

Prev	Dist	Type	Note
0.0	0.0		Start of route
0.1	0.1		R onto Hunt St
0.1	0.2		L onto Bingham Ave
0.1	0.2		Continue onto Oceanic Bridge
0.8	1.0		R onto Locust Point Rd
0.5	1.5		R onto Locust Ave
0.4	1.9		R onto Monmouth Ave
0.0	1.9		Slight R onto Hartshorne Rd
1.7	3.6		L onto Grand Tour Road
0.5	4.1		L to Portand Rd
1.2	5.2		Keep R onto Hartshorne Drive
0.3	5.5		Continue onto Hartshorne Dr/Ocean Ave
0.6	6.2		R
0.0	6.2		L

6.2 miles. +382/-385 feet

Prev	Dist	Type	Note
2.0	8.2		Continue onto Sandy Hook Multi-Use Path (MUP)
1.9	10.1		Slight L to stay on Sandy Hook Multi-Use Path (MUP)
0.1	10.2		Slight R to stay on Sandy Hook Multi-Use Path (MUP)
0.6	10.8		R to stay on Sandy Hook Multi-Use Path (MUP)
0.1	10.8		Continue onto Sandy Hook Multi-Use Path
0.2	11.0		L onto Hudson Rd
0.0	11.0		R onto S Bragg Dr
0.6	11.6		L onto Crispin Rd
0.2	11.8		L onto Jackson St
0.3	12.0		Slight R onto North Bragg Road
0.3	12.3		L onto Atlantic Drive

6.1 miles. +16/-9 feet

Prev	Dist	Type	Note
0.1	12.4		L
0.0	12.4		L
0.3	12.7		R toward Sandy Hook Multi-Use Path
0.0	12.7		L onto Sandy Hook Multi-Use Path
0.5	13.3		L onto Atlantic Dr
1.1	14.4		Sharp L
0.7	15.1		Keep L
2.8	18.0		Keep L
0.3	18.3		R
0.0	18.3		L onto Ocean Avenue, NJ 36
5.1	23.4		Sharp L onto Atlantic Avenue, (29)
0.1	23.5		R onto Ocean Avenue North
0.3	23.8		L onto Ocean Avenue North

11.4 miles. +35/-28 feet

Prev	Dist	Type	Note
0.5	24.2		L onto Seaview Avenue
0.2	24.4		Keep L
0.5	24.9		At roundabout, take exit 2 onto Ocean Avenue
0.3	25.2		At the traffic circle, take the 2nd exit onto Morris Ave
0.1	25.3		R onto Ocean Ave
0.4	25.7		Sharp L onto North Bath Avenue
0.1	25.8		L onto Ocean Boulevard, CR 57
0.6	26.4		Continue onto Ocean Boulevard, CR 57
0.1	26.5		Continue onto Ocean Avenue, CR 57
0.1	26.6		Continue onto Ocean Avenue
3.3	29.9		Slight L onto Ocean Avenue North

6.1 miles. +29/-31 feet

Prev	Dist	Type	Note
0.3	30.1	↩	Make a u-turn
3.7	33.8	→	R to stay on Ocean Ave
0.2	34.0	←	RESTROOMS at West End
1.0	35.0	→	R onto Ocean Avenue
0.0	35.0	↗	Keep R onto Ocean Avenue
0.0	35.1	↑	Continue onto Ocean Avenue
0.2	35.2	↑	At roundabout, take exit 1
0.0	35.3	↙	Keep L
0.5	35.8	↑	Continue onto Ocean Avenue North
0.2	35.9	→	R onto Ocean Avenue North
0.2	36.1	↑	Continue onto Ocean Avenue North
0.3	36.4	→	R onto Avenel Boulevard

6.5 miles. +60/-49 feet

Prev	Dist	Type	Note
0.5	36.9	↑	Continue onto Ocean Avenue, NJ 36
3.0	39.8	←	L onto Shrewsbury River Bridge, CR 520
0.3	40.1	→	R onto Ward Avenue
0.2	40.3	←	L onto Hartshorne Lane
0.4	40.7	→	R onto Navesink Avenue
0.3	41.0	←	L onto Black Point Road
0.3	41.3	←	Slight L to stay on Black Point Rd
0.3	41.6	→	R onto E River Rd
0.8	42.4	→	R onto Lafayette St
0.0	42.5	📍	End of route

6.1 miles. +42/-51 feet