

Go	At	On	For
	0.0	Start of route	1.4
<b>R</b>	1.4	Queensboro Bridge Greenway	0.5
<b>L</b>	1.9	Skillman Ave [SUNNYSIDE]	0.1
<b>S</b>	2.0	43rd Ave	0.8
<b>L</b>	2.8	47th St / Carolyn St	0.3
<b>R</b>	3.1	39th Ave [SUNNYSIDE GARDENS]	0.3
<b>L</b>	3.5	Woodside Ave	0.3
<b>S</b>	3.8	51st St [WOODSIDE]	0.3
<b>R</b>	4.1	31st Ave	0.6
<b>S</b>	4.7	JACKSON HEIGHTS	1.4
<b>R</b>	6.2	100th St	0.6
<b>L</b>	6.7	CORONA	
<b>QL</b>	6.7	37th Ave [CORONA]	0.2
<b>R</b>	7.0	104th St	0.5
<b>L</b>	7.5	46th Ave	0.3
<b>R</b>	7.8	111th St (2 way protected bike lane)	0.5
<b>L</b>	8.4	Corona Ave.	0.1
<b>L</b>	8.5	(gate) to enter overpass over GCP	0.0
<b>QR</b>	8.5	to follow path over overpass	0.3
<b>R</b>	8.8	Grand Central Pkwy [FOREST HILLS]	0.6
<b>S</b>	9.3	Grand Central Pkwy service road	0.5
<b>L</b>	9.8	Jewel Ave	0.4
<b>R</b>	10.2	Park Drive East [KEW GARDENS HILLS]	0.6
<b>L</b>	10.8	77th Ave	0.2
<b>R</b>	11.1	141st St	0.1
<b>QL</b>	11.1	77th Rd	0.4
<b>R</b>	11.5	150th St	0.2
<b>L</b>	11.7	Union Tpke [quick left/right to continue on 150 St]	0.0
<b>QR</b>	11.8	150th St	0.1
<b>QL</b>	11.9	Goethals Ave	0.7
<b>R</b>	12.6	168th St	0.5
<b>R</b>	13.0	Gothic Dr [JAMAICA HILLS]	0.1
<b>QL</b>	13.1	into Captain Tilly Park at bike path entrance	0.0
<b>QL</b>	13.2	to follow path to restrooms	0.1
<b>L</b>	13.3	Exit Tilly Park, turn left onto Highland Ave	0.2

Go	At	On	For
<b>R</b>	13.5	169th St	0.4
<b>L</b>	13.9	Jamaica Ave	0.1
<b>QR</b>	14.0	170th St	0.3
<b>L</b>	14.3	Liberty Ave [JAMAICA]	0.0
<b>QR</b>	14.3	171st St	0.4
<b>L</b>	14.7	108th Ave	0.1
<b>R</b>	14.8	172nd St	0.4
<b>L</b>	15.1	111th Ave	0.1
<b>QR</b>	15.2	174th St [ADDISLEIGH PARK]	0.2
<b>L</b>	15.4	113th Ave	0.1
<b>QR</b>	15.5	175th St	0.1
<b>QL</b>	15.5	Murdock Ave	0.4
<b>R</b>	15.9	180th St	0.3
<b>L</b>	16.2	Linden Blvd [ST ALBANS]	0.2
<b>R</b>	16.4	Everitt Pl	0.1
<b>QL</b>	16.5	Baisley Blvd	0.0
<b>S</b>	16.5	117th Rd	0.1
<b>QR</b>	16.6	190th St	0.2
<b>L</b>	16.8	119th Ave	0.9
<b>R</b>	17.6	Francis Lewis Blvd	0.4
<b>BL</b>	18.0	TRO Francis Lewis Blvd	0.2
<b>PIT</b>	18.2	Ohel Chabad Lubavitch	0.2
<b>S</b>	18.4	121st Ave	0.1
<b>R</b>	18.6	234th St	0.5
<b>R</b>	19.0	131st Ave	0.3
<b>L</b>	19.4	228th St [LAURELTON]	0.2
<b>R</b>	19.6	133rd Ave	0.2
<b>L</b>	19.7	224th St	0.3
<b>R</b>	20.1	TRO 224th St	0.1
<b>PIT</b>	20.1	137-25 224th St. Ruth Madoff childhood home	0.1
<b>QL</b>	20.2	138th Ave	0.2
<b>R</b>	20.4	228th St	0.2
<b>PIT</b>	20.7	139-54 228th St. Bernie Madoff childhood home	0.0
<b>QL</b>	20.7	141st Ave	0.2
<b>L</b>	20.8	230th Pl	0.1
<b>R</b>	21.0	139th Ave	0.2
<b>L</b>	21.1	233rd St	0.1
<b>R</b>	21.2	Francis Lewis Blvd	0.1
<b>QL</b>	21.3	Francis Lewis Blvd	0.3
<b>BR</b>	21.6	243rd St [ROSEDALE]	0.1

