

| Prev | Dist | Type | Note |
|------|------|------|---------------------------------------|
| 0.0 | 0.0 | | Start of route |
| 0.0 | 0.0 | | Navigate to the Bell Works inner loop |
| 0.2 | 0.2 | | R onto Inner Belt Road |
| 0.1 | 0.3 | | U Turn to Outer Loop |
| 0.2 | 0.5 | | R Turn onto Exit Road |
| 0.5 | 1.0 | | Straight onto American Way |
| 0.4 | 1.4 | | R onto Crawfords Corner Rd. |
| 0.9 | 2.3 | | R onto McCampbell Road |
| 0.6 | 3.0 | | R onto Blue Hills Drive |
| 0.9 | 3.9 | | L onto McCampbell Road |
| 0.1 | 4.0 | | R onto Barbera Drive |
| 0.1 | 4.1 | | L onto Chardonnay Drive |
| 0.4 | 4.5 | | R onto East Main Street, CR 520 |

4.5 miles. +148/-171 feet

| Prev | Dist | Type | Note |
|------|------|------|--|
| 0.0 | 4.5 | | Sharp L onto Longbridge Road |
| 0.2 | 4.7 | | L & Quick R onto Thompson Park Path |
| 1.4 | 6.1 | | Keep R |
| 0.0 | 6.2 | | Slight R |
| 0.1 | 6.2 | | Keep R |
| 1.0 | 7.2 | | L at fork |
| 0.9 | 8.2 | | R at traffic light across Newman Springs Rd. |
| 0.2 | 8.4 | | R onto Yale Dr |
| 0.6 | 9.0 | | R to stay on Yale Dr |
| 0.1 | 9.0 | | R onto W Front St |
| 0.4 | 9.5 | | R onto Eckert Dr |
| 0.4 | 9.8 | | R onto Foulks Ter |
| 0.0 | 9.9 | | L onto Malcolm Way |
| 0.2 | 10.1 | | Continue onto Four Ponds Blvd |

5.6 miles. +152/-197 feet

| Prev | Dist | Type | Note |
|------|------|------|--------------------------------------|
| 0.1 | 10.2 | | L onto Middletown-Lincroft Rd |
| 0.1 | 10.3 | | R onto Turnberry Dr |
| 0.4 | 10.6 | | Continue straight onto Leedsville Dr |
| 0.2 | 10.9 | | R onto W Front St |
| 0.0 | 10.9 | | Quick Turn L onto Broadmoor Dr |
| 0.5 | 11.4 | | R onto Silver Brook Pl at "T" |
| 0.0 | 11.4 | | R onto W Front St |
| 0.3 | 11.7 | | R onto James St |
| 0.1 | 11.8 | | R onto Priscilla Dr |
| 0.2 | 12.0 | | Continue onto Emory Dr |
| 0.4 | 12.4 | | R onto Priscilla Dr |
| 0.2 | 12.7 | | R to stay on Priscilla Dr |
| 0.1 | 12.7 | | R onto Middletown-Lincroft Rd |

2.7 miles. +117/-99 feet

| Prev | Dist | Type | Note |
|------|------|------|-----------------------------|
| 0.5 | 13.2 | | L onto Sunnyside Rd |
| 0.3 | 13.5 | | Continue onto Davenport Dr |
| 0.2 | 13.7 | | R onto Waterford Way |
| 0.5 | 14.2 | | Continue onto Windermere Rd |
| 1.2 | 15.4 | | R onto W Front St |
| 0.5 | 15.9 | | L onto Everett Rd |
| 0.5 | 16.4 | | R onto Newman Springs Rd |
| 0.7 | 17.1 | | R onto Sunapee Ln |
| 0.1 | 17.1 | | R onto Heather Hill Way |
| 0.4 | 17.5 | | L onto Duncan Dr |
| 0.4 | 17.9 | | R onto Heather Hill Way |
| 0.1 | 18.0 | | R onto Coventry Square |
| 0.2 | 18.2 | | L onto Algonquin Rd |
| 0.1 | 18.3 | | L onto Ardmore Pl |

5.6 miles. +237/-180 feet

| Prev | Dist | Type | Note |
|------|------|------|------------------------------------|
| 0.2 | 18.6 | ➔ | R onto Heather Hill Way |
| 0.1 | 18.6 | ➔ | R onto McCampbell Rd |
| 0.0 | 18.7 | ➡ | L onto Bordeaux Ln |
| 0.1 | 18.8 | ➡ | L onto Burgundy Dr |
| 0.4 | 19.1 | ➔ | R onto Blue Hills Dr |
| 0.6 | 19.7 | ➔ | R onto Rosedale Terrace |
| 0.2 | 19.9 | ➡ | L onto McCampbell Rd |
| 0.7 | 20.6 | ➡ | L onto Everett Rd |
| 0.4 | 21.0 | ➔ | R onto Sunnyside Rd |
| 0.3 | 21.4 | ➔ | R onto Windermere Rd |
| 1.2 | 22.5 | ➔ | R onto W Front St |
| 0.5 | 23.0 | ➔ | R onto Everett Rd |
| 1.1 | 24.1 | ➡ | L onto American Way |
| 0.4 | 24.5 | ⬆ | Continue onto Bell Laboratories Rd |
| 0.5 | 25.0 | ➔ | R turn onto Bell Works Outer Loop |

6.7 miles. +276/-297 feet

| Prev | Dist | Type | Note |
|------|------|------|--------------|
| 0.1 | 28.8 | 📍 | End of route |

0.1 miles. +0/-0 feet

| Prev | Dist | Type | Note |
|------|------|------|--|
| 0.3 | 25.3 | ➔ | R turn towards Water Tower |
| 0.4 | 25.7 | ➡ | Slight L to stay on Bell Laboratories Rd |
| 0.1 | 25.8 | ➡ | Slight L to stay on Bell Laboratories Rd |
| 0.4 | 26.3 | ➔ | Slight R to stay to enter Outer Loop |
| 0.3 | 26.6 | ➔ | R onto Wilson Blvd |
| 0.1 | 26.6 | ➔ | R onto Exeter Way |
| 0.4 | 27.0 | ➔ | R onto Prestwick Ct |
| 0.1 | 27.2 | 🔄 | U Turn |
| 0.1 | 27.3 | ➡ | L onto Exeter Way |
| 0.4 | 27.7 | ➡ | L onto Wilson Blvd |
| 0.1 | 27.7 | ➔ | R onto Bell Works Outer Loop |
| 0.8 | 28.5 | ➡ | L to inner loop |
| 0.1 | 28.6 | ➔ | R into parking area |

3.6 miles. +82/-111 feet