

Go	At	On	For
	0.0	Start of route	0.0
R	0.0	Brooklyn Bridge Promenade	0.8
S	0.8	Take the pedestrian overpass	0.7
R	1.5	Tillary St	0.0
QL	1.5	Brooklyn Bridge Blvd	0.3
S	1.8	Boerum Pl	0.1
QL	1.9	Livingston St	0.2
R	2.1	Hoyt St	0.2
L	2.3	Dean St	1.1
R	3.5	Vanderbilt Ave	0.3
R	3.8	Plaza St E. Circle around to enter park	0.3
R	4.1	West Dr	0.5
L	4.6	into picnic house driveway	0.0
PIT	4.6	Pit stop at picnic house Note: bathrooms in rear	0.0
QL	4.7	West Dr	1.2
BL	5.9	TRO West Dr and continue full lap of park	1.8
L	7.7	West Dr	0.0
QL	7.7	West Dr	1.7
BR	9.4	to exit park	0.1
S	9.5	@ Circle, go 3/4 way around & take the 5th exit onto Parkside Ave	0.1
R	9.6	bike path	0.0
QL	9.6	Take 1st left on bike path	0.2
R	9.8	Caton Ave	0.3
L	10.1	Ocean Pkwy, onto near-side middle bike path	0.2
R	10.3	Church Ave	0.0
QR	10.3	Ocean Pkwy Service Rd.	4.5
L	14.8	Neptune Ave ⇒ Emmons	1.3
L	16.1	Bedford Ave	1.1
R	17.3	Avenue U	0.6
BL	17.8	TRO Avenue U	0.8
R	18.7	Coleman St	0.1
L	18.8	Avenue V	0.1
QR	18.9	Flatbush Ave	0.1
QR	19.0	At Hendrickson Pl, move right onto sidewalk/bike path	0.8
BL	19.8	Slight left, cross exit ramp TRO bike path	0.1

Go	At	On	For
BR	19.9	Keep right, cross entrance ramp TRO bike path	0.2
BL	20.1	across exit ramp TRO bike path	0.1
QR	20.2	across entrance ramp, then turn left on bike path	0.1
L	20.3	Turn left. Cross with light to bike path on far side of Flatbush Ave	0.0
QR	20.3	bike path	1.1
L	21.4	Use crosswalk to cross Flatbush Ave. to bike path across bridge	1.2
BR	22.6	at bottom of ramp onto Rockaway Point Blvd	2.8
R	25.4	Rockaway Point Blvd turns slightly right and becomes 4th Ave	0.1
S	25.5	Beach 227th St	0.2
	25.7	Make U-turn, return to 4th Ave	0.2
S	25.9	4th Ave	0.1
L	26.0	4th Ave turns left and becomes Rockaway Point Blvd	0.5
PIT	26.5	Pit stop at Country Heart Cooking. Continue east on Rockaway Point Blvd	1.2
R	27.7	Beach 193rd St. Go to end - Fisherman's Beach. Then U-turn	0.4
R	28.1	Range Rd	0.1
L	28.2	at W Rd onto unpaved road thru Ft. Tilden Note: (soft left, not sharp left)	0.7
S	28.9	Steele Rd ⇒ Barret Rd.	0.4
R	29.3	Beach 169th St	0.2
L	29.6	Jacob Riis Park Promenade	1.0
R	30.5	Rockaway Beach Blvd	1.7
R	32.2	Beach 116th St to end - Flt. 587 Memorial	0.1
	32.4	Make U-turn	0.1
R	32.5	Rockaway Beach Blvd	0.4
R	32.9	Beach 108th St	0.1
L	33.0	Cross one lane & circle around to go left onto Shore Front Pkwy	1.6
S	34.6	Enter the traffic circle, take 2nd exit onto Beach 73rd St.	0.2
R	34.8	Rockaway Beach Blvd	0.2

Go	At	On	For
L	35.0	Beach 69th St	0.2
R	35.2	Beach Channel Dr	1.3
R	36.5	Beach 42nd St	0.1
L	36.6	Rockaway Beach Blvd	0.0
QR	36.7	Beach 41st St	0.1
QL	36.7	Edgemere Ave	0.5
S	37.2	Merge onto Seagirt Blvd	1.4
S	38.6	Take the NY-878 S exit	0.1
BR	38.7	bike path over bridge	0.4
R	39.1	at first exit. Walk bikes down steps or grass slope	0.0
QR	39.1	Acapulco St	0.0
S	39.2	Rescue Rd	0.1
L	39.3	Albany Blvd	0.1
QR	39.3	Bay Blvd	1.3
L	40.6	Park St	0.3
R	40.9	at T onto Mark Dr	0.1
QL	41.0	Beech St	0.4
R	41.4	Connecticut Ave	0.1
QL	41.5	Oceanview St Note: Through cottage lanes w/ stop signs	0.7
R	42.1	New York Ave	0.0
QL	42.2	Boardwalk/Oceanfront St	2.2
L	44.3	Neptune Blvd	0.1
R	44.4	E Broadway	0.5
L	44.9	Maple Blvd	0.0
QR	44.9	Richmond Rd	0.2
BL	45.1	Fairway Rd	0.1
QR	45.2	Eva Dr	0.0
QL	45.2	Greenway Rd	0.1
R	45.3	Lido Blvd	2.7
R	48.1	Baldwin Ave	0.3
L	48.4	Ocean Blvd	0.2
L	48.6	Hewlett Ave	0.2
R	48.8	Beech St	0.1
L	48.9	Mineola Ave	0.4
L	49.3	Bayside Dr	0.3
L	49.6	Parkside Rd Dr	0.1
QR	49.7	Lido Blvd	2.9
S	52.6	E Park Ave	0.2
R	52.8	Pacific Blvd	0.0

Go	At	On	For
QR	52.8	E Chester St	0.1
L	52.9	Curley St	0.2
L	53.1	E Pine St	0.4
L	53.6	Neptune Blvd	0.2
R	53.8	E Park Ave	0.9
L	54.7	Edwards Blvd	0.0
QR	54.7	into parking lot	0.0
PIT	54.8	Late lunch at Gino's or something to go for the train. Cross street to train station (LIRR)	0.0
	54.8	End of route	