

| Prev | Dist | Type | Note                                 |
|------|------|------|--------------------------------------|
| 0.0  | 0.0  | 📍    | Start of route                       |
| 0.1  | 0.1  | ➔    | R onto Bell Laboratories Road        |
| 0.2  | 0.3  | ↶    | Keep L                               |
| 0.4  | 0.7  | ↶    | Keep L onto Bell Laboratories Road   |
| 0.8  | 1.5  | ↶    | Keep L onto Bell Laboratories Road   |
| 0.1  | 1.6  | ↑    | Continue onto Bell Laboratories Road |
| 0.1  | 1.7  | ←    | L onto Crawfords Corner Road         |
| 0.9  | 2.6  | ➔    | R onto Holland Road                  |
| 1.0  | 3.6  | ➔    | R onto Telegraph Hill Road           |
| 0.1  | 3.6  | ↑    | Continue onto Holland Road           |
| 0.5  | 4.2  | ↗    | Slight R onto Holland Road           |

4.2 miles. +284/-203 feet

| Prev | Dist | Type | Note  |
|------|------|------|---|
| 2.1  | 6.2  | ➔    | R onto Middletown Lincroft Road, (50)           |
| 1.2  | 7.4  | ➔    | R onto Bamm Hollow Road                         |
| 0.1  | 7.5  | ←    | L onto Blue Jay Court                           |
| 0.2  | 7.7  | ➔    | R onto Crawford Road                            |
| 0.5  | 8.2  | ←    | L onto Pelican Road                             |
| 0.7  | 8.9  | ←    | L onto Dwight Road, (12)                        |
| 0.9  | 9.8  | ↑    | Continue onto Nutswamp Rd                       |
| 0.3  | 10.1 | ➔    | R into Middletown South High School Access Road |
| 0.5  | 10.6 | ➔    | R onto Brasch Blvd                              |
| 0.5  | 11.0 | ←    | L onto Middletown-Lincroft Rd                   |
| 0.4  | 11.5 | ➔    | R onto Sunnyside Rd                             |
| 0.3  | 11.7 | ↑    | Continue onto Davenport Drive                   |

7.6 miles. +301/-308 feet

| Prev | Dist | Type | Note  |
|------|------|------|---|
| 0.2  | 11.9 | ➔    | R onto Waterford Way                                    |
| 1.7  | 13.6 | ←    | L onto West Front Street                                |
| 0.2  | 13.7 | ↗    | Keep R onto Eckert Dr                                   |
| 0.4  | 14.1 | ➔    | R onto Foulks Ter                                       |
| 0.0  | 14.2 | ←    | L onto Malcolm Way                                      |
| 0.3  | 14.5 | ➔    | R onto Middletown Lincroft Road, CR 50                  |
| 0.4  | 14.9 | ➔    | R onto Storm Rd   |
| 0.2  | 15.1 | ←    | L onto Stag Pl  |
| 0.3  | 15.3 | ➔    | R onto Newman Springs Rd                                |
| 0.1  | 15.5 | ↑    | At the traffic circle, take the 3rd exit onto Campus Dr |
| 0.1  | 15.6 | ➔    | R onto bike path  |
| 0.0  | 15.6 | ↑    | Continue straight onto the Thompson Park Bike Path      |
| 0.1  | 15.7 | ↙    | Sharp L onto south path                                 |

4.0 miles. +125/-140 feet

| Prev | Dist | Type | Note                           |
|------|------|------|--------------------------------|
| 0.7  | 16.5 | ↶    | Follow path                    |
| 0.2  | 16.7 | ↶    | Follow path                    |
| 0.2  | 16.8 | ↶    | Follow path                    |
| 1.1  | 17.9 | ↗    | To stay on Thompson Park Loop  |
| 0.3  | 18.2 | ←    | L to U-turn onto Longbridge Rd |
| 1.6  | 19.8 | ➔    | R onto Laird Road              |
| 0.5  | 20.3 | ↻    | Make a U-turn onto Laird Road  |
| 0.2  | 20.5 | ➔    | R onto Cross Road              |
| 1.0  | 21.6 | ←    | L onto Willow Brook Road       |
| 0.8  | 22.4 | ➔    | R onto NJ 34, CR 4             |
| 0.0  | 22.4 | ↗    | Keep R onto South Street, CR 4 |
| 2.4  | 24.8 | ➔    | R onto Roberts Road            |
| 1.0  | 25.8 | ➔    | R onto Wilson Boulevard        |

10.0 miles. +478/-434 feet

| Prev | Dist | Type | Note                                    |
|------|------|------|---|
| 0.3  | 26.1 | →    | R onto Bell Laboratories Rd             |
| 0.5  | 26.6 | ←    | Sharp L to stay on Bell Laboratories Rd |
| 0.1  | 26.7 | →    | R                                       |
| 0.0  | 26.7 | ←    | L                                       |
| 0.1  | 26.8 | →    | R                                       |
| 0.0  | 26.8 | 📍    | End of route                            |

1.0 miles. +36/-39 feet