Prev	Dist	Туре	Note
0.0	0.0	•	Start of route
0.0	0.0		R onto Park Exit Road
0.1	0.2		R onto Longstreet Road
0.1	0.2		R onto Roberts Road
0.5	0.7		Keep R
0.0	8.0		R onto Holmdel Road, CR 4
0.2	1.0		L onto Schanck Road
0.2	1.2		R onto Grand View Drive
0.1	1.3		L onto Carolyn Court
0.1	1.4		R onto Cambridge Road
0.4	1.7		R onto Ashley Drive
0.0	1.8		L onto Cindy Court
0.2	1.9		R onto Cindy Lane
0.4	2.4		L onto Line Road
0.4	2.8		R onto Goldsmith Drive

2.8 miles. +270/-129 feet

Prev	Dist	Туре	Note
0.1	10.4	R onto Louis Mattei Road	
0.0	10.4		Walk Around Gate
0.9	11.3	Ð	Uturn
0.9	12.2		Sharp R onto State Park Road
0.2	12.4		Keep L onto State Park Road
0.2	12.5		R into Parking Lot
0.0	12.6	Ð	U-Turn
0.1	12.6		L
0.1	12.8		Slight R onto Cheesequake Park Rd
0.0	12.8		Continue onto State Park Rd
0.7	13.5		L
0.0	13.5		L
0.1	13.6		R to Lake
0.2	13.8	Ð	U-Turn

3.6 miles. +252/-272 feet

Prev	Dist	Туре	Note
0.4	3.2	L onto Maybern Drive	
0.0	3.2		L onto Van Brackle Road
0.9	4.1		R onto Line Road
1.9	5.9		L onto Line Road
0.1	6.1		R onto Lloyd Road, CR 3
0.4	6.5		Sharp L onto Gerard Avenue
0.3	6.8		L onto Lower Main Street, CR 516
0.5	7.3		R onto High Street
1.5	8.8		L onto Cliffwood Road, CR 689
0.3	9.1		R onto School House Lane
0.1	9.2		L onto School House Lane
0.1	9.3		R onto Gordon Road
0.9	10.2		R turn at Fork in Park

7.4 miles. +219/-384 feet

Prev	Dist	Туре	Note
0.5	14.3		Keep R onto State Park Road
0.0	14.3		R onto State Park Road
1.1	15.4		Keep R
0.0	15.5		Continue onto Morristown Rd
0.8	16.2		L into Shopping Center
0.1	16.3		Rest Stop Dunkin Donuts
0.1	16.4		R onto Morristown Rd
0.4	16.9		R onto Disbrow Rd
0.7	17.6		R onto Amboy Road, (689)
0.5	18.0		L onto Vanethel Drive
0.1	18.1		R onto Gordon Place
0.2	18.3		Sharp L onto Edgar Road
0.3	18.6		L onto Farrington Road
0.7	19.2		L Turn onto Lambertson Rd

5.4 miles. +217/-209 feet

Prev	Dist	Туре	Note
0.6	19.8		R onto Amboy Road, (689)
0.5	20.4		R onto Morganville Road
1.1	21.5		Continue Straight on Greenwood Road
1.3	22.7		R onto Henry Hudson Bike Trail
0.1	22.9		Continue onto Henry Hudson Bike Trail
2.3	25.2		L Turn onto Pleasant Valley Road (Might Have to Walk Bikes)
2.4	27.5		R onto Pleasant Valley Road
0.8	28.3		L onto Schanck Road
1.2	29.5		R onto Holmdel Rd
0.2	29.7		L onto Roberts Rd
0.5	30.3		L onto Longstreet Rd
0.1	30.3		L

11.1 miles.	+524/	-489	feet
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Prev	Dist	Type	Note
0.1	30.5		L
0.0	30.5	Q	End of route

0.2 miles. +0/-2 feet