.4
L	17.6	at end onto Jacob Riis Park Promenade	0.7

Go	At	On	For
R	18.3	TRO Jacob Riis Park Promenade	0.3
R	18.5	Rockaway Beach Blvd	1.2
R	19.8	Beach 126th St	0.2
S	19.9	Ocean Promenade Belle Harbor	0.9
L	20.8	Beach 109th St	0.0
QR	20.8	Brewster Ct	0.0
QR	20.8	Beach 109th St	0.1
QR	20.9	Rockaway Beach Blvd	0.0
QR	20.9	Beach 108th St	0.0
PIT	21.0	Pick up lunch @ Boardwalk Bagel for picnic on boardwalk	0.1
BR	21.1	into circle to go left onto Shore Front Pkwy	0.2
R	21.3	ramp up to boardwalk	0.0
QL	21.3	Rockaway Beach Boardwalk	0.9
L	22.2	exit boardwalk down ramp to Shore Pkwy	0.0
QL	22.2	Shore Front Pkwy	0.1
R	22.3	Beach 90th St	0.4
L	22.7	Beach Channel Dr	0.1
QR	22.8	Beach 92nd St	0.0
QL	22.8	bridge ramp	0.7
S	23.5	Van Brunt Rd	0.1
QR	23.6	Cross Bay Blvd	1.2
L	24.8	across Blvd to bike path <i>Caution</i>	1.5
R	26.3	X Cross Bay Blvd and turn left onto sidewalk to cross bridge	1.1
L	27.4	165th Ave	0.5
R	27.9	at end onto 83rd St	0.5
L	28.4	161st Ave	0.3
S	28.6	78th St	0.3
S	28.9	157th Ave	0.4
L	29.3	84th St	0.1
QL	29.4	bike path (before underpass)	6.0
R	35.4	Cross Flatbush Ave at light	0.0
QR	35.4	then bear left to continue on bike path	1.9
R	37.3	Brigham St	0.0
QL	37.4	Emmons Ave	0.6
R	38.0	Bedford Ave	0.5
L	38.5	Ave. Y	0.1

Go	At	On	For
R	38.6	E 22nd St	2.6
R	41.2	Avenue I	0.0
QR	41.3	E 23rd St	0.0
QR	41.3	Avenue I	0.1
QL	41.4	Bedford Ave	0.2
L	41.7	Campus Rd	0.1
QL	41.8	E 23rd St ⇒ Campus Rd	0.2
R	41.9	Avenue H	0.3
L	42.2	E 15th St	0.0
S	42.2	Take the pedestrian tunnel	0.0
QR	42.2	E 15th St	0.0
QR	42.2	Avenue H	0.1
R	42.4	Argyle Rd	1.4
S	43.7	Cross Caton Ave onto Parade Grounds	0.1
PIT	43.8	Pit stop @ bathrooms on right <i>Then go left past snack bar on path</i>	0.1
R	44.0	path	0.1
S	44.1	@ Circle, take the 2nd exit into park on S Lake Dr	0.1
BR	44.2	East Dr	1.8
R	46.0	Grand Army Plaza/Plaza St W	0.2
R	46.2	Vanderbilt Ave	0.3
L	46.5	Bergen St	0.2
R	46.7	Carlton Ave	1.3
L	47.9	Flushing Ave	0.4
R	48.3	Navy St	0.1
L	48.4	Sands St bike lane	0.3
L	48.7	at end of bike path <i>Caution: use pedestrian walk signal</i>	0.0
QL	48.7	Manhattan Bridge Bicycle Path	1.4
L	50.1	at Canal St	0.0
	50.1	End of route	