

| Prev | Dist | Type | Note   |
|------|------|------|--|
| 0.0  | 0.0  | 📍    | Start of route                                 |
| 0.3  | 0.3  | ←    | L onto Atlantic Ave                            |
| 1.0  | 1.4  | ↑    | Continue onto Allaire Rd                       |
| 0.2  | 1.6  | →    | R onto Lakewood Farmingdale Rd/<br>Squankum Rd |
| 1.5  | 3.1  | →    | R onto Birdsall Rd                             |
| 1.4  | 4.6  | →    | Slight R onto Belmar Blvd                      |
| 3.5  | 8.1  | →    | R to stay on Belmar Blvd                       |
| 2.2  | 10.3 | ↑    | Continue onto 16th Ave                         |
| 1.4  | 11.7 | →    | R onto N Ocean Ave                             |
| 2.3  | 14.1 | →    | Ocean Ave turns R and becomes Brown Ave        |
| 0.1  | 14.2 | ←    | L onto 1st Ave                                 |
| 0.6  | 14.7 | ↑    | Continue onto The Crescent                     |
| 0.1  | 14.8 | →    | R onto Boston Blvd                             |
| 0.5  | 15.3 | ←    | L onto 6th Ave/The Plaza                       |

15.3 miles. +263/-295 feet

| Prev | Dist | Type | Note   |
|------|------|------|--|
| 0.2  | 15.5 | →    | R onto Washington Blvd                                       |
| 0.0  | 15.5 | ↑    | Continue straight onto Sea Girt Ave                          |
| 0.1  | 15.6 | ←    | L onto NJ-71 S   |
| 0.4  | 15.9 | ←    | L onto Stockton Lake Blvd                                    |
| 0.6  | 16.6 | →    | Stockton Lake Blvd turns slightly R and becomes N Potter Ave |
| 0.4  | 17.0 | ←    | L onto E Virginia Ave  |
| 0.0  | 17.0 | →    | R onto Perrine Blvd  |
| 0.5  | 17.5 | ↑    | Continue onto Warren Ave                                     |
| 0.2  | 17.7 | ←    | Bagel Shop Rest Stop   |
| 0.1  | 17.8 | ←    | L onto E Main St   |
| 0.1  | 17.9 | ←    | L onto Union Ave   |
| 1.0  | 19.0 | →    | Slight R onto Union Ave                                      |
| 0.1  | 19.1 | ←    | L onto Higgins Ave   |

3.8 miles. +40/-37 feet

| Prev | Dist | Type | Note  |
|------|------|------|---|
| 0.1  | 19.2 | →    | R onto Riverview Dr                           |
| 1.7  | 20.8 | ←    | L onto NJ-70 W                                |
| 0.2  | 21.0 | →    | R onto Ramshorn Dr                            |
| 0.0  | 21.0 | ←    | L onto Old Bridge Rd                          |
| 0.1  | 21.2 | →    | R onto River Rd                               |
| 1.1  | 22.3 | →    | R onto Frazee Dr                              |
| 0.2  | 22.5 | ←    | L onto Ramshorn Dr                            |
| 2.2  | 24.6 | ↑    | Continue onto Atlantic Ave/County Rd 524 Spur |
| 2.2  | 26.9 | ←    | L into park                                   |
| 0.3  | 27.2 | ←    | End   |
| 0.0  | 27.2 | 📍    | End of route                                  |

8.1 miles. +262/-231 feet