

Prev	Dist	Type	Note
0.0	0.0	📍	Start of route
0.0	0.0	←	L onto W River Rd
0.8	0.9	←	L onto Black Point Rd
0.6	1.5	→	R onto Navesink Avenue
0.3	1.8	←	L onto Hartshorne Lane
0.4	2.1	→	R onto Ward Avenue
0.2	2.4	←	L onto Shrewsbury River Bridge, CR 520
0.3	2.7	→	R onto Ocean Avenue, NJ 36
3.2	5.8	↙	Sharp L onto Atlantic Avenue, (29)
0.1	5.9	→	R onto Ocean Avenue North
0.3	6.2	←	L onto Ocean Avenue North
0.5	6.7	←	L onto Seaview Avenue
0.2	6.8	↘	Keep L

6.8 miles. +48/-45 feet

Prev	Dist	Type	Note
0.5	7.3	↑	At roundabout, take exit 2 onto Ocean Avenue
0.3	7.6	↑	At the traffic circle, take the 2nd exit onto Morris Ave
0.1	7.7	→	R onto Ocean Ave
1.1	8.8	←	L to stay on Ocean Ave
3.7	12.6	←	L onto Edgemont Dr/Ocean Ave
0.3	12.8	←	L onto Kingsley St
0.2	13.0	←	L onto 7th Ave
0.1	13.1	→	Slight R onto Ocean Ave
0.6	13.6	↑	Continue onto Asbury Ave
0.1	13.7	←	L onto Cookman Ave
0.1	13.8	←	L onto St James Pl
0.1	13.9	→	R onto Lake Ave
0.1	14.0	←	L

7.2 miles. +63/-69 feet

Prev	Dist	Type	Note
0.0	14.0	←	L toward Central Ave
0.0	14.0	←	L toward Central Ave
0.0	14.1	→	R toward Central Ave
0.0	14.1	←	L toward Central Ave
0.0	14.1	→	R onto Central Ave
0.0	14.1	←	L onto Atlantic Ave
0.1	14.3	→	R onto Ocean Ave
0.4	14.7	→	R onto Broadway
0.1	14.9	←	L onto Central Ave
0.2	15.1	↑	Continue onto Fletcher Lake Ave
0.1	15.2	←	L onto Pennsylvania Ave
0.0	15.2	←	L onto Lake Terrace
0.4	15.6	→	Lake Terrace turns R and becomes Ocean Ave
4.9	20.5	→	Ocean Ave turns R and becomes Brown Ave

6.5 miles. +46/-51 feet

Prev	Dist	Type	Note
0.1	20.6	←	L onto 1st Ave
0.6	21.2	↑	Continue onto The Crescent
0.2	21.3	↑	Continue onto 2nd Ave
0.4	21.7	←	L onto Sea Girt Ave
0.1	21.8	↙	Sharp L onto 1st Avenue
0.3	22.1	←	L onto Trenton Boulevard
0.0	22.1	↗	Keep R onto The Crescent
0.1	22.3	↗	Slight R onto 2nd Avenue, (49)
0.8	23.1	→	R onto Brown Avenue, (18)
2.4	25.5	→	Food & Rest Rooms in Belmar
3.0	28.4	→	R onto Pennsylvania Avenue
0.0	28.5	→	R onto Fletcher Lake Avenue

8.0 miles. +32/-27 feet

Prev	Dist	Type	Note
0.3	28.8	→	R onto Broadway
0.1	28.9	↙	Slight L onto Ocean Avenue
0.5	29.4	←	L onto Seaview Ave
0.1	29.6	→	R at Central Ave
0.0	29.6	←	L
0.1	29.6	→	R
0.0	29.7	→	R
0.0	29.7	↗	Sharp L
0.0	29.7	→	R
0.0	29.7	→	R onto Lake Avenue
0.1	29.9	←	Lake Ave turns slightly L and becomes Wesley Lake Dr
0.1	29.9	→	R onto Cookman Ave
0.0	30.0	→	R onto Asbury Ave
0.7	30.7	↗	Keep R onto 7th Avenue

2.2 miles. +16/-15 feet

Prev	Dist	Type	Note
0.1	30.7	→	R onto Kingsley Street
0.1	30.9	→	R onto Deal Lake Dr/ Lake Dr
0.1	31.0	↑	Continue onto Ocean Ave
0.1	31.1	→	R to stay on Ocean Ave
3.7	34.9	→	R to stay on Ocean Ave
1.2	36.1	→	R to stay on Ocean Ave
0.0	36.1	↑	Continue onto Ocean Avenue
0.2	36.3	↑	At roundabout, take exit 1
0.0	36.3	↙	Keep L
0.5	36.8	↑	Continue onto Ocean Avenue North
0.2	37.0	→	R onto Ocean Avenue North
0.2	37.1	↑	Continue onto Ocean Avenue North
0.3	37.5	→	R onto Avenel Boulevard

6.8 miles. +69/-62 feet

Prev	Dist	Type	Note
0.5	37.9	↑	Continue onto Ocean Avenue, NJ 36
3.0	40.9	←	L onto Shrewsbury River Bridge, CR 520
0.3	41.2	→	R onto Ward Avenue
0.2	41.4	←	L onto Hartshorne Lane
0.4	41.8	→	R onto Navesink Avenue
0.3	42.1	←	L onto Black Point Road
0.3	42.4	←	Slight L to stay on Black Point Rd
0.3	42.7	→	R onto E River Rd
0.8	43.5	→	R onto Lafayette St
0.0	43.5	📍	End of route

6.1 miles. +42/-51 feet