

Go	At	On	For
R	0.0	Exit Union Station onto Union Ave	0.3
R	0.3	Water St ⇒ Forbes Ave	1.3
⚠	1.6	Follow bike lane across RR tracks	0.6
R	2.2	Woodward Ave	1.8
R	3.9	Townsend Ave ⇒ South End Rd.	1.5
L	5.4	Silver Sands Rd	0.6
S	6.0	Cosey Beach Rd where Silver Sands goes left	0.1
R	6.2	Catherine St	0.2
L	6.4	Cosey Beach Ave	0.3
L	6.7	Coe Ave	0.1
QR	6.8	Bradford Ave	0.1
QL	6.8	Henry St	0.5
R	7.3	Elliot St ⇒ Hoop Pole Rd.	0.4
L	7.7	Mansfield Grove Rd	0.4
R	8.1	Short Beach Rd	2.1
R	10.2	Stannard Ave	0.7
L	10.9	Harbor St	0.5
R	11.4	Maple St Note: Deli on corner	0.2
R	11.5	Indian Neck Ave	0.9
S	12.4	CT-146 E	0.0
PIT	12.4	Right into Sliney Fields for public restrooms & snack bar	2.2
L	14.6	TRO CT-146 E	1.2
R	15.9	Turn right/quick right again TRO CT-146 E	4.9
L	20.8	TRO CT-146 E	0.1
BR	20.9	TRO CT-146	1.2
L	22.1	Whitfield St	0.0
PIT	22.2	Pick up lunch at Cilantro and picnic on the Green Note: After lunch, return the way you came.	0.0
QR	22.2	Water St	1.3
R	23.5	TRO CT-146 W	4.9
S	28.4	Stony Creek Rd/Damascus Rd. Note: Go straight where CT-146 turns left	0.7
BL	29.1	at stop sign at top of rise TRO Damascus ⇒ Pine Orchard	1.4
R	30.4	Montowese St	0.0
QL	30.5	Meadow St	0.6
L	31.1	Kirkham St ⇒ Maple St.	0.8

Go	At	On	For
L	31.9	CT-142 W	2.6
L	34.5	Silver Sands Rd	1.3
R	35.8	TRO Silver Sands Rd	0.6
R	36.4	South End Rd ⇒ Townsend	1.5
L	37.9	Fort Hale Park Rd/Woodward Ave	1.8
L	39.7	Forbes Ave/US-1	0.6
⚠	40.3	WALK bikes across RR tracks	0.5
S	40.8	Water St	0.8
L	41.6	Union Ave	0.3
L	41.9	into Union Station	0.0
	41.9	Check train schedules for current departure times.	