



Go	At	On	For
	0.0	Start of route	0.0
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. Then continue on CT-146 E	2.2
L	14.6	TRO CT-146 E	1.2
R	15.9	Turn right/quick right again TRO CT-146 E	3.7
L	19.6	Moose Hill Rd	2.4
L	21.9	TRO Moose Hill Rd	0.9
R	22.8	TRO Moose Hill Rd	0.5
L	23.3	Kenneth Cir Note: 2nd Kenneth Circle - at "Do Not Enter" sign	0.1
R	23.5	Bruce Ln	0.2
R	23.7	U.S. 1 N	0.7
L	24.4	W Lake Ave ⇒ West Pond Rd.	2.8
R	27.2	TRO W Pond Rd	0.4
R	27.6	CT-80 E/Foxon Rd.	2.3
R	29.9	CT-77 S/Durham Rd. Note: 2nd traffic light	5.2

Go	At	On	For
R	35.1	Broad St	0.0
QL	35.2	Whitfield St	0.2
PIT	35.4	Pick up lunch at Cilantro and picnic on the Green Note: After lunch, continue to next corner	0.0
QR	35.4	Water St	1.3
R	36.8	TRO CT-146 W	4.9
S	41.7	Stony Creek Rd/Damascus Rd. Note: Go straight where CT-146 turns left	0.7
BL	42.3	at stop sign at top of rise TRO Damascus ⇒ Pine Orchard	1.4
R	43.7	Montowese St	0.0
QL	43.7	Meadow St	0.6
L	44.3	Kirkham St ⇒ Maple St.	0.8
L	45.1	CT-142 W	2.6
L	47.7	Silver Sands Rd	1.3
R	49.0	TRO Silver Sands Rd	0.6
R	49.6	South End Rd ⇒ Townsend	1.5
L	51.1	Fort Hale Park Rd/Woodward Ave	1.8
L	52.9	Forbes Ave/US-1	0.6
	53.5	WALK bikes across RR tracks	0.5
S	54.0	Water St	0.8
L	54.8	Union Ave	0.3
L	55.1	into Union Station	0.0
	55.1	Check train schedules for current departure times.	0.0
	55.1	End of route	