

| Prev | Dist | Type | Note |
|------|------|------|--|
| 0.0 | 0.0 | 📍 | Start of route |
| 0.3 | 0.3 | ← | L onto Atlantic Ave |
| 1.0 | 1.4 | ↑ | Continue onto Allaire Rd |
| 0.2 | 1.6 | ↑ | Continue straight onto Squankum Yellowbrook Rd |
| 2.1 | 3.7 | ↑ | Cross Squankum Yellowbrk TL |
| 0.0 | 3.7 | ↑ | Cross Southard TL |
| 0.8 | 4.5 | → | R onto W Farms Rd |
| 0.4 | 4.9 | ← | L onto Adelpia Rd/Adelpia-Farmingdale Rd |
| 0.1 | 5.0 | → | R onto Yellowbrook Rd |
| 0.9 | 5.9 | → | R onto Cranberry Rd |
| 2.1 | 8.1 | ← | L onto Asbury Rd |
| 0.1 | 8.1 | → | R onto Megill Rd |
| 1.4 | 9.5 | → | R onto Wyckoff Rd |

9.5 miles. +229/-152 feet

| Prev | Dist | Type | Note |
|------|------|------|--|
| 0.5 | 10.1 | → | R onto Belmar Blvd |
| 2.3 | 12.4 | → | R onto Main St |
| 0.2 | 12.6 | ← | Country Farm Rest Stop |
| 0.0 | 12.6 | ↑ | L out of Rest Stop to Return on Rt 524 |
| 0.3 | 12.9 | ↑ | Continue onto Squankum Rd |
| 1.7 | 14.6 | ← | L onto Allaire Rd |
| 0.2 | 14.8 | ↑ | Continue onto Atlantic Ave |
| 1.0 | 15.8 | → | R |
| 0.3 | 16.2 | ← | End |
| 0.0 | 16.2 | 📍 | End of route |

6.6 miles. +89/-140 feet