

Go	At	On	For
	0.0	Start of route	0.1
L	0.1	TRO Wallace Rd	0.3
S	0.4	Cranbury Rd	1.9
S	2.3	Cranbury Neck Rd	3.6
L	6.0	S Main St	0.1
R	6.1	Station Rd	2.4
S	8.6	Union Valley Rd	1.0
R	9.5	Union Val Gravl Hill Rd/Union Valley Rd	1.7
R	11.2	Gravel Hill Rd	1.1
S	12.3	N Bergen Mills Rd	0.6
S	13.0	Dey Grove Rd	0.3
PIT	13.2	REST STOP - JAMES MONROE PARK - to the left	0.0
S	13.2	Exit Park, continue straight across onto Bergen Mills Rd	1.5
R	14.7	Old New Jersey 33 W	0.1
QL	14.8	Millstone Rd	4.5
L	19.2	Schoolhouse Rd	0.8
L	20.1	Stagecoach Rd	2.6
R	22.7	Ely Harmony Rd	4.7
S	27.4	Chandler Rd	0.6
PIT	28.0	LUNCH - Minit Stop Deli, Pizza, other options	1.2
L	29.2	Hyson Rd	0.5
R	29.7	N New Prospect Rd	0.6
L	30.3	Aldrich Rd	4.2
S	34.4	Windeler Rd	0.1
QL	34.5	Old Tavern Rd	0.6
L	35.1	Manassa Rd	0.8
R	35.9	Southard Ave	0.8
R	36.7	Squankum Yellowbrook Rd	0.3
L	37.0	Preventorium Rd	0.4
BR	37.4	Marl Rd	0.2
L	37.6	Marl Rd turns left and becomes Central Ave	0.1
QR	37.6	Boud Ave	0.1
R	37.8	Main St - Lakewood Farmingdale Rd	0.2
S	38.0	Squankum Yellowbrook Rd	1.7
L	39.7	Allaire Rd - Route 524	0.2
S	39.9	Atlantic Ave - Route 524	0.4

Go	At	On	For
S	40.4	Cross I-95 overpass	0.6
R	41.0	into Allaire Park drive just past State Park office on right	0.0
QL	41.0	bike path follow bike path to the left alongside roadway	1.6
S	42.5	Edgar Felix Memorial Bikeway	3.4
L	46.0	Main St - Exit bike path - PIT just ahead before Atlantic Ave	0.0
PIT	46.0	PIT - Dairy Queen, AllStar Bagels - Restroom, food	0.0
S	46.0	After PIT continue on Main Street	0.3
R	46.4	Sea Girt Ave	0.4
R	46.8	TRO Sea Girt Ave	0.7
L	47.5	1st Ave	0.3
L	47.8	Trenton Blvd	0.0
BR	47.8	The Crescent	0.2
S	47.9	2nd Ave	0.1
BR	48.0	The Crescent	0.2
BL	48.2	1st Ave	0.6
R	48.7	Brown Ave	0.1
QL	48.8	Brown Ave turns left and becomes Ocean Ave	4.9
R	53.7	Boardwalk at Kent Ave	0.0
QL	53.7	TRO Boardwalk - WALK	0.1
L	53.8	to exit Boardwalk (by gazebo) go back onto Ocean Ave to the right	0.0
QR	53.8	Ocean Ave	0.5
R	54.3	TRO Ocean Ave just past Seaview Ave	0.0
QR	54.3	to enter Boardwalk at Spray Ave SLOW - MAY HAVE TO WALK	0.0
QL	54.4	Boardwalk	0.2
L	54.5	to exit Boardwalk toward Asbury Ave	0.0
QR	54.6	Asbury Ave	0.0
S	54.6	Ocean Ave	0.6
S	55.2	7th Ave	0.1
QR	55.3	Kingsley St	0.1
R	55.4	Deal Lake Dr / Lake Dr	0.1
S	55.5	Ocean Ave N	0.1
R	55.7	TRO Ocean Ave	3.2
L	58.9	N Lake Dr	0.2
R	59.1	Greens Ave	0.2

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
<b>R</b>	59.4	Cedar Ave	0.1
<b>L</b>	59.5	2nd Ave	0.3
<b>L</b>	59.8	West End Ave	0.1
<b>R</b>	59.9	Sairs Ave	0.5
<b>L</b>	60.4	N Bath Ave	0.0
<b>QR</b>	60.4	3rd Ave	0.3
	60.7	Long Branch NJT	0.0
	60.7	End of route	