

Go	At	On	For
	0.0	Start of route	0.0
R	0.0	Grand Central Pkwy service road <i>Bear right as necessary TRO service road</i>	1.4
L	1.4	164th St	0.8
R	2.3	73rd Ave	1.8
R	4.0	199th St	0.2
L	4.2	at 75th Ave onto bike path and bear right onto Vanderbilt Pkwy	0.3
R	4.5	TRO Vanderbilt Pkwy	0.1
R	4.6	to go through tunnel	0.1
QR	4.6	TRO Vanderbilt Pkwy	1.8
L	6.4	into park to sports fields	0.1
QR	6.5	Alley Pond Main Path	0.0
PIT	6.5	Pit stop @ field house	0.0
QR	6.6	Cut across parking lot to exit	0.0
QR	6.6	Winchester Blvd	0.1
L	6.7	Union Turnpike	0.5
L	7.3	Commonwealth Blvd	0.8
R	8.1	Cullman Ave	0.1
L	8.2	Marathon Pkwy	0.5
R	8.7	57th Ave	0.4
R	9.1	Horace Harding Expy/LIE Service Rd	5.1
R	14.2	at Roslyn Rd into shopping strip	0.0
PIT	14.2	Pit stop @ Dunkin' Donuts	0.0
QR	14.2	LIE Service Rd	1.7
L	15.9	W Wheatley Rd	1.4
L	17.3	TRO Wheatley Rd	1.1
L	18.4	Whitney Ln	1.1
L	19.5	Northern Blvd	0.1
R	19.6	Valentines Ln	1.2
R	20.8	Hoaglands Ln	0.7
L	21.5	Cedar Swamp Rd	0.2
R	21.7	Chicken Valley Rd	3.1
R	24.7	Planting Fields Rd	1.1
R	25.8	Glen Cove Rd	0.5
L	26.3	Mill River Rd	0.5
L	26.8	Lexington Ave	0.1
QR	26.9	W Main St	0.1
QL	27.0	Maxwell Ave	0.1
R	27.1	Shore Ave	0.1

Go	At	On	For
QL	27.1	Audrey Ave	0.0
PIT	27.2	Lunch at Sweet Tomato or pick up food at Deli & go to beach	0.1
QR	27.2	Shore Ave	0.2
BL	27.5	Larrabee Ave	0.2
L	27.6	W Main St	0.1
R	27.7	Lexington Ave	0.5
S	28.3	Berry Hill Rd	3.4
R	31.7	Church St	0.2
S	31.9	1st St	0.2
R	32.1	Muttontown Eastwoods Rd ⇒ Muttontown Rd.	2.6
R	34.7	Brookville Rd	1.0
L	35.7	Sharp left onto Wheatley Rd <i>CAUTION</i>	0.8
BL	36.6	TRO Wheatley Rd	2.4
R	39.0	TRO Wheatley Rd	1.4
L	40.4	Cross over LIE and turn left onto Old Westbury Rd/LIE Service Rd	0.1
R	40.5	TRO Old Westbury Rd	0.5
R	41.0	I U Willets Rd	2.4
BR	43.4	TRO I U Willets Rd	1.3
L	44.7	Shelter Rock Rd	0.5
R	45.2	Old Courthouse Rd	0.8
L	46.0	Meadowfarm Rd	0.3
L	46.2	Marcus Ave	0.1
QR	46.3	First right onto Major Ln	0.1
QR	46.4	Right @ T onto Laurel Dr	0.1
QL	46.4	Second left onto Primrose Dr	0.1
QR	46.5	First right onto Durham Rd to end	0.3
L	46.8	New Hyde Park Rd	0.1
QR	46.9	First right onto Evans St	0.3
L	47.1	Sylvia Ln	0.0
QR	47.2	First right onto Nugent St	0.1
L	47.3	Haddon Rd	0.0
QR	47.4	Evergreen Ln	0.1
L	47.5	TRO Evergreen Ln	0.1
QR	47.6	Lakeville Rd	0.0
QL	47.6	Fairfield Ln	0.2
BR	47.8	81st Ave	1.3
R	49.1	Cross Island Pkwy Exit (2nd R at 244th St.)	0.1

Go	At	On	For
L	49.2	Union Turnpike	2.8
L	52.1	193rd St	0.1
R	52.2	81st Ave	0.2
L	52.4	188th St	0.2
R	52.6	Midland Pkwy	1.0
R	53.6	Hillside Avenue <i>End of ride at 179th St Station E & F trains or continue on Hillside to...</i>	2.1
BR	55.7	Kew Gardens Rd	0.9
L	56.5	81st Ave	0.1
R	56.7	Austin St	0.0
BR	56.7	TRO Austin St	0.1
S	56.8	Take the pedestrian tunnel	0.5
L	57.3	Ascan Ave	0.7
R	58.0	Metropolitan Ave	0.0
PIT	58.0	Pit stop at Theatre Cafe on right side of Metropolitan Ave <i>End of ride</i>	0.0
	58.1	End of route	