

| Go | At | On | For |
|-----------|------|--|-----|
| | 0.0 | Start of route | 0.1 |
| BR | 0.1 | TRO 80th Ave/Grand Central Pkwy/Union Turnpike | 2.4 |
| L | 2.4 | at the 1st cross street onto Mid-land Pkwy | 0.5 |
| L | 3.0 | 188th St | 0.3 |
| R | 3.3 | Union Turnpike | 0.6 |
| R | 3.9 | Francis Lewis Blvd | 3.9 |
| R | 7.7 | TRO Francis Lewis Blvd | 1.1 |
| L | 8.9 | TRO Francis Lewis Blvd | 1.4 |
| BR | 10.3 | Hook Creek Blvd | 0.0 |
| QL | 10.3 | Quick left onto Hungry Harbor Rd/Rosedale Rd. | 0.8 |
| R | 11.1 | Hungry Harbor Rd | 1.4 |
| S | 12.5 | Branch Blvd | 1.0 |
| L | 13.5 | Peninsula Blvd | 0.7 |
| R | 14.2 | Woodmere Blvd | 1.6 |
| | 15.8 | Enjoy the view from Keystone Yacht Club at end of Woodmere Blvd. | 0.3 |
| L | 16.0 | Ivy Hill Rd | 0.3 |
| L | 16.4 | TRO Ivy Hill Rd | 0.2 |
| L | 16.6 | Railroad Ave | 0.3 |
| S | 16.8 | Rutherford Ln | 0.1 |
| R | 16.9 | Atlantic Ave | 0.0 |
| QL | 17.0 | Albro Ln | 0.2 |
| R | 17.2 | Ocean Ave/The Mal | 0.9 |
| S | 18.1 | Narragansett Ave | 0.2 |
| R | 18.3 | Causeway Rd | 0.1 |
| BR | 18.4 | Barrett Rd | 0.0 |
| BL | 18.4 | Causeway Rd | 0.7 |
| L | 19.1 | Broadway | 0.7 |
| L | 19.8 | at Doughty Blvd. to enter Bike Path | 0.7 |
| BL | 20.5 | Slight left | 0.2 |
| R | 20.6 | Right/left on Bridge Path | 0.4 |
| R | 21.0 | down exit (CAUTION: steps) toward Acapulco St | 0.0 |
| QR | 21.0 | Acapulco St | 0.1 |
| S | 21.1 | Continue under bridge onto Rescue Rd | 0.1 |
| R | 21.2 | Albany Blvd | 0.1 |
| QL | 21.3 | Park St - Becomes Beech St. | 0.2 |
| R | 21.5 | TRO Park St | 0.7 |
| S | 22.1 | Beech St | 1.1 |

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| R | 23.3 | Connecticut Ave | 0.1 |
| QL | 23.4 | Oceanview St | 0.6 |
| L | 23.9 | Pennsylvania Ave | 0.1 |
| R | 24.1 | W Beech St | 0.1 |
| QR | 24.1 | New York Ave | 0.1 |
| L | 24.2 | Boardwalk/Oceanfront St | 0.1 |
| QR | 24.3 | New York Ave | 0.3 |
| L | 24.6 | W Park Ave | 0.9 |
| L | 25.5 | Oswego Ave | 0.1 |
| R | 25.6 | Beech St/Park St. | 1.7 |
| R | 27.3 | Albany Blvd | 0.1 |
| QL | 27.4 | Rescue Rd | 0.1 |
| S | 27.5 | Acapulco St | 0.0 |
| QL | 27.5 | Up steps to Bridge Bike Path | 0.6 |
| L | 28.1 | to merge onto Seagirt Blvd | 1.6 |
| S | 29.7 | Beach 34th St | 0.1 |
| S | 29.8 | Beach Channel Dr | 2.3 |
| L | 32.1 | Beach 84th St | 0.0 |
| QR | 32.2 | Rockaway Fwy | 0.3 |
| R | 32.5 | Beach 90th St | 0.1 |
| L | 32.6 | Beach Channel Dr | 0.1 |
| QR | 32.7 | at Beach 92nd St | 0.0 |
| QL | 32.7 | bridge bike path ramp. Cross bridge. | 0.7 |
| L | 33.4 | Follow exit ramp onto Van Brunt Rd | 0.1 |
| QR | 33.5 | Cross Bay Blvd | 5.9 |
| S | 39.4 | Woodhaven Blvd | 1.5 |
| R | 40.9 | Brooklyn-Queens Greenway | 1.6 |
| R | 42.6 | Park Ln | 0.1 |
| L | 42.7 | Onslow Pl | 0.1 |
| QR | 42.8 | Grenfell St | 0.0 |
| QL | 42.8 | 82nd Ave | 0.2 |
| L | 43.0 | Kew Gardens Rd | 0.1 |
| R | 43.1 | 80th Rd., cross Queens Blvd. (carefully) to subway station. | 0.0 |
| | 43.2 | End of route | |