

# Grand Central Terminal to Montauk - Page One (Version 1 - Odometer does not reset)

Go	Odo	Do	On
		<b>Beg</b>	Grand Central Terminal
	0.0	<b>S</b>	Park Ave. South
1.30	1.3	<b>BR</b>	Broadway
1.65	3.0	<b>L</b>	Chambers St.
0.13	3.1	<b>R</b>	Center Street
0.08	3.2	<b>L</b>	Brooklyn Bridge bike path
1.50	4.7	<b>L</b>	Tillary St.
0.44	5.1	<b>R</b>	Navy St.
0.18	5.3	<b>L</b>	Myrtle Ave.
1.58	6.9	<b>L</b>	Marcy Ave.
0.31	7.2	<b>BR</b>	Union Ave (at Flushing)
0.78	8.0	<b>R</b>	Grand St.
1.10	9.1	<b>BR</b>	Metropolitan Ave.
4.67	13.7	<b>X</b>	Union Tpke/J. Robinson Pkwy
1.27	15.0	<b>R</b>	132nd St.
0.08	15.1	<b>L</b>	Jamaica Ave.
0.19	15.3	<b>X</b>	Van Wyck Expressway
0.89	16.2	<b>X</b>	Parson Blvd.
0.37	16.5	<b>R</b>	Merrick Rd.



Go	Odo	Do	On
0.06	38.8	<b>L</b>	Sunrise Highway - Cross
0.33	39.1	<b>BR</b>	Old Sunrise Hwy - Cross
0.83	40.0	<b>S</b>	Oak St. > Hoffman > Railroad Ave
4.50	44.5	<b>S</b>	Trolley Line Rd > S. Railroad Ave.
1.10	45.6	<b>L</b>	Deer Park Ave. ( <b>LIRR</b> Babylon)
0.20	45.8	<b>QR</b>	Simon St.
0.10	45.9	<b>QR</b>	Cooper St.
0.10	46.0	<b>QL</b>	John St./ Rt. 50E - Union Blvd
8.47	54.4	<b>R</b>	Connetquot Ave
0.12	54.6	<b>L</b>	Montauk Highway
2.50	57.1	<b>Stop</b>	<b>Dunkin Donuts Addr: # 1243</b>
			<b>Second Rest Stop - Oakdale, NY</b>
	57.1	<b>R</b>	Montauk Highway
3.00	60.1	<b>R</b>	Middle Rd/ Rt. 65
3.40	63.5	<b>L</b>	Atlantic Ave.
0.30	63.8	<b>R</b>	Weeks St/ Rt. 65
0.39	64.1	<b>L</b>	River Ave/ Rt. 65



9.07	25.6	<b>L</b>	Vincent Ave.
0.20	25.8	<b>R/L</b>	St. Nicholas/Vincent
0.60	26.4	<b>R</b>	Lakeview Ave.
0.80	27.2	<b>S</b>	Seaman Ave.
0.70	27.9	<b>L/R</b>	Grand St./Seaman Ave.
1.90	29.8	<b>R</b>	Babylon Turnpike
1.10	30.9	<b>R</b>	Birch Dr.
0.05	30.9	<b>L</b>	Central Parkway
0.30	31.2	<b>R</b>	Merrick Rd.
0.05	31.3	<b>Stop</b>	<b>Dunkin Donuts Addr: # 1731</b>
			<b>First Rest Stop - Merrick, NY</b>
	31.3	<b>R</b>	Merrick Rd.
2.10	33.4	<b>L</b>	Eastern Ave.
0.30	33.7	<b>R</b>	Lakeview Rd. > Old Mill Rd.
0.60	34.3	<b>R</b>	Park Ave.
1.14	35.4	<b>TL</b>	Seamans Neck Rd. W
0.32	35.8	<b>R</b>	DeMott Ave - becomes Clark Ave
2.83	38.6	<b>S</b>	Front Street
0.15	38.7	<b>R</b>	Park Ln.

