Go	At	On	For
	0.0	Start of route	0.0
R	0.0	Brooklyn Bridge Promenade	0.8
S	0.8	Take the pedestrian overpass	0.7
R	1.5	Tillary St	0.0
QL	1.5	Adams St/Brooklyn Bridge Blvd	0.3
S	1.8	Boerum Pl	0.3
L	2.1	Dean St	3.5
R	5.6	Rochester Ave	0.1
L	5.7	St Marks Ave	0.1
R	5.8	Buffalo Ave	0.5
BL	6.4	Rockaway Pkwy	1.1
L	7.5	Linden Blvd	0.7
BR	8.2	Linden Blvd	0.1
BR	8.2	TRO Linden Blvd	1.6
BR	9.9	Loring Ave	0.7
R	10.6	Amber St	0.1
L	10.7	at "T"onto Stanley Ave	0.1
R	10.8	79th St	0.3
L	11.1	156th Ave; bear right onto 84th St	0.3
L	11.5	157th Ave	0.3
R	11.8	91st St	0.9
L	12.8	165th Ave	0.1
QR	12.9	Cross Bay Blvd/Joseph P Addabbo Memorial Bridge	2.3
PIT	15.2	Pit stop @ Nature Center	1.4
L	16.6	E 21st Rd/Van Brunt Rd.	0.1
BR	16.7	bike path across bridge	0.7
R	17.4	at bottom of ramp toward Beach Channel Dr	0.0
QL	17.4	Beach Channel Dr *CAUTION: Walk bikes past barrier before crossing.*	0.9
R	18.3	Beach 73rd St	0.1
L	18.4	Rockaway Beach Blvd	0.8
S	19.2	Edgemere Ave	1.1
S	20.4	Seagirt Blvd	1.0
BR	21.4	Seagirt Ave. (Seagirt Blvd goes straight - you bear right.)	0.4
S	21.8	@ Circle, take the 1st exit onto sidewalk/bike path to left, then follow around to right onto bridge. *Don't enter traffic circle. Go straight and left onto sidewalk.*	0.1
R	21.9	bridge bike path	0.5
L	22.4	Acapulco Street	0.0
QL	22.4	Park St ⇒ Beech St	2.7
R	25.2	New York Ave	0.1
L	25.3	Boardwalk/Oceanfront St	2.1
L	27.4	Neptune Ave at end of Boardwalk	0.0
QR	27.5	Shore Rd	0.3
L	27.8	Pacific Blvd	0.0
QR	27.8	E Broadway	0.2
L	28.0	at end onto Maple Blvd	0.2
R	28.2	Lido Blvd	2.9
PIT	31.2	Pick up lunch at Point Lookout Deli; continue 5 blocks on Lido	0.1
R	31.3	Freeport Ave	0.4
L	31.7	Ocean Blvd	0.0
PIT	31.7	Enter beach for picnic lunch. After lunch turn left on Ocean Blvd	0.2
R	31.9	Parkside Rd Dr	0.3
L	32.2	Lido Blvd ⇒ E. Park	3.2
L	35.4	Roosevelt Blvd	0.2
R	35.6	E Beech St ⇒ Park	4.9
R	40.5	Albany Boulevard	0.1
QL	40.6	Rescue Rd., follow around under bridge onto Acapulco St.	0.3
L	40.9	bridge bike path	0.5
L	41.3	Take first left after toll booth toward Beach 2nd St (use sidewalk on far side of road)	0.1
QL	41.4	Beach 2nd St	0.0
S	41.4	@ Circle, take the 1st exit onto Seagirt Ave	0.3
R	41.7	Beach 9th St	0.0
QL	41.8	Seagirt Blvd	1.2
S	43.0	Beach 34th St	0.0
S	43.0	Edgemere Ave	0.0
QL	43.0	For subway (A train), turn left onto Beach 35th St. one block. Turn right for stairs up to platform.	0.0
S	43.0	To ride back to Manhattan, continue past Beach 35th St. onto Beach Channel Dr	6.2

Go	At	On	For
S	49.3	Take the ramp to Fort Tilden/Breezy Point	0.4
S	49.6	Rockaway Point Blvd	0.1
QR	49.7	Ar first intersection, make U-turn onto sidewalk and double back onto bridge bike path	1.2
R	50.9	across Flatbush Ave TRO bike path	1.1
L	52.0	across Flatbush Ave TRO bike path	0.1
BL	52.1	Shore Pkwy bike path	1.8
R	53.9	At end of path, turn right onto Brigham St	0.0
QL	54.0	Emmons Ave	0.6
R	54.6	Bedford Ave	3.5
L	58.0	Glenwood Rd	0.3
R	58.3	Ocean Ave	1.5
L	59.8	at Parkside Ave into Prospect Park on bike path	0.1
BR	59.9	East Dr	1.2
BL	61.1	West Dr	0.3
R	61.4	to exit Park	0.1
QL	61.5	Prospect Park West for one block	0.0
QR	61.5	4th St	0.1
R	61.7	Take first right onto 8th Ave	0.1
QL	61.8	Take second left onto 2nd St	0.4
R	62.2	5th Ave	0.3
L	62.6	Degraw St	0.3
R	62.8	3rd Ave	0.8
L	63.6	Bergen St	0.5
R	64.1	Smith St	0.1
QL	64.2	Pacific St	0.2
S	64.4	Jog left/right across Court St. TRO Pacific St.	0.1
R	64.5	Clinton St	0.5
BR	65.0	Tillary	0.0
S	65.0	across Cadman Plaza on Tillary St	0.2
L	65.2	Brooklyn Bridge Promenade	0.2
S	65.4	Take the pedestrian overpass	1.2
S	66.7	Take the ramp to right	0.0
	66.7	End of route	