



Cuesheet

A-008

Sunken Meadow - Northport: 54.4 Miles, Moderate

After the Syoset firehouse, the route is flat to Sunken Meadow Park. Then it's hills to Northport (lunch stop) and a few more hills after lunch. You can enter Sunken Meadow Park at the bottom of Kohr Rd and ride to the beach. Just before Northport, James St has one of the best views on Long Island.

Directions to start: Starts from Westbury High School at the intersection of Post Ave and Jericho Tpke.

MILES	TOTAL	TURN	ONTO	MILES	TOTAL	TURN	ONTO
0.0	0.0	R	Post Ave / Wheatley Rd	0.7	36.1	R	Rt 25A at T
5.1	5.1	R	Brookville Rd at White Church	0.2	36.3	L	Sandy Hollow Rd
1.0	6.1	L	Muttontown Rd / Eastwoods Rd	1.1	37.4	BL	Stony Hollow Rd
2.8	8.9	BL	Cold Spring Rd Rest stop at Syoset Firehouse	0.1	37.5	R	Wells Rd to end
1.5	10.4	R	Stillwell Ln to end	0.4	37.9	L	Taylor Ave at T to end
1.5	11.9	R	Harbor Rd (Rt 108) at T to end	0.5	38.4	R	Pulaski Rd / Woodbury Rd at T
0.4	12.3	L	Woodbury Rd at T	6.6	45.0	BL	Woodbury Rd
0.2	12.5	BR	W Rogues Path / W 11th St	2.2	47.2	R	East Dr
2.5	15.0	R	Depot Rd	0.3	47.5	L	LIE Service Rd
0.0	15.0	L	E 11th St	5.9	53.4	L	Post Ave
0.4	15.4	L	Lenox Rd	1.0	54.4	L	Into Lot
0.1	15.5	R	E Rogues Path to end				
1.2	16.7	L	Maplewood Rd at T to end				
0.1	16.8	L	Park Ave at T				
0.5	17.3	R	Little Plains Rd				
1.3	18.6	L	Manor Rd to end				
1.0	19.6	R	Clay Pitts Rd at T to end				
3.4	23.0	L	Town Line Rd at T to end				
0.7	23.7	R	Old Northport Rd at T				
1.8	25.5	L	Indian Head Rd / Church St / Kohr Rd				
2.3	27.8	BL	Kohr Rd to end				
0.4	28.2	L	Sunken Meadow Rd at T				
1.1	29.3	BR	Sunken Meadow Rd after crossing Rt 25A to end				
1.1	30.4	R	Bread & Cheese Hollow Rd at T				
0.1	30.5	L	Middleville Rd				
0.1	30.6	R	Middleville Rd				
1.0	31.6	R	Rinaldo Rd				
0.5	32.1	S	Norwood Rd after crossing Rt 25A				
1.0	33.1	R	Waterside Ave				
0.2	33.3	L	Locust Ave to end				
0.4	33.7	L	Ocean Ave at T				
0.5	34.2	R	James St				
0.7	34.9	BL	Bayview Ave Lunch stop in Northport in the Park				
0.5	35.4	S	Woodbine Ave out of Northport to end				