Go	At	On	For
L	21.8	Memphis Ave	0.0
QL	21.8	246th St	0.1
R	21.9	Francis Lewis Blvd	0.0
PIT	21.9	Pick up Lunch - Ali's Roti	0.0
S	21.9	After lunch pickup continue on Frances Lewis Blvd to 247 Street	0.0
QR	22.0	247th St	0.1
R	22.1	Memphis Ave	0.1
QL	22.1	243rd St	0.0
QR	22.2	141st Ave	0.2
BR	22.4	Brookville Blvd, then turn left to enter bike path into park	0.1
R	22.5	bike path, keeping water body to your left	0.0
BL	22.5	around water body	0.2
PIT	22.7	Picnic Lunch at picnic tables	0.1
R	22.9	After lunch continue on bike path, 2nd right just after tennis courts with Consuleyo lake on your left	0.1
S	23.0	Exit Park and head straight on 144th Ave	0.3
L	23.3	227th St	0.1
R	23.4	145th Ave	0.4
L	23.8	bike path along Springfield Blvd	0.2
R	24.0	146th Ave to exit bike lane [BROOKVILLE]	0.0
QL	24.0	Springfield Blvd	0.1
QR	24.1	to enter Springfield Park bike path at ramp	0.0
QL	24.1	Sharp left at intersection, lake ahead	0.0
S	24.1	Follow path around bottom of lake to exit at 184th st	0.1
QR	24.2	184th St after exiting park	0.1
S	24.3	145th Dr	0.4
R	24.6	Farmers Blvd	0.5
L	25.1	140th Ave	0.8
R	26.0	155th St	0.4
L	26.4	129th Ave	0.0
QR	26.5	154th St	0.0
QR	26.5	Baisley Blvd	0.0
QL	26.5	to enter Baisley Pond Park bike path	0.0

Go	At	On	For
QL	26.5	First left	0.2
L	26.7	to follow bike path toward 125th St (look for bathrooms)	0.1
PIT	26.8	Baisley Pond Park Restroom	0.0
QL	26.9	Exit park, turn left onto 125th Ave	0.0
QR	26.9	152nd St	0.1
QL	27.0	123rd Ave	0.6
R	27.6	141st St	0.2
L	27.8	Foch Blvd	0.2
R	28.0	135th St [SOUTH OZONE PARK]	0.3
L	28.3	115th Ave	0.8
R	29.1	117th St	0.3
L	29.4	111th Ave	0.3
R	29.7	110th St	0.1
L	29.9	109th Ave	0.2
S	30.1	Centerville St	0.3
R	30.4	Centerville St turns slightly right and becomes Linden Blvd	0.1
QL	30.5	Hawtree St	0.1
R	30.6	Pitkin Ave	0.6
L	31.2	88th St [OZONE PARK]	0.2
L	31.3	Arion Rd	0.1
S	31.4	Pedestrian Opas	0.0
S	31.5	Take the pedestrian overpass	0.1
L	31.6	88th St	0.1
QR	31.7	151st Ave [LINDENWOOD]	0.5
S	32.2	Stanley Ave	0.1
S	32.3	Emerald St	0.1
QL	32.4	Loring Ave	0.7
R	33.1	Fountain Ave	0.2
L	33.3	Dumont Ave	0.2
BR	33.5	TRO Dumont Ave [NEW LOTS]	1.2
R	34.7	Lillie F. Martin Lane / Snedeker Ave	0.1
L	34.8	Blake Ave [BROWNSVILLE]	1.1
R	35.9	Tapscott St	0.3
L	36.1	East New York Ave	0.3
R	36.4	to enter Somers Park at intersection of Buffalo & ENY Ave	0.1
QR	36.5	Crown St - head toward restrooms	0.1
PIT	36.6	PIT - Bathrooms Somers Park	0.1

Go	At	On	For
<b>S</b>	36.6	Exit Somers Park at President Street [CROWN HEIGHTS]	1.8
<b>R</b>	38.4	Classon Ave	0.1
<b>L</b>	38.5	Eastern Parkway Pedestrian Mall	0.2
<b>S</b>	38.7	Eastern Parkway Bicycle and Pedestrian Mall	0.3
<b>R</b>	39.0	Plaza St E	0.1
<b>QR</b>	39.0	St Johns Pl	0.1
<b>QL</b>	39.1	Underhill Ave	0.2
<b>L</b>	39.3	Prospect Pl [PROSPECT HEIGHTS]	0.3
<b>R</b>	39.6	Carlton Ave [CLINTON HILL]	1.4
<b>L</b>	41.0	Flushing Ave [BROOKLYN NAVY YARD]	0.4
<b>R</b>	41.4	Navy St	0.1
<b>L</b>	41.5	Sands St	0.3
<b>L</b>	41.8	at Sands St toward Manhattan Bridge entrance	0.0
<b>QL</b>	41.8	Manhattan Bridge Bicycle Path	1.3
<b>BR</b>	43.1	to exit Manhattan Bridge Bicycle Path	0.1
	43.2	End of route	