

Go	At	On	For
	0.0	Start of route	0.0
<b>R</b>	0.0	TRO Manhattan Bridge Bicycle Path	1.3
<b>S</b>	1.3	Continue straight at bottom of ramp	0.0
<b>QL</b>	1.4	Jay St	0.3
<b>R</b>	1.6	Tillary St	0.2
<b>R</b>	1.9	Cadman Plaza W	0.0
<b>QL</b>	1.9	Clark St	0.1
<b>QL</b>	2.0	Henry St	0.6
<b>L</b>	2.6	Amity St	0.2
<b>L</b>	2.8	Jog left/right across Court St onto Dean St	1.0
<b>R</b>	3.8	5th Ave	0.7
<b>L</b>	4.5	3rd St	0.6
<b>S</b>	5.1	West Dr	0.2
<b>L</b>	5.3	into Picnic House Dr	0.1
<b>PIT</b>	5.4	Pit stop @ Picnic House Then return to West Dr	0.1
<b>QL</b>	5.4	West Dr	1.3
<b>S</b>	6.7	@ Circle, take the 3rd exit	0.0
<b>BL</b>	6.8	bike path into park	0.2
<b>L</b>	7.0	Caton Ave	0.2
<b>R</b>	7.1	Rugby Rd	1.4
<b>S</b>	8.5	E 14th St	1.0
<b>L</b>	9.5	Avenue N	0.4
<b>R</b>	9.9	E 21st St	0.0
<b>BL</b>	9.9	Bay Ave	0.2
<b>BR</b>	10.1	E 23rd St	1.5
<b>L</b>	11.6	Avenue X	0.1
<b>QR</b>	11.7	Bedford Ave	0.7
<b>L</b>	12.4	Emmons Ave	0.6
<b>R</b>	13.0	Brigham St and bear left onto bike path	1.9
<b>L</b>	14.9	to cross Flatbush Ave at light	0.0
<b>QR</b>	14.9	bike path	1.1
<b>R</b>	16.0	to cross Flatbush Ave at light	0.0
<b>QL</b>	16.0	bike path to cross Marine Pkwy Bridge	1.1
<b>L</b>	17.2	At light, cross Rockaway Point Blvd onto Beach 169th St	0.4
<b>L</b>	17.6	at end onto Jacob Riis Park Promenade	0.7

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<b>R</b>	18.3	TRO Jacob Riis Park Promenade	0.3
<b>R</b>	18.5	Rockaway Beach Blvd	1.2
<b>R</b>	19.8	Beach 126th St	0.2
<b>S</b>	19.9	Ocean Promenade Belle Harbor	0.9
<b>L</b>	20.8	Beach 109th St	0.0
<b>QR</b>	20.8	Brewster Ct	0.0
<b>QR</b>	20.8	Beach 109th St	0.1
<b>QR</b>	20.9	Rockaway Beach Blvd	0.0
<b>QR</b>	20.9	Beach 108th St	0.0
<b>PIT</b>	21.0	Pick up lunch @ Boardwalk Bagel for picnic on boardwalk	0.1
<b>BR</b>	21.1	into circle to go left onto Shore Front Pkwy	0.2
<b>R</b>	21.3	ramp up to boardwalk	0.0
<b>QL</b>	21.3	Rockaway Beach Boardwalk	0.9
<b>L</b>	22.2	exit boardwalk down ramp to Shore Pkwy	0.0
<b>QL</b>	22.2	Shore Front Pkwy	0.1
<b>R</b>	22.3	Beach 90th St	0.4
<b>L</b>	22.7	Beach Channel Dr	0.1
<b>QR</b>	22.8	Beach 92nd St	0.0
<b>QL</b>	22.8	bridge ramp	0.7
<b>S</b>	23.5	Van Brunt Rd	0.1
<b>QR</b>	23.6	Cross Bay Blvd	1.2
<b>L</b>	24.8	across Blvd to bike path <i>Caution</i>	1.5
<b>R</b>	26.3	X Cross Bay Blvd and turn left onto sidewalk to cross bridge	1.1
<b>L</b>	27.4	165th Ave	0.5
<b>R</b>	27.9	at end onto 83rd St	0.5
<b>L</b>	28.4	161st Ave	0.3
<b>S</b>	28.6	78th St	0.3
<b>S</b>	28.9	157th Ave	0.4
<b>L</b>	29.3	84th St	0.1
<b>QL</b>	29.4	bike path (before underpass)	6.0
<b>R</b>	35.4	Cross Flatbush Ave at light	0.0
<b>QR</b>	35.4	then bear left to continue on bike path	1.9
<b>R</b>	37.3	Brigham St	0.0
<b>QL</b>	37.4	Emmons Ave	0.6
<b>R</b>	38.0	Bedford Ave	0.5
<b>L</b>	38.5	Ave. Y	0.1

Go	At	On	For
R	38.6	E 22nd St	2.6
R	41.2	Avenue I	0.0
QR	41.3	E 23rd St	0.0
QR	41.3	Avenue I	0.1
QL	41.4	Bedford Ave	0.2
L	41.7	Campus Rd	0.1
QL	41.8	E 23rd St ⇒ Campus Rd	0.2
R	41.9	Avenue H	0.3
L	42.2	E 15th St	0.0
S	42.2	Take the pedestrian tunnel	0.0
QR	42.2	E 15th St	0.0
QR	42.2	Avenue H	0.1
R	42.4	Argyle Rd	1.4
S	43.7	Cross Caton Ave onto Parade Grounds	0.1
PIT	43.8	Pit stop @ bathrooms on right <i>Then go left past snack bar on path</i>	0.1
R	44.0	path	0.1
S	44.1	@ Circle, take the 2nd exit into park on S Lake Dr	0.1
BR	44.2	East Dr	1.8
R	46.0	Grand Army Plaza/Plaza St W	0.2
R	46.2	Vanderbilt Ave	0.3
L	46.5	Bergen St	0.2
R	46.7	Carlton Ave	1.3
L	47.9	Flushing Ave	0.4
R	48.3	Navy St	0.1
L	48.4	Sands St bike lane	0.3
L	48.7	at end of bike path <i>Caution: use pedestrian walk signal</i>	0.0
QL	48.7	Manhattan Bridge Bicycle Path	1.4
L	50.1	at Canal St	0.0
	50.1	End of route	