

Go	At	On	For
	0.0	Start of route	0.0
<b>R</b>	0.0	TRO Manhattan Bridge Bicycle Path	1.4
<b>R</b>	1.4	bike path on Sands St	0.3
<b>R</b>	1.7	Navy St	0.1
<b>QL</b>	1.8	Flushing Ave	0.5
<b>R</b>	2.3	Vanderbilt Ave	1.6
<b>R</b>	3.9	Plaza St E	0.3
<b>BL</b>	4.1	TRO Plaza St W	0.0
<b>QR</b>	4.2	to enter Prospect Park	1.7
<b>BR</b>	5.9	to exit Prospect Park	0.1
<b>QL</b>	6.0	Brooklyn-Queens Greenway at circle	0.1
<b>QL</b>	6.0	into Parade Grounds	0.2
<b>L</b>	6.2	Exit Parade Grounds. Turn left onto Caton Ave	0.2
<b>R</b>	6.4	Rugby Rd ⇒ E 14th St	1.9
<b>L</b>	8.3	Avenue K	0.6
<b>R</b>	8.9	Bedford Ave	2.8
<b>L</b>	11.7	Emmons Ave	0.6
<b>BR</b>	12.3	Brigham St then left to enter Greenway	1.8
<b>BL</b>	14.1	at fork in path and continue along Flatbush Ave	1.2
<b>L</b>	15.3	Hendrickson Street	0.3
<b>R</b>	15.6	Avenue U	0.7
<b>R</b>	16.2	Mill Ave	0.2
<b>R</b>	16.4	Strickland Ave	0.5
<b>S</b>	16.9	National Dr	0.5
<b>L</b>	17.4	56th Dr	0.1
<b>R</b>	17.5	E 66th St	0.1
<b>R</b>	17.7	Dakota Pl ⇒ Whitman Dr	0.8
<b>R</b>	18.4	E 66th St	0.4
<b>R</b>	18.8	Avenue U	0.5
<b>L</b>	19.4	Bergen Ave	0.9
<b>R</b>	20.3	Ralph Ave	0.2
<b>R</b>	20.5	Flatlands Ave	0.2
<b>R</b>	20.6	E 76th St	0.1
<b>S</b>	20.7	Paerdegat Ave N	0.9
<b>L</b>	21.6	Seaview Ave	0.3
<b>R</b>	21.9	Canarsie Park bike path	0.0
<b>QR</b>	21.9	and continue past building	0.0

Go	At	On	For
<b>BR</b>	21.9	at fork in path	0.0
<b>QL</b>	21.9	Skidmore Pl	0.2
<b>R</b>	22.2	Skidmore Pl ⇒ Schenck St	0.4
<b>R</b>	22.5	Rockaway Pkwy	0.1
<b>S</b>	22.7	@ Circle, take the 1st exit	0.1
<b>QL</b>	22.8	to follow Greenway	3.0
<b>R</b>	25.8	Exit Greenway. Turn right onto 156th Ave/84th St	0.1
<b>QR</b>	25.9	157th Ave	0.4
<b>S</b>	26.2	78th St/Sapphire Ave	0.3
<b>S</b>	26.5	161st Ave	0.4
<b>R</b>	26.9	85th St	0.5
<b>L</b>	27.4	165th Ave	0.4
<b>R</b>	27.8	Cross Bay Blvd/Joseph Addabbo Memorial Bridge	2.6
<b>R</b>	30.3	Continue onto Cross Bay Blvd	1.2
<b>L</b>	31.5	Van Brunt Rd	0.8
<b>L</b>	32.3	Exit Bridge	0.1
<b>QR</b>	32.3	Cross Beach Channel Dr and turn left	0.1
<b>QR</b>	32.4	Beach 91st St	0.2
<b>R</b>	32.5	Rockaway Beach Blvd	0.1
<b>PIT</b>	32.6	Uma's! Eat Dumplings	0.1
<b>L</b>	32.7	Cross Bay Pkwy	0.1
<b>R</b>	32.9	Shore Front Pkwy	0.7
<b>R</b>	33.6	Beach 108th St	0.1
<b>L</b>	33.7	Rockaway Beach Blvd	2.1
<b>L</b>	35.8	Follow bike lane and turn left at sign for Jacob Riis Park	0.0
<b>QR</b>	35.8	TRO Rockaway Beach Blvd	0.1
<b>QL</b>	35.9	Jacob Riis Park Promenade	1.0
<b>R</b>	36.8	Beach 169th St	0.3
<b>S</b>	37.2	Cross Rockaway Point Blvd follow pathway over bridge	1.2
<b>R</b>	38.3	to cross Flatbush Ave	0.0
<b>QL</b>	38.4	to continue on bike path	1.1
<b>L</b>	39.5	to cross Flatbush Ave	0.0
<b>QR</b>	39.5	to continue on bike path - then bear left	1.9
<b>R</b>	41.4	Bike path ends - turn right then left onto Emmons Ave	0.6
<b>R</b>	42.0	Bedford Ave	3.4
<b>L</b>	45.4	Campus Rd	0.1

<b>Go</b>	<b>At</b>	<b>On</b>	<b>For</b>
<b>L</b>	45.5	E 23rd St	0.0
<b>QR</b>	45.6	E 23rd St turns right and becomes Campus Rd	0.1
<b>R</b>	45.7	Avenue H	0.3
<b>S</b>	46.0	Take the pedestrian tunnel	0.1
<b>R</b>	46.1	Argyle Rd	1.4
<b>L</b>	47.5	Caton Ave	0.1
<b>R</b>	47.6	into Parade Grounds	0.2
<b>R</b>	47.8	Brooklyn-Queens Greenway, enter Prospect Park	0.1
<b>QR</b>	47.8	Follow Lake Drive through Park	1.9
<b>R</b>	49.7	Grand Army Plaza/Plaza St W	0.0
<b>BL</b>	49.7	Plaza St E	0.2
	49.9	Ride ends at Grand Army Plaza #2/3 subway	0.1
	50.0	End of route	