

Prev	Dist	Type	Note
0.0	0.0	📍	Start of route
0.2	0.2	➔	R onto Campus Dr
0.5	0.8	➡	L onto Phalanx Rd
0.1	0.9	➔	R onto Laurel Ave
0.3	1.1	➡	L onto Pine St
0.3	1.4	➔	R onto Swimming River Rd
1.6	3.0	➡	L onto County Rd 537 E/Wayside Rd
3.1	6.1	➡	L onto County Route 547 N/Wyckoff Rd
0.2	6.4	➔	R onto Wayside Rd
1.1	7.5	➔	Slight R onto Green Grove Rd
1.7	9.2	⬆	Continue onto Jumping Brook Rd
1.5	10.7	➡	L on Jumping Brook
0.0	10.7	➔	Keep R at the fork

10.7 miles. +347/-322 feet

Prev	Dist	Type	Note
0.3	11.0	⬆	Continue onto Schoolhouse Rd
0.0	11.0	➡	7-11 Food on L at Rt 33 TL
1.3	12.4	➔	R onto Belmar Blvd/County Rd 18 E
0.4	12.7	➡	Slight L onto Belmar Blvd
1.3	14.0	➡	Slight L onto Birdsall Rd
1.4	15.5	➡	L onto County Rd 524/County Route 547 S/Lakewood Farmingdale Rd/Squankum Rd
1.5	17.0	➡	L onto Allaire Rd/County Rd 524
1.3	18.2	➔	R
0.4	18.6	➡	Rest Rooms, Water and Reverse to exit park
0.4	19.0	➡	L onto Atlantic Ave

8.3 miles. +222/-240 feet

Prev	Dist	Type	Note
1.3	20.3	➔	R onto County Rd 524/County Route 547 N/Lakewood Farmingdale Rd/Squankum Rd
1.5	21.8	➔	R onto Birdsall Rd
1.4	23.2	➔	Slight R onto Belmar Blvd
1.7	24.9	➡	L onto Schoolhouse Rd
1.3	26.2	⬆	Continue onto W Jumping Brook Rd
1.8	28.1	⬆	Continue straight onto Green Grove Rd
0.1	28.2	➡	Slight L to stay on Green Grove Rd
1.6	29.8	➡	Slight L onto Wayside Rd
1.1	30.9	➡	L onto County Route 547/Shafto Rd
0.2	31.1	➔	R onto Wayside/Rt 38
2.3	33.4	➡	Slight L onto County Rd 537 W

14.4 miles. +377/-373 feet

Prev	Dist	Type	Note
0.7	34.2	➔	Slight R onto Swimming River Rd
1.6	35.8	➡	L onto Pine St
0.3	36.1	➔	R onto Laurel Ave
0.3	36.3	➡	L onto Phalanx Rd
0.1	36.4	➔	R onto Campus Dr
0.5	37.0	➡	L onto Museum Dr
0.2	37.2	📍	End of route

3.8 miles. +93/-110 feet