

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	Ed Koch Queensboro Bridge Path	1.4
L	1.4	Queensboro Bridge Greenway	0.2
R	1.6	at 21st St to X at light	0.0
QL	1.7	Queensbridge Park Greenway	0.3
S	2.0	X Vernon Blvd - CAREFUL! [DUTCH KILLS]	0.3
R	2.3	path at playground	0.1
PIT	2.4	Restroom <i>Then return to main path</i>	0.1
QR	2.4	Queensbridge Park Greenway	0.0
QL	2.5	Vernon Blvd	0.7
L	3.1	at 34th Ave onto Rainey Park bike path	0.3
L	3.4	Exit Rainey Park - Slight left onto Vernon Blvd	0.1
L	3.5	at Broadway onto Socrates Park bike path [ASTORIA]	0.1
QR	3.6	Continue right on bike path toward Vernon Blvd	0.1
QL	3.7	Vernon Blvd	0.2
L	3.9	Hallett's Cove bike path	0.0
QL	4.0	Turn left, follow bike path, NYC Ferry on left	0.3
R	4.3	- follow bike path	0.0
QL	4.3	Exit bike path - Turn left onto 1st St	0.1
QR	4.4	27th Ave	0.4
L	4.8	12th St	0.2
S	4.9	Shore Blvd bike path	0.4
L	5.3	TRO bike path	0.7
BL	6.0	Shore Blvd	0.0
QR	6.0	20th Ave protected bike lane [DITMARS STEINWAY]	1.4
R	7.3	49th St [ASTORIA HEIGHTS]	0.7
R	8.1	25th Ave	0.0
QL	8.1	48th St	0.5
L	8.6	31st Ave [JACKSON HEIGHTS]	2.2
L	10.8	99th St	0.1
QR	10.9	27th Ave	0.4
S	11.3	X Ditmars Blvd to enter bike path over GCP	0.1

Go	At	On	For
S	11.5	Follow greenway along Flushing Bay Promenade	0.3
BL	11.8	TRO Flushing Bay Promenade	0.5
L	12.3	TRO Flushing Bay Promenade	0.8
R	13.1	TRO Flushing Bay Promenade toward Northern Blvd Bridge	0.1
S	13.2	X Flushing Creek	0.3
L	13.4	Prince St [FLUSHING]	0.3
L	13.7	33rd Ave	0.0
QR	13.7	Miller St	0.1
QR	13.8	32nd Ave	0.1
QL	13.8	Farrington St	0.1
R	14.0	31st Rd	0.4
L	14.4	Union St	0.1
PIT	14.4	JK Bakery - Union St. Pickup Lunch - just north of turn onto 29th Road	0.0
QR	14.4	29th Rd	0.2
L	14.7	146th St [LINDEN HILL]	0.1
R	14.8	27th Ave	0.1
L	14.9	147th St	0.2
R	15.1	Willets Point Blvd	0.4
L	15.5	Murray St	0.5
L	16.0	17th Ave	0.1
R	16.1	150th St	0.4
R	16.5	12th Rd [WHITESTONE]	1.0
R	17.5	Totten St [BEECHHURST]	0.1
QL	17.6	Cryders Ln	0.1
QR	17.6	Little Bay Greenway	0.5
PIT	18.2	Pit stop @ park bathroom	0.2
R	18.4	off bike path onto road	0.1
QL	18.5	greenway just before CIP entrance - Joe Michaels Mile	1.2
BL	19.6	TRO Greenway	1.3
R	20.9	Northern Blvd protected bike lane	0.1
L	21.0	223rd St protected bike lane [BAY-SIDE]	0.3
L	21.3	Horatio Pkwy protected bike lane	0.2
L	21.5	Continue on bike lane	0.8
R	22.3	233rd St	0.4
L	22.7	230th St	0.1
R	22.8	69th Ave	0.2

Go	At	On	For
L	22.9	Cloverdale Blvd	0.1
S	23.1	Enter Alley Pond Park at 73rd Ave & Cloverdale	0.0
S	23.1	Head straight across Park	0.1
S	23.1	Heading straight across keep playground on your right	0.1
S	23.2	Continue toward 76th Ave - keep Alley Pond Environmental Center on your right	0.1
QL	23.3	Exit park, Turn left onto 76th Ave	0.2
R	23.5	Cloverdale Blvd	0.1
S	23.6	Straight to enter Vanderbilt Parkway bike path	0.0
QR	23.6	Vanderbilt Motor Pkwy	1.3
L	24.9	TRO Vanderbilt Pkwy X over Clearview EWay	0.1
QL	25.0	TRO Vanderbilt Pkwy	0.5
L	25.5	Exit Vanderbilt Parkway at 199th St. Turn left on 73rd Ave [FRESH MEADOWS]	2.0
	27.6	.[KEW GARDENS HILLS].	0.7
R	28.3	141st St	0.2
L	28.5	71st Ave	0.1
S	28.7	137th St	0.0
QL	28.7	70th Rd	0.0
QR	28.8	136th St	0.1
L	28.9	Jewel Ave	0.3
R	29.2	Make sharp right then left to enter Meadow Lake Drive Greenway	1.0
BR	30.2	TRO Meadow Lake Dr toward Meadow Lake Bridge	0.1
BR	30.3	Meadow Dr toward Meadow Lake Circle	0.0
S	30.3	Straight to Meadow Lake Circle	0.1
QL	30.4	Meadowlark Cir 1/4 turn, then left onto Bridge	0.2
L	30.6	to go around Skate Park	0.0
BR	30.7	after skate park - head to Unisphere	0.2
R	30.8	at Unisphere - ride 1/3 round circle	0.1
QR	30.9	Avenue of the Americas (4th right)	0.3
BR	31.2	around inner circle (New York Ave)	0.0

Go	At	On	For
QL	31.2	TRO New York Ave	0.0
PIT	31.3	Park Restrooms	0.0
QL	31.3	Meridian Road	0.0
QR	31.3	Meridian Rd	0.1
S	31.4	Make a U-turn to continue back on Meridian Road	0.4
R	31.8	Shea Road	0.1
S	31.9	At Calvert Cir, continue straight TRO Shea Rd	0.5
L	32.4	Boat Basin Pl	0.1
QL	32.5	greenway just before Northern Blvd	0.3
R	32.8	34th Ave after exiting greenway	0.0
QL	32.8	34th Ave [JACKSON HEIGHTS]	2.5
L	35.3	59th St	0.3
R	35.6	39th Ave	0.3
L	35.9	Woodside Ave	0.0
QR	36.0	39th Ave	0.2
L	36.2	50th St [SUNNYSIDE GARDENS]	0.2
R	36.4	Skillman Ave	1.1
R	37.4	bike lane at Queens Blvd	0.3
S	37.7	Queensboro Bridge Greenway [LONG ISLAND CITY]	0.2
BR	37.9	TRO Queensboro Bridge Greenway	0.2
R	38.1	21st St	0.0
QL	38.1	Queensbridge Park Greenway	0.3
	38.4	End of route	