

Go	At	On	For
	0.0	Start of route	0.1
ST	0.1	Canarsie Pier Shore - restroom ⇒ Belt Parkway bike path	2.9
R	3.0	156 Ave⇒ 84 St	0.1
QR	3.1	157 Ave	0.4
L	3.4	78 St	0.6
R	4.0	84 St	0.5
TL	4.5	165 Ave	0.4
R	5.0	Cross Bay Blvd	3.0
X	8.0	Broad Channel - food stops	0.7
L	8.7	Van Brunt⇒ Cross Bay Veterans Bridge	0.9
L	9.5	Beach Channel Dr - careful	1.0
LR	10.5	Amstel⇒ Bay 72	0.5
R	11.0	Bayfield Ave	0.3
RL	11.3	Beach 65⇒ De Costa	0.1
R	11.5	Beach 63 St	0.4
L	11.9	Beach Channel Dr	0.2
L	12.1	Beach 58 St	0.2
BL	12.3	Rockaway Community Park - restrooms	0.2
R	12.5	Beach 56 St	0.2
L	12.7	Beach Channel Dr	0.9
BR	13.6	Seagirt Blvd	1.3
RR	14.9	Beach 9 St⇒ Rockaway Beach Boardwalk - rest stops	5.6
TR	20.5	Beach 126 St	0.2
L	20.7	Rockaway Beach Blvd	1.3
L	21.9	Jacob Riis Park Promenade- restrooms	1.0
TR	22.9	Beach 169 St	0.4
TR	23.3	Marine Park Bridge	1.1
RL	24.4	Flatbush Ave bike path	4.1
ST	28.5	Canarsie Pier Shore - restroom <i>R - right; L - left; 1 - first turn after last cue; 2 - second turn; B - bear (left-right); LRL - turns in quick succession, S - straight; T - end of the road; TSO - to stay on; U - U-turn; X - cross or pass by; ⇒ - roads that run together; / - roads with multiple names</i>	0.0

Go	At	On	For
	28.5	End of route	