

Go	At	On	For
	0.0	Start of route	0.0
R	0.0	X - Canal St - Turn right TRO Manhattan Bridge Bicycle Path	1.4
R	1.4	Exit Bicycle Path, Turn right to X Sands Street	0.0
QR	1.4	at Sands St - stay on protected bike path	0.3
R	1.7	Navy St	0.1
QL	1.8	Flushing Ave	0.5
R	2.3	Clermont Ave	0.4
L	2.7	Willoughby Ave [CLINTON HILL]	0.8
R	3.5	Spencer St.	0.2
L	3.7	Kosciusko St	1.4
R	5.1	Jog R/L Broadway => Kosciusko St	0.1
R	5.2	Bushwick Ave [BUSHWICK]	0.1
QL	5.3	Himrod St	1.2
R	6.4	Onderdonk Ave	0.7
L	7.1	69th Ave [RIDGEWOOD]	0.4
R	7.5	Fresh Pond Rd	0.2
L	7.7	Myrtle Ave	0.0
QR	7.7	61st St	0.3
L	8.0	St Felix Ave	0.0
QL	8.0	Cooper Ave [LIBERTY PARK]	0.3
R	8.3	âCypress Hills St	0.4
	8.7	Stop at Harry Houdini gravesite	0.2
R	8.9	the J Robinson Pkwy E ramp to Eastern Long Island - sidewalk	0.1
L	9.0	Enter greenway into Highland Park	0.6
	9.6	Ride around Ridgewood Reservoir Loop	0.5
R	10.2	Exit Park Loop where you entered	0.1
QR	10.2	the ramp to Cypress Hills St	0.1
L	10.4	Cypress Hills St	0.6
S	10.9	Cooper Ave [GLENDALE]	0.1
QR	11.0	TRO âCooper Ave	0.7
R	11.7	Jog right/left across 73rd Pl onto 78th Ave	0.3
R	12.0	79th St	0.1
L	12.1	âMyrtle Ave	0.1
R	12.2	bike path into Forest Park	0.1
PIT	12.3	Restroom - Harbor Playground	0.1

Go	At	On	For
BR	12.3	TRO Greenway	0.5
S	12.9	Brooklyn-Queens Greenway/âForest Park Dr	2.4
L	15.3	Exit Forest Park - Turn left onto Park Ln [FOREST HILLS]	0.0
QL	15.4	Union Tpke	0.1
R	15.5	Greenway N	0.1
QL	15.5	78th Ave/âRockrose Pl	0.1
QR	15.6	Greenway S FOREST HILLS	0.5
S	16.1	Greenway Terrace	0.2
L	16.3	Burns St	0.0
QR	16.3	71st Ave/âContinental Ave	0.4
L	16.8	112th St	0.5
L	17.2	67th Rd	0.1
R	17.4	110th St	0.6
R	17.9	62nd Dr	0.0
QL	18.0	Colonial Ave	0.1
R	18.1	sidewalk - toward overpass	0.1
QL	18.2	to enter overpass	0.3
R	18.4	Corona Ave [CORONA]	0.1
R	18.6	111th St	0.4
R	18.9	United Nations Ave N (bike path)	0.1
S	19.1	Follow circle half way around to continue on UN Ave	0.1
L	19.2	ramp toward Meridian Rd <i>(Immediately after overpass, before building)</i>	0.1
QR	19.3	Meridian Rd	0.2
S	19.4	Shea Rd	0.1
S	19.5	At Calvert Cir, continue straight TRO Shea Rd	0.5
L	20.0	Boat Basin Pl	0.1
QL	20.1	bike path	0.3
L	20.4	and cross 114th St onto 34th Ave	2.5
L	22.9	59th St [WOODSIDE]	0.3
R	23.2	39th Ave	0.1
L	23.4	56th St	0.2
R	23.6	Skillman Ave [SUNNYSIDE]	0.7
L	24.3	43rd St	0.3
L	24.5	into parking lot	0.0
PIT	24.5	LUNCH @ Bejako Sekuwa	0.0
QL	24.6	43rd St	0.5

Go	At	On	For
S	25.1	Continu thru underpass - use sidewalk	0.1
BR	25.2	up ramp	0.2
S	25.3	Take the ramp down to 54th Ave	0.1
S	25.4	At 54th Ave, cross over too bike lane on left	0.8
R	26.3	Take bike lane exit off bridge	0.0
QL	26.3	First left onto Meeker	0.1
S	26.4	Follow bike lane across Apollo TRO Meeker Ave	0.1
BR	26.4	Driggs Ave	0.8
R	27.3	N 12th St	0.4
L	27.6	Kent Ave	1.5
S	29.1	Continue on bike lane across Clymer TRO Kent Ave <i>SOUTH WILLIAMSBURG</i>	0.4
R	29.5	Williamsburg St W	0.2
R	29.6	Flushing Ave	0.4
L	30.1	Vanderbilt Ave [CLINTON HILL] <i>CLINTON HILL</i>	1.6
R	31.6	Plaza St E [PROSPECT HEIGHTS] <i>Grand Army Plaza</i>	0.3
BL	31.9	TRO Plaza St W	0.0
QR	32.0	Prospect Park West Dr <i>Prospect Park</i>	1.7
R	33.7	Take Lake Dr. exit from Park	0.1
BL	33.8	around circle across Parkside Ave	0.1
BL	33.8	bike path	0.2
L	34.0	Caton Ave	0.2
R	34.2	Rugby Rd [PROSPECT PARK SOUTH]	1.4
S	35.6	E 14th St <i>WEST MIDWOOD</i>	1.0
L	36.6	Avenue N [MIDWOOD]	0.5
R	37.0	E 23rd St	1.9
L	39.0	Avenue Z [SHEEPSHEAD BAY]	0.1
R	39.1	Bedford Ave	0.4
L	39.4	Emmons Ave	0.6
R	40.0	after Comfort Inn (on the right) to enter bike path	1.9
L	42.0	to cross Flatbush Ave	0.0
QR	42.0	to continue direction on path along Flatbush Avenue	1.1

Go	At	On	For
R	43.1	to cross Flatbush Avenue	0.0
QL	43.1	to continue direction along Flatbush Avenue	0.3
S	43.4	Cross Marine Bay Bridge	0.9
L	44.3	to cross Rockaway Point Blvd/â€”State Rd onto Beach 169th St	0.4
L	44.6	at end onto Jacob Riis Park Promenade	1.0
R	45.6	Rockaway Beach Blvd <i>NEPONSIT</i>	1.2
R	46.8	Beach 126th St <i>BELLE HARBOR</i>	0.2
S	47.0	Ocean Promenade Belle Harbor	0.9
L	47.8	Beach 109th St	0.1
QR	47.9	Rockaway Beach Dr	0.1
QL	48.0	Beach 108th St <i>SEASIDE</i>	0.2
L	48.2	Beach Channel Dr	0.0
QR	48.2	into Ferry Landing	0.0
	48.2	End of route	