

Prev	Dist	Type	Note
0.0	0.0	📍	Start of route
0.2	0.2	➡	R onto Campus Dr
0.5	0.8	⬅	L onto Phalanx Rd
0.1	0.9	➡	R onto Laurel Ave
0.3	1.1	⬅	L onto Pine St
0.3	1.5	➡	R onto Swimming River Rd
1.6	3.0	⬅	L onto CR 537 E
0.4	3.4	⬅	L onto Sycamore Ave
3.7	7.2	➡	R onto Ayres Ln (before RR)
0.1	7.3	⬆	Continue onto Oceanport Ave
0.9	8.2	⬅	L onto E Main St
0.6	8.8	⬆	Continue onto Oceanport Ave
1.1	9.9	⬅	L onto Broadway

9.9 miles. +231/-266 feet

Prev	Dist	Type	Note
0.4	10.2	➡	Bear R onto N Bath before Norwood TL
1.4	11.6	⬅	L onto Boardwalk
1.2	12.8	⬅	L onto Seaview Ave
0.1	13.0	➡	R onto Ocean Ave
0.1	13.1	⬅	Pass 7 Presidents Park
0.3	13.4	➡	R onto Avenel Blvd
0.1	13.5	⬅	Avenel Blvd turns slightly L and becomes Ocean Ave
0.2	13.7	⬅	L onto Atlantic Ave
0.8	14.5	➡	R onto Florence Ave
0.1	14.6	⬆	Continue onto Monmouth Blvd
1.3	15.9	➡	Bear R onto Myrtle Ave
0.3	16.2	⬆	Continue onto Seven Bridges Road
0.9	17.1	⬅	L onto Little Silver Point Rd

7.2 miles. +55/-69 feet

Prev	Dist	Type	Note
0.7	17.8	⬅	L onto Willow Dr
0.1	17.9	⚡	Pass Deli on L
0.1	18.0	⬆	Continue onto Sycamore Ave
3.8	21.8	➡	R onto Tinton Ave
0.3	22.1	↗	Bear R onto Swimming River Rd
1.9	24.0	⬅	L onto Newman Springs Rd
0.6	24.6	⬆	At the traffic circle, take the 3rd exit onto Campus Dr
0.2	24.8	➡	R onto Museum Dr
0.0	24.9	📍	End of route

7.8 miles. +222/-157 feet