

Go	At	On	For
	0.0	Start of route	0.0
R	0.0	Ed Koch Queensboro Bridge Path	1.4
R	1.4	Queensboro Bridge Greenway	0.2
L	1.6	29th St	0.9
R	2.5	34th Ave	0.8
L	3.3	47th St	0.4
R	3.7	31st Ave	2.4
BR	6.1	Astoria Blvd	0.3
L	6.4	31st Dr	0.1
S	6.5	Cross Ditmars Blvd onto Flushing Bay Promenade (bike path)	0.1
R	6.6	at bottom of ramp and right again onto Promenade	0.5
BR	7.1	Marina Rd	0.0
QL	7.1	Marina Rd	0.1
QR	7.2	Boat Basin Pl	0.1
R	7.3	Shea Rd	0.5
S	7.8	At Calvert Cir, continue straight TRO Shea Rd	0.1
QL	7.9	Meridian Rd	0.3
R	8.2	New York Ave	0.1
QL	8.3	Avenue of the Americas	0.0
QR	8.3	at circle onto New York Ave	0.0
QR	8.4	Take 2nd right TRO New York Ave	0.1
R	8.5	Meridian Rd	0.3
L	8.8	Fowler Path (at pedestrian crossing)	0.0
QL	8.9	Fowler Path (Immediately after underpass)	0.0
QR	8.9	Fowler Ave	0.2
R	9.1	College Point Blvd	0.0
QL	9.1	Blossom Ave	0.1
QR	9.2	Crommelin St	0.1
QL	9.3	Cherry Ave	0.2
R	9.5	Colden St	0.6
L	10.1	at end onto Oak Ave	0.8
L	11.0	164th St	0.1
QR	11.0	Pidgeon Meadow Rd	0.3
L	11.3	Auburndale Ln	0.2
L	11.5	TRO Auburndale Ln	0.3
R	11.8	45th Ave	0.1
QL	11.9	172nd St	0.4

Go	At	On	For
R	12.2	at end onto Station Rd	0.2
L	12.5	192nd St	0.2
R	12.6	Crocheron Ave	0.1
S	12.7	35th Ave	1.0
L	13.7	214th Pl	0.1
R	13.9	33rd Rd	0.1
R	14.0	at end into park	0.0
PIT	14.0	Pit stop @ Park Restroom then continue on path	0.0
QL	14.0	First left on path	0.3
	14.3	STAIRS To X Cross Island Overpass	0.0
QL	14.3	Foot Bridge	0.1
QL	14.4	Sharp left onto Brooklyn-Queens Greenway	0.5
S	14.9	Brooklyn-Queens Greenway	1.1
R	16.0	Totten Ave	0.2
BR	16.2	TRO Totten Ave	0.1
S	16.3	Sgt. Charles M. Beer	0.3
S	16.6	General R W Berry Dr	0.3
L	16.9	Sgt. Charles M. Beer	0.0
QR	16.9	Pratt Ave	0.2
R	17.2	Weaver Ave	0.1
QL	17.3	Shore Rd	0.3
S	17.5	Totten Rd	0.1
S	17.6	Make a U-turn	0.1
S	17.7	Shore Rd	0.1
R	17.8	Ordinance Rd	0.1
R	17.9	North Loop	0.1
R	18.0	Abbott Rd	0.1
QL	18.1	Bayside St ⇒ Totten Ave	0.2
R	18.3	bike path just before parking lot	0.1
S	18.4	Brooklyn-Queens Greenway	0.6
L	19.1	Utopia Pkwy ⇒ Cryders Ln	0.2
R	19.2	166th St	0.4
L	19.6	Powells Cove Blvd	0.2
R	19.8	161st St	0.1
QL	19.9	Riverside Dr	0.1
QR	19.9	TRO Riverside Dr	0.1
R	20.0	TRO Riverside Dr	0.2
BL	20.2	154th Pl	0.1
QR	20.2	Powells Cove Blvd	0.0

Go	At	On	For
QL	20.3	154th St	0.1
QR	20.4	10th Ave	0.2
R	20.5	152nd St	0.1
L	20.6	Powells Cove Blvd ⇒ 7th Ave	0.2
R	20.8	151st St	0.1
S	20.9	Powells Cove Blvd	0.2
L	21.1	3rd Ave	0.4
BR	21.5	at 147th St onto path into park and bear right	0.2
PIT	21.7	Pit Stop @ Park Restrooms	0.0
QR	21.8	3rd Ave	0.1
QR	21.8	Parsons Blvd ⇒ Malba Dr	0.2
	22.0	At circle, take in the view <i>Then return out Malba Dr</i>	0.1
QR	22.1	Malba Dr	0.2
R	22.3	Boulevard	0.1
S	22.5	Point Crescent	0.2
R	22.7	141st St	0.1
QR	22.8	11th Ave	0.1
QL	22.9	Enter Powells Cove Park @ 138 st	0.2
R	23.1	main path	0.0
QL	23.1	First left on path	0.2
R	23.3	at T	0.0
BL	23.3	to exit park	0.0
S	23.3	Cross 130th St onto 9th Ave	0.0
QL	23.4	129th St	0.2
S	23.6	Cross 14th Ave TRO 129 St	0.5
L	24.1	23rd Ave ⇒ Linden Pl	0.8
R	25.0	31st Rd	0.1
QL	25.0	Farrington St	0.2
R	25.2	33rd Ave	0.0
QL	25.2	Prince St	0.3
R	25.5	At Northern Blvd, cross service rd onto bike path across bridge	0.3
L	25.8	TRO Flushing Bay Promenade	0.8
L	26.6	Marina Rd	0.0
QR	26.7	TRO Marina Rd	0.0
QL	26.7	TRO Marina Rd	0.1
QR	26.7	Boat Basin Pl	0.1
QR	26.8	bike path	0.3
R/L	27.2	onto 34th Ave	1.9

Go	At	On	For
L	29.0	76th St	0.4
R	29.5	Roosevelt Ave	0.2
PIT	29.6	Little Tibet - Momo! <i>Then continue on Roosevelt Ave</i>	0.4
R	30.0	64th St	0.0
QL	30.1	39th Ave	0.4
L	30.5	56th St	0.2
BR	30.7	Skillman Ave	1.4
R	32.1	bike path	0.3
S	32.3	Queensboro Bridge Greenway	0.2
BR	32.6	TRO Queensboro Bridge Greenway	0.2
	32.7	End of route	