

| Prev | Dist | Type | Note |
|------|------|------|------------------------------------|
| 0.0 | 0.0 | 📍 | Start of route |
| 0.1 | 0.1 | ➡ | R - Park Exit Rd. |
| 0.1 | 0.2 | ➡ | R onto Longstreet Road |
| 0.1 | 0.3 | ⬅ | L onto Roberts Road |
| 0.4 | 0.7 | ➡ | R onto Wilson Boulevard |
| 0.3 | 1.0 | ➡ | R onto Bell Laboratories Road |
| 0.7 | 1.6 | ↗ | Keep R onto Bell Laboratories Road |
| 0.5 | 2.1 | ⬆ | Straight onto American Way |
| 0.4 | 2.5 | ↗ | Keep R onto American Way |
| 0.0 | 2.6 | ↗ | Slight R onto Everett Road, (52) |
| 0.5 | 3.0 | ⬅ | L onto Sunnyside Road |
| 0.3 | 3.4 | ➡ | R onto Windermere Road |
| 1.2 | 4.6 | ➡ | R onto West Front Street |

4.6 miles. +136/-214 feet

| Prev | Dist | Type | Note |
|------|------|------|----------------------------------|
| 0.5 | 5.0 | ➡ | R onto Everett Road, (52) |
| 0.2 | 5.2 | ⬅ | L onto McCampbell Road |
| 1.1 | 6.3 | ⬅ | L onto Barbera Drive |
| 0.4 | 6.7 | ➡ | R onto Chardonnay Dr |
| 0.1 | 6.8 | ➡ | R onto Main St/Newman Springs Rd |
| 0.0 | 6.8 | ⬅ | L onto Longbridge Rd |
| 1.8 | 8.6 | ➡ | R onto Laird Rd |
| 1.3 | 9.8 | ⬆ | Continue onto Conover Rd |
| 0.1 | 10.0 | ⬅ | L onto Woods End Rd |
| 0.1 | 10.1 | ➡ | R onto Revolutionary Rd |
| 0.4 | 10.5 | ⬅ | L onto Heyers Mill Rd |
| 1.4 | 11.9 | ↘ | Sharp R onto Cedar Drive |
| 0.9 | 12.8 | ⬅ | L onto Bucks Mill Road |
| 0.9 | 13.8 | ⬆ | Straight onto Mercer Rd |

9.2 miles. +311/-315 feet

| Prev | Dist | Type | Note |
|------|------|------|-----------------------------|
| 0.9 | 14.7 | ➡ | R onto Matthew Road |
| 1.1 | 15.9 | ⬅ | L onto Five Points Road |
| 0.3 | 16.2 | ➡ | R onto Stone Hill Rd |
| 0.6 | 16.7 | ⬆ | Continue onto Burlington Rd |
| 1.2 | 17.9 | ⬅ | L onto Bike Path |
| 0.6 | 18.5 | ➡ | R onto Whittier Ct |
| 0.1 | 18.6 | ➡ | R onto Thoreau Dr |
| 0.1 | 18.7 | ⬅ | L onto Freneau Blvd |
| 0.1 | 18.8 | ⬆ | Continue onto Center St |
| 1.3 | 20.1 | ⬅ | L onto Hudson St |
| 0.1 | 20.2 | ➡ | R onto Mechanic St |
| 0.1 | 20.3 | ⬅ | L onto South St |
| 0.0 | 20.3 | 🔄 | Rest Stop 7-Eleven |
| 0.0 | 20.4 | ➡ | R onto Mechanic St |
| 0.2 | 20.6 | ⬅ | L onto Jackson St |

6.8 miles. +217/-161 feet

| Prev | Dist | Type | Note |
|------|------|------|--|
| 0.4 | 21.0 | ➡ | R onto E Main St |
| 0.1 | 21.1 | ⬅ | L onto Henry Hudson Trail |
| 0.4 | 21.4 | ➡ | R onto Dutch Lane Rd |
| 4.7 | 26.1 | ⬆ | At the traffic circle, take the 1st exit onto Heulitt Rd |
| 0.2 | 26.3 | ⬅ | L onto Prothero Rd |
| 0.6 | 26.9 | ⬅ | L onto Heyers Mill Rd |
| 0.4 | 27.3 | ➡ | R onto Revolutionary Rd |
| 0.4 | 27.7 | ⬅ | L onto Woods End Rd |
| 0.1 | 27.9 | ⬅ | L onto Conover Rd |
| 1.2 | 29.0 | ⬅ | L onto NJ-34 N |
| 0.3 | 29.3 | ➡ | Slight R onto Holmdel Rd/South St |
| 2.4 | 31.7 | ➡ | R onto Roberts Rd |
| 0.5 | 32.3 | ⬅ | L onto Longstreet Rd |
| 0.1 | 32.3 | ⬅ | L - into Holmdel Park |

11.8 miles. +431/-440 feet

| Prev | Dist | Type | Note |
|------|------|------|--------------------|
| 0.1 | 32.5 | ← | L - to Parking lot |
| 0.1 | 32.5 | 📍 | End of route |

0.2 miles. +0/-9 feet
