























Queens: Flushing Meadow, Astoria

Total		Directions	Leg
0		Head east on 76th Street	0.3
0.3	L	Left on Central Park West	0.1
0.39	R	Right at 77th St to enter park loop	0.4
0.78	L	Sharp left at Terrace Dr (72nd cut through)	0.5
1.23	R	Right at 5th Ave	0.5
1.73	L	Left at E 62nd St ( Queensboro sign)	0.5
2.25	R	Right at 2nd Ave ( sign)	0.2
2.49	R	Left at 60th - u-turn to enter Queenboro Bridge path	1.3
3.79	U	U-turn at end on sidewalk - go under bridge at 23rd	0.1
3.9	L	Left on Queens Plz. S. - be in left lane - CAREFULLY	0.4
	!!!	Cross Jackson Ave and enter bike path on sidewalk	
4.33	L	Left at Skillman Ave (signs for  East)	0.1
4.44	R	Right at 43rd Ave ( East)	0.8
5.28	L	Left at 48th St ( East)	0.3
5.59	R	Right at 39th Ave ( East)	0.3
5.88	L	Left at Woodside Ave ( East)	0.0
5.92	R	Right at 39th Ave ( East)	0.4
6.28	L	Left at 60th St ( East)	0.3
6.6	R	Right at 34th Ave ( East)	2.5
9.11	R	Right at 114th St - turns to become 44th Ave	0.7
9.81	L	Left at 111th St (For ices - Right at 53rd to 108th St)	0.4
10.25	L	Left at 56th (to Queens Zoo) - head down ramp on right	0.4
10.62	BR	Head right/straight towards World Fair NY State Pavilion	0.4
	L	Left in front of Pavilion / Flying Saucers - Pass Unisphere	
10.98	R	At end, right at Perimeter Rd - pass Tennis Stadium	0.9
11.86	L	Pass Citi Field and turn left at the end towards the water	0.1
12	L	Left at end - merge into parking lot, enter Promenade	0.8







Queens: Flushing Meadow, Astoria

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12	L	Left at end - merge into parking lot, enter Promenade	0.8

Queens: Flushing Meadow, Astoria

Total		Directions	Leg
12.8		Path ends - cross bridge and cont. on 27th (2nd bridge)	0.3
13.09	R	Turn right at Gilmore St	0.5
13.56	L	Turn left at 24th Ave	0.4
13.99	R	Turn right at 92nd St	0.1
14.13	L	Turn left at 23rd Ave	0.5
14.64	R	Turn right at 82nd St	0.2
14.83	R	Turn right at 81st St - becomes 19th Ave	0.9
15.77	L	Turn left at Steinway St	0.2
15.94	R	Turn right at 20th Ave	0.3
16.27	L	Left at 31st St	0.2
16.44	R	Right at 21st Ave (<i>for shops: take 36th 1 block to Ditmars</i>)	0.6
17.06	L	At end, left at Shore Blvd (pass Astoria Park)	0.8
17.83	L	Left at after park on Astoria Pk S ( waterfront route)	0.0
17.86	R	Quick right at 14th St ( sign)	0.2
18.09	R	Turn right at 27th Ave ( sign)	0.1
18.24	L	Turn left at 8th St ( thru route)	0.2
18.41	R	Turn right at Main Ave - becomes Vernon ( route)	1.6
19.97	L	Left at Bridge Plaza S ( Queensboro sign)	0.4
20.4	L	Left at 23rd - take sidewalk ramp to Queensboro Bridge	1.4
20.5	L	Left at 1st Ave - stay on left side for 1 block	0.1
21.79	L	L at E 61st St	1.4
21.8	L	L on 5th Ave - right side for 1 block	0.0
23.16	R	Right to enter Park Loop	0.3
23.48	L	Left at Terrace Dr (72nd - exit park at CPW)	0.1
23.63	R	Turn right at Central Park West	0.2
23.79	L	Turn left at W 75th St	0.3
24.13		End at JCC	

Queens: Flushing Meadow, Astoria

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