0.44	64.1	<b>R</b>	Division/ Rt. 65 > Baker St.( <b>LIRR</b> )
0.73	64.9	<b>L</b>	Rider Ave.
0.00	64.9	<b>QR</b>	Edwards
0.20	65.1	<b>L</b>	Bay
0.00	65.1	<b>QR</b>	Liberty
0.21	65.3	<b>L</b>	Grove
0.08	65.4	<b>R</b>	Swezey
0.63	66.0	<b>L</b>	Roe Ave.
1.01	67.0	<b>R</b>	S. County Rd./ Rt. 36
3.55	70.6	<b>R</b>	Beaver Dam Rd.
1.09	71.6	<b>L</b>	Old Stump Rd.
1.47	73.1	<b>R</b>	Montauk Highway/ Rt. 80
1.90	75.0	<b>R</b>	Smith Rd.
0.30	75.3	<b>L</b>	Northern Blvd.
0.60	75.9	<b>R</b>	Surrey Circle
0.10	76.0	<b>X</b>	William Floyd Pkwy/ Rt. 46
0.30	76.3	<b>R</b>	Northern Blvd.
1.20	77.5	<b>L</b>	Mastic Rd.
0.40	77.9	<b>BR</b>	Stay on Mastic Rd.
1.30	79.2	<b>R</b>	Montauk Highway/ Rt. 80

# Grand Central Terminal to Montauk - Page Two (Version 1 - Odometer does not reset)

Go	Odo	Do	On
1.79	79.2	BL	Forwein Rd/ Rt. 98
3.00	82.2	L	Montauk Highway/ E. Rt. 80
2.80	85.0	BR	South County Rd.
2.90	87.9	L	Apaucuck Pt. Lane
0.30	88.2	R	South Rd.
1.00	89.2	L	Liberty St.
0.20	89.4	R	Mill Rd (LIRR Westhampton)
0.20	89.6	<b>Stop</b>	<b>Hampton Coffee Co. Addr: #194</b> <b>Third Rest Stop - Westhampton</b>
	89.6	R	Mill Rd
0.40	90.0	L	Main St.
0.05	90.1	QR	Beach Lane
0.99	91.1	L	Dune Rd.
7.76	98.8	L	Ponquogue Bridge
0.59	99.4	BL/BR	After bridge becomes Foster Ave
0.41	99.8	R	Shinnecock Ave.
0.07	99.9	L	Lynne Ave.
1.76	101.6	R	Argonne Rd. East



0.03	101.7	QL	Canoe Place Rd.
0.53	102.2	R	Montauk Highway/ Rt. 80
5.20	107.4	R	Halsey Neck Lane
1.51	108.9	L	Meadow Lane
0.84	109.8	R	Dune Rd.
0.70	110.5	R	Gin Lane
0.90	111.4	L	Old Town Beach
0.57	111.9	R	Wickapogue Rd.
1.50	113.4	S	Wickapogue becomes Cobb Rd
0.80	114.2	R	Little Cobb Rd.
0.19	114.4	R	Montauk Highway
0.60	115.0	<b>Stop</b>	<b>Hampton Coffee Co. Addr: #869</b> <b>Fourth Rest Stop - Water Mill</b>
	115.0	R	Montauk Highway
1.00	116.0	R	Mecox Rd.
1.30	117.3	L	Mecox Rd.
0.90	118.2	L	Ocean Ave.
0.73	118.9	R	Bridge Lane
1.10	120.0	L	Sagg Main St.

Go	Odo	Do	On
0.05	120.1	QR	Cemetery Lane
0.14	120.2	R	Gibson Lane
0.16	120.4	L	Daniels Lane
1.61	122.0	L	Town Line Rd.
0.32	122.3	R	Main St.
0.74	123.1	L	Sayres Path
0.03	123.1	QR	Wainscott Stone Rd.
0.82	123.9	R	Montauk Highway
2.57	126.5	R	Ocean Ave.
0.07	126.6	QL	James Ln - Follow bike path
0.42	127.0	R	Dunemere - becomes Further Rd
2.90	129.9	R	Indian Wells Plain Highway
0.31	130.2	L	Bluff Rd
1.51	131.7	R	Montauk Highway
4.78	136.5	BR	Old Montauk Highway
4.42	140.9	R	Montauk Highway
1.90	142.8	R	Ditch Plains Rd
0.40	143.2	<b>End</b>	<b>Restroom and Beach Showers</b> <b>Concession Stand</b>



	143.2	S	Ditch Plains Rd
0.40	143.6	L	Montauk Highway
1.40	145.0	<b>Stop</b>	<b>Ronnies Grocery/Deli Addr: #728</b> <b>Food for return train/Jitney</b>
	145.0	R	Montauk Highway
0.00	145.0	QL	Traffic Circle to Edgemere St.
1.10	146.1	L	<b>Montauk LIRR Station</b>

Check current train schedule  
Subject to change  
(Bikes allowed on off-peak unless otherwise noted on schedule)

**My ride:**  
Sat. 5am start  
Arrive Montauk at 2:30pm  
3:35pm return train

Pace is 20mph on flats, 17mph av.  
4 stops at less than 15 min. each

Prepared on: June 2010  
Robert Shay  
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