

Jamaica Bay 40 Mile Loop

Mile	Turn	Direction	Leg
0		Head into park loop and go south on West Dr	1.7
1.7	R	out of park towards Park Circle	0
1.7	L	on bike path around Park Circle (about 180 degrees)	0
1.7	L	to exit Park Circle onto Ocean Parkway Path	0.7
2.4		At Church, cross Ocean onto south-bound local lanes	4.4
6.8	L	at Neptune Ave	1
7.8	S	on Emmons Ave	0.9
8.7	S	onto Shore Pkwy Greenway	2
10.7	R	at Flatbush Ave - cross Marine Pkwy Bridge	2.2
12.9	L	after bridge to cross State Rd	0.1
13	R	at Beach 169th St	0.4
13.4	L	at end onto boardwalk / path	0.9
14.3	R	at Rockaway Beach Blvd	2.3
16.6	R	at Beach 108th	0.1
16.7	S / R	onto Shore Front Pkwy	0.8
17.5	L	at Beach 94th St	0.2
17.7	S	onto Cross Bay Bridge	4.4
22.1	L	at 165th Ave	0.5
22.6	R	at 84th St (<i>close to A subway - see map</i>)	1
23.6	L	onto Shorefront Greenway (just before highway)	6.2
29.8	R	across Flatbush Ave	0.1
29.9	R	to continue on path heading north along Flatbush Ave	1.1
31	R / S	at Hendrickson St when path ends	1.1
32.1	L	at Quentin Rd	0.8
32.9	L-R	to cross Nostrand and stay on Quentin	0.3
33.2	R	at Bedford Ave (<i>can stay on Quentin until Q subway</i>)	3.7
36.9	L	at Lincoln Rd	0.4
37.3	R	on Prospect Park Loop	0.9
38.2		End at Grand Army Plaza	

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