

Prev	Dist	Type	Note
0.0	0.0		Start of route
0.0	0.0		R onto Ocean Pathway
0.2	0.2		L onto Ocean Avenue
0.2	0.3		R
0.0	0.3		L
0.2	0.5		L
0.0	0.6		R onto Ocean Avenue
0.6	1.2		Enter roundabout
0.0	1.2		At roundabout, take exit 1 onto 7th Avenue
0.1	1.3		R onto Kingsley Street
0.1	1.4		R onto Deal Lake Drive
0.3	1.7		R onto Ocean Avenue South
0.3	2.0		Slight R onto Ocean Avenue North
1.7	3.7		Sharp R onto Ocean Avenue

3.7 miles. +50/-52 feet

Prev	Dist	Type	Note
1.3	4.9		L onto North Lake Drive
0.2	5.2		R onto Greens Avenue
0.2	5.4		L onto Cedar Avenue, CR 25
0.6	6.0		Continue onto Norwood Avenue
0.0	6.1		R on path
0.1	6.2		R onto Norwood Avenue
0.0	6.2		Keep R onto Norwood Avenue
0.0	6.2		Sharp L
0.0	6.2		R
0.0	6.3		L
0.0	6.3		R
0.0	6.3		Keep L
0.1	6.4		Slight L
0.1	6.4		Slight R

2.8 miles. +20/-1 feet

Prev	Dist	Type	Note
0.1	6.5		L
0.0	6.5		Keep L
0.0	6.6		Keep L
0.0	6.6		Keep L
0.1	6.7		R
0.0	6.7		Keep R
0.0	6.7		L
0.0	6.7		R
0.0	6.8		L
0.0	6.8		L
0.1	6.9		L onto Larchwood Avenue
0.5	7.4		R onto Park Avenue
0.3	7.8		R onto Monmouth Road, CR 15
0.1	7.9		L onto West Park Avenue, (14)

1.4 miles. +33/-26 feet

Prev	Dist	Type	Note
3.2	11.1		L onto Green Grove Road
0.2	11.2		Continue onto Green Grove Road
1.7	13.0		Slight R onto Jumping Brook Road
1.5	14.5		Keep L onto Jumping Brook Road
0.6	15.1		R onto Gully Road
1.4	16.5		Keep R onto Allenwood Road
1.0	17.5		L onto Allenwood Road
1.3	18.8		L onto 18th Avenue, (30)
0.1	18.9		R onto Campbell Road
0.9	19.8		L onto CR 524
0.7	20.5		R onto Baileys Corner Road
1.2	21.7		L onto Sea Girt Avenue
0.2	22.0		R

14.1 miles. +377/-456 feet

Prev	Dist	Type	Note
0.1	22.0	←	L toward Sea Girt Ave
0.1	22.1	←	Slight L toward Sea Girt Ave
0.1	22.2	→	R onto Sea Girt Ave
0.9	23.0	↑	Continue onto Sea Girt Avenue, (49)
0.6	23.6	↙	Keep L onto Washington Boulevard, (49)
0.0	23.7	↘	Sharp R onto Washington Boulevard, (49)
0.1	23.8	←	L onto 2nd Avenue, (49)
0.8	24.6	→	R onto Brown Avenue, (18)
5.0	29.6	←	Ocean Ave turns L and becomes Lake Terrace
0.4	30.0	→	R onto Pennsylvania Ave
0.0	30.0	→	R onto Fletcher Lake Ave
0.1	30.1	↑	Continue onto Central Ave

8.2 miles. +42/-71 feet

Prev	Dist	Type	Note
0.5	30.6	📍	End of route

0.5 miles. +0/-0 feet