

Sandy Hook Ride

Mile	Dir	Notes	Leg
0	R	on Holmdel Rd out of train station	0.7
0.7	BR	to on Atlantic St	0.6
1.3	R	at Henry Hudson Bike Trail	3.5
4.8		Trail crosses Creek Road	2
6.8		Trail crosses Wilson Ave	1.9
8.7		Trail crosses Broadway	1.2
9.9	L	at end of trail on Ave D	0.1
10	R	at W Highland Ave - climb!	1.8
11.8	BL	to stay on Ocean Blvd at top of climb	0.9
12.7	R	at Orchard Ave	0
12.7	L	at Route 36 / Memorial Pkwy	1.6
14.3		Cross Bridge - CAREFUL of construction	0.2
14.5	L	to head north on Ocean Ave - enter Sandy Hook Park	3.8
<i>Follow road or bike path into the park. Various beaches with bathrooms and concession stands. We can go all the way or turn back</i>			
18.3	R	to enter loop near Fort Hancock and Lighthouse	2.6
20.9		End loop - head south on main park road	4.1
25		Pass bridge and continue south on Ocean Ave / Rt 36	1.7
26.7	R	at Shrewsbury River Bridge	0.3
27	R	at Ward Ave just after bridge	0.2
27.2	L	at Hartshorne (first left). Becomes Ridge	5
32.2	R	at Broad St	0.1
32.3	L	at Monmouth St	0.6
<i>Red Bank Train Station - trains on the 0:16 every hour</i>			
32.9	R	at Shrewsbury Ave	0.2
33.1	L	at W Front St - cross bridge	0.3
33.4	R	at Hubbard just after bridge - becomes Nutswamp	2.4
35.8	L	at light on Middletown Lincroft Rd	1
36.8	R	at Sunnyside Rd just after highway overpass	1.1
37.9	R	at Everett Rd (first right)	1
38.9	S	at light onto Crawfords Corner Rd	2.3
41.2	R/BR	onto Holmdel Rd - one last climb!	2.2
43.4	<i>Hazlet Train Station - trains on the 0:28 every hour</i>		

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