

Go	At	On	For
	0.0	Start of route	0.0
R	0.0	Enter Manhattan Bridge Bicycle Path	1.4
R	1.4	Exit Path, Turn right at Sands St	0.2
R	1.5	Sands St protected bike path	0.1
R	1.7	Navy St	0.1
QL	1.8	Flushing Ave	0.5
R	2.2	Clermont Ave	0.4
L	2.7	Willoughby Ave	0.8
R	3.5	Spencer St	0.2
L	3.7	Kosciuszko St	1.4
R	5.1	At Broadway jog R/L TRO Kosciuszko St	0.1
R	5.2	Bushwick Ave	0.1
QL	5.3	Himrod St	1.2
R	6.4	Onderdonk Ave	0.7
L	7.1	69th Ave	0.2
R	7.3	60th St	0.1
QL	7.4	71st Ave	0.2
R	7.6	Fresh Pond Rd	0.1
QL	7.7	Myrtle Ave	0.0
QR	7.7	Quick right onto 61st St	0.3
L	8.0	Cooper Ave	0.3
L	8.3	TRO Cooper Ave	0.1
QR	8.4	TRO Cooper Ave	0.7
R	9.1	73rd Pl	0.0
QL	9.1	78th Ave	0.2
R	9.3	79th St	0.1
L	9.5	Myrtle Ave	0.1
PIT	9.6	Enter bike path - Restroom Dry Harbor Playground	0.1
BR	9.7	TRO Brooklyn-Queens Greenway	0.5
S	10.3	Straight TRO Forest Park Dr	2.4
R	12.7	Park Ln	0.1
L	12.8	Onslow Pl	0.1
QR	12.9	Grenfell St	0.0
QL	12.9	82nd Ave	0.2
R	13.1	Kew Gardens Rd	0.1
L	13.3	83rd Ave	0.9
R	14.1	Smedley St	0.1
L	14.2	84th Rd	0.5
L	14.8	164th St	0.9

Go	At	On	For
R	15.7	73rd Ave	1.8
R	17.5	199th St	0.1
L	17.6	Jog L/R onto Vanderbilt Pkwy	0.3
R	17.9	TRO Greenway/Vanderbilt Pkwy	0.1
R	18.0	TRO Vanderbilt Pkwy	0.1
QR	18.1	TRO Vanderbilt Pkwy	1.3
L	19.4	Greenway/Cloverdale Blvd	0.1
L	19.5	76th Ave	0.2
R	19.7	bike path	0.0
BR	19.7	TRO Greenway	0.0
BL	19.8	Bear left	0.0
QR	19.8	TRO Greenway	0.1
S	19.9	Greenway	0.1
QR	19.9	TRO Greenway	0.0
S	19.9	Straight onto Cloverdale Blvd	0.1
R	20.1	69th Ave	0.2
L	20.2	230th St	0.1
R	20.3	67th Ave→233rd St	0.4
L	20.7	E Hampton Blvd→232nd St	0.7
L	21.4	50th Ave	0.1
BR	21.5	Horatio Pkwy	0.2
R	21.7	Cloverdale Blvd→233rd St	0.3
R	22.0	Northern Blvd	0.8
L	22.8	Douglaston Pkwy→West Dr	0.0
PIT	22.8	Lunch at Douglaston Diner Then continue north on Douglas- ton Pkwy	1.3
L	24.1	Shore Rd	1.1
R	25.2	Douglas Rd	0.1
L	25.3	Sandhill Rd→39th Ave	0.3
R	25.6	Little Neck Pkwy	0.0
QL	25.6	39th Rd	0.1
BL	25.7	TRO 39th Rd→Nassau Rd	0.1
L	25.8	W Mill Dr	0.2
R	26.0	Terrace Cir	0.2
R	26.2	E Mill Dr	0.1
QL	26.3	Water Mill Ln	0.3
L	26.6	Great Neck Rd→Bayview Ave	1.1
L	27.7	Hawthorne Ln	0.3
R	28.0	Grist Mill Ln	0.5
L	28.6	TRO Grist Mill Ln	0.2
L	28.8	W Shore Rd	0.9

Go	At	On	For
BR	29.7	Kings Point Rd	0.2
L	29.9	Steamboat Rd	0.1
R	30.0	Stepping Stone Ln	0.5
L	30.5	Kings Point Rd	0.7
R	31.2	Split Rock Dr⇒Cherry Ln	0.9
L	32.1	Wildwood Rd	0.6
S	32.7	Continue straight around circle onto E Shore Rd	1.3
R	34.0	Remsen Rd⇒Burbury Ln	0.8
R	34.8	Fairview Ave	0.2
L	34.9	Hampshire Rd	0.3
L	35.3	Piccadilly Rd	0.0
QR	35.3	Cambridge Rd	0.3
R	35.6	Allenwood Rd	0.3
L	35.9	Middle Neck Rd	0.7
R	36.6	Great Neck Rd	0.5
L	37.1	Jayson Ave	0.5
R	37.6	Pembroke Ave	0.3
L	37.9	Glenwood St	0.1
QR	38.0	West End Dr	0.1
QL	38.1	Little Neck Pkwy	0.1
R	38.2	Annadale Ln⇒Browvale Ln	0.2
S	38.4	@ Circle, continue straight TRO Browvale Ln	0.2
R	38.6	Thornhill Ave	0.7
L	39.3	Douglaston Pkwy⇒W Alley Rd	0.7
L	40.0	233rd St ⇒67th Ave	0.4
L	40.4	230th St⇒73rd Ave	4.7
R	45.1	141st St	0.1
L	45.2	72nd Ave	0.2
R	45.4	136th St	0.1
QL	45.5	TRO 136th St	0.2
L	45.7	Jewel Ave	0.1
S	45.8	69th Rd	0.2
BR	46.0	Meadow Lake Rd W (signs for Triboro Bridge)	0.1
BR	46.1	TRO Meadow Lake Rd W	0.3
BR	46.4	TRO Meadow Lake Dr	0.5
PIT	46.9	Restrooms	0.0
BR	46.9	TRO Meadow Lake Dr	0.1
BR	47.0	Meadow Dr	0.0
S	47.1	@ circle continue straight TRO Meadow Dr	0.1

Go	At	On	For
QL	47.1	Meadowlark Cir	0.0
QL	47.2	Meadow Lake Bridge	0.1
R	47.3	Ave of Peace	0.1
R	47.4	Ave of Asia	0.1
L	47.5	Ave of Africa	0.2
R	47.7	Turn right	0.0
QR	47.8	Turn right	0.0
QL	47.8	Ave of the Americas	0.1
QR	47.9	Ave of the Americas	0.3
R	48.1	@ circle turn right	0.0
QR	48.2	New York Ave	0.0
QL	48.2	at New York Ave	0.1
QR	48.2	Meridian Rd	0.1
S	48.3	Make a U-turn and continue on Meridan Rd	0.4
R	48.7	Shea Rd	0.1
S	48.8	At Calvert Cir, continue straight TRO Shea Rd	0.5
L	49.3	Boat Basin Pl	0.1
QL	49.4	bike path	0.3
R	49.7	Jog R/L onto 34th Ave	2.5
L	52.2	59th St	0.3
R	52.5	39th Ave	0.1
L	52.7	56th St	0.2
R	52.9	Skillman Ave	1.4
R	54.3	Turn right	0.3
S	54.6	Queensboro Bridge Greenway	0.2
L	54.8	Ed Koch Queensboro Bridge Path	1.4
L	56.2	Sharp left onto E 60th St	0.0
	56.2	End of route	