

Prev	Dist	Type	Note
0.0	0.0	📍	Start of route
0.2	0.2	➔	R onto Campus Dr
0.5	0.8	➔	R onto Phalanx Rd
3.3	4.1	↑	Continue onto Flock Rd
0.5	4.6	←	L onto Heyers Mill Rd
0.2	4.7	➔	R onto Cedar Dr
0.9	5.7	←	L onto Bucks Mill Rd
1.0	6.6	↑	Continue onto Mercer Rd
0.9	7.5	➔	R onto Matthews Rd
1.1	8.7	←	L onto Five Points Road
2.3	11.0	↑	Continue onto Howell Rd
0.6	11.7	←	Slight L onto Vanderveer Rd
1.4	13.0	←	L onto Adelpia Rd/ Adelpia-Farmingdale Rd
1.1	14.1	➔	R onto Ketchum Rd
0.5	14.6	←	L onto Casino Dr

14.6 miles. +428/-425 feet

Prev	Dist	Type	Note
1.4	16.0	←	L onto Southard Ave
1.1	17.1	➔	R onto Squankum Yellowbrook Rd
2.1	19.2	↑	Continue straight onto Rte 524
0.2	19.4	↑	Continue onto Atlantic Ave
1.0	20.5	➔	Allaire Park REST STOP -water, restrooms 0.4 miles R
1.8	22.2	←	L onto Allenwood Rd
0.2	22.4	←	Bear L to stay on Allenwood - leave Rt 524
3.1	25.5	←	L onto Gully Rd
1.4	26.9	←	Slight L onto Old Corlies Ave
0.2	27.2	↑	Continue onto Jumping Brook Rd
0.1	27.2	←	L to QuikChk Rest Stop

12.6 miles. +361/-384 feet

Prev	Dist	Type	Note
1.8	29.0	↑	Continue straight onto Green Grove Rd
1.7	30.8	←	Slight L onto Wayside Rd
1.1	31.9	←	L onto Shafto Rd
0.2	32.1	➔	R onto Wayside Rd
2.3	34.4	↑	Continue onto Tinton Ave
0.7	35.1	↑	Continue onto Swimming River Rd
1.6	36.8	←	L onto Pine St
0.3	37.1	➔	R onto Laurel Ave
0.3	37.3	←	L onto Phalanx Rd
0.1	37.4	➔	R to Brookdale
0.5	38.0	←	L to Pkg Lot 1
0.0	38.0	📍	End of route

10.8 miles. +262/-278 feet