

Go	At	On	For
	0.0	Start of route	0.0
<b>S</b>	0.0	Queensbridge Park Greenway	0.1
<b>L</b>	0.1	and follow path out of park	0.0
<b>S</b>	0.2	Queensbridge Park Greenway	0.3
<b>L</b>	0.5	Jog left/right TRO greenway path	0.4
<b>R</b>	0.9	Jog right/left onto Queens Blvd	0.3
<b>L</b>	1.2	Skillman Ave	0.1
<b>R</b>	1.3	43rd St	0.9
<b>R</b>	2.2	50th St	0.1
<b>L</b>	2.4	Queens Blvd	2.7
<b>R</b>	5.1	62nd Ave	0.2
<b>L</b>	5.3	Austin St	0.3
<b>R</b>	5.5	63rd Dr	0.2
<b>L</b>	5.8	Carlton St	0.2
<b>R</b>	6.0	Boelsen Crescent	0.1
<b>QL</b>	6.0	64th Rd	0.0
<b>QR</b>	6.1	Asquith Crescent	0.1
<b>QR</b>	6.1	Alderton St	0.6
<b>R</b>	6.7	Yellowstone Blvd	0.1
<b>L</b>	6.8	Woodhaven Blvd	0.0
<b>QR</b>	6.9	Cooper Ave	0.6
<b>L</b>	7.4	81st St	0.1
<b>QR</b>	7.5	80th St	0.0
<b>QL</b>	7.6	80th St	0.4
<b>S</b>	7.9	X Myrtle Avenue and take path into Forest Park	0.1
<b>QL</b>	8.0	path away from circle	0.0
<b>QR</b>	8.0	as you enter open paved area	0.0
<b>QL</b>	8.0	and follow path under the highway	0.0
<b>S</b>	8.1	After underpass continue straight on path	0.4
<b>L</b>	8.5	to continue on path	0.1
<b>S</b>	8.6	Forest Park Drive	0.7
<b>S</b>	9.3	X Woodhaven Blvd to continue on Forest Park Dr	1.7
<b>R</b>	11.0	Park Lane	0.1
<b>L</b>	11.1	Onslow Pl	0.1
<b>QR</b>	11.2	Grenfell St	0.0
<b>QL</b>	11.2	82nd Street	0.2
<b>R</b>	11.5	Kew Gardens Rd	0.1
<b>L</b>	11.6	83rd Ave	0.3
<b>S</b>	11.8	Hoover Ave	0.4

Go	At	On	For
<b>L</b>	12.3	Main St	0.3
<b>PIT</b>	12.6	Dunkin Donuts	0.2
<b>R</b>	12.8	77th Rd	0.8
<b>L</b>	13.6	164th St	0.3
<b>R</b>	13.9	73rd Ave	1.8
<b>R</b>	15.6	199th St	0.1
<b>QL</b>	15.7	into park	0.0
<b>QR</b>	15.7	and follow path	0.3
<b>R</b>	16.1	and follow path	0.1
<b>R</b>	16.2	and follow path	0.1
<b>QR</b>	16.3	and follow path	1.9
<b>Uturn</b>	18.1	U-turn at Alley Pond and return on same path	0.0
<b>PIT</b>	18.1	Bathrooms at Alley Pond Center	0.5
<b>R</b>	18.6	and follow path across park	0.4
<b>R</b>	19.0	and follow path	0.1
<b>QR</b>	19.1	and follow path	0.0
<b>S</b>	19.1	Go straight to exit park	0.0
<b>QR</b>	19.1	73rd Ave⇒230th St	0.3
<b>R</b>	19.5	into park	0.0
<b>QL</b>	19.5	and follow path	0.1
<b>S</b>	19.6	Continue straight and follow path	0.1
<b>BR</b>	19.7	233rd St	0.2
<b>L</b>	20.0	E Hampton Blvd	0.1
<b>QR</b>	20.0	into park and follow path	0.0
<b>QR</b>	20.1	at Horace Harding Expy	0.5
<b>S</b>	20.6	Continue straight and follow path	0.5
<b>R</b>	21.1	Cloverdale Blvd	0.2
<b>R</b>	21.3	Northern Blvd	0.1
<b>L</b>	21.5	x-walk to x Northern Blvd	0.0
<b>S</b>	21.5	Continue straight and follow road beside Pkwy	2.4
<b>R</b>	23.9	Totten Ave	0.2
<b>R</b>	24.1	Officers Drive⇒Totten Ave	0.1
<b>BR</b>	24.2	Sgt. Charles M. Beer	0.3
<b>L</b>	24.5	TRO C.M.Beer⇒Shore Rd	0.6
<b>L</b>	25.1	Ordinance Rd	0.1
<b>L</b>	25.2	North Loop	0.0
<b>QR</b>	25.2	Abbott Rd	0.1
<b>L</b>	25.3	Bayside St⇒Totten Ave	0.2
<b>R</b>	25.6	and follow bike path	0.7
<b>L</b>	26.3	Cryders Ln	0.0

Go	At	On	For
QL	26.3	Utopia Pkwy	0.1
QL	26.4	TRO Utopia Pkwy	0.2
S	26.6	Utopia Pkwy	0.4
PIT	27.0	Pit@ Utopia Bagels or next door at Parkway Pizza	1.5
R	28.4	42nd Ave	0.1
QL	28.5	Auburndale Ln	0.9
R	29.4	into park and follow path	0.2
L	29.6	Underhill Ave	0.3
L	29.9	164th St	0.3
R	30.2	Booth Memorial Ave	1.4
R	31.6	150th St⇒56th Rd	0.4
R	31.9	142nd St	0.2
R	32.2	Main St	0.1
QL	32.2	Peck Ave⇒Elder Ave	0.4
R	32.6	Booth Memorial Ave	0.1
S	32.7	Go straight to enter park and follow path	0.0
QL	32.7	and follow path	0.1
QL	32.8	at road and x under highway	0.0
S	32.9	Avenue of Discovery	0.1
QL	32.9	Promenade of Industry	0.1
S	33.1	D. Eisenhower Promenade	0.2
L	33.3	and follow path toward Unisphere	0.1
L	33.4	and follow path around Unisphere	0.1
L	33.5	United Nations Ave N	0.1
QL	33.6	United Nations Ave N	0.1
R	33.7	Meridian Rd⇒Shea Rd	0.3
S	34.0	Continue straight after circle	0.5
L	34.5	Boat Basin Pl	0.1
L	34.7	Marina Rd	0.1
QR	34.8	Flushing Bay Promenade	1.0
R	35.7	Ditmars Blvd	0.3
L	36.1	At circle take 4th exit onto 23rd Ave	1.1
R	37.1	82nd St⇒Ditmars Blvd	0.2
R	37.3	81st St ⇒ 19th Ave	1.0
L	38.4	37th St	0.2
R	38.5	20th Ave	0.9
L	39.4	Shore Blvd	0.9
L	40.4	Astoria Park S	0.0
QR	40.4	14th St	0.2

Go	At	On	For
R	40.6	27th Ave	0.2
L	40.8	8th St	0.2
R	40.9	Maine Ave⇒Vernon Blvd	1.4
R	42.3	and enter park	0.0
	42.3	End of route	