



Cuesheet

A-016

Have You Seen Sweet Beth-Page?: 42 Miles, Flat

Goes through the SUNY Old Westbury campus to the Syosset firehouse. Then heads through Cold Spring Harbor and Plainview to Old Bethpage. The route then takes the Bethpage bike path south to Massapequa Park. The return trip is north through Wantagh and East Meadow.

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	L	Hitchcock Ln out of back of Westbury HS lot	0.3	24.7	L	Onto Bike Path
0.8	0.8	R	Steele Hill Rd to end	4.7	29.4	R	Clark Ave to end
0.2	1.0	R	LIE Service Rd East at T	1.9	31.3	R	Seamans Neck Rd at T
0.4	1.4	L	Powells Ln to end (crossing over LIE) AND	0.7	32.0	L	Rt 105 (Jerusalem Ave)
0.1	1.5	L	LIE Service Rd West AND	0.7	32.7	L	Hawthorne Dr W AND
0.1	1.6	R	SUNY Old Westbury Campus - if gate is closed, you may have to go over/around. Follow campus road to end at Rt 107.	0.1	32.8	R	Flower Rd to end AND
				0.1	32.9	R	Wantagh Ave at T
							Lunch stop at Town Bagel
2.5	4.1	L	Rt 107 (Cedar Swamp Rd) at T	0.1	33.0	L	Rt 105 (Jerusalem Ave)
0.8	4.9	R	Fruitledge Rd to end	1.0	34.0	R	Oakfield Ave / Bellmore Rd
1.0	5.9	R	Brookville Rd at T to end	2.1	36.1	L	First Ave
1.4	7.3	L	Rt 106 at T	0.3	36.4	R	Andrew Rd AND
0.9	8.2	R	Francis Dr to end	0.0	36.4	L	First Ave to end
0.7	8.9	L	Midland Rd at T to end	0.2	36.6	L	Hermann St at T to end AND
0.2	9.1	L	Vincent Dr to end	0.1	36.7	R	2nd St at T
0.4	9.5	R	Rt 106 at T	0.3	37.0	L	Prospect Ave AND
0.3	9.8	R	Muttontown Eastwoods Rd	0.1	37.1	R	3rd St
1.5	11.3	BL	Cold Spring Rd in Syosset. Firehouse rest stop.	0.3	37.4	S	Carman Ave after crossing Rt 24 (Hempstead Tpke)
0.4	11.7	BL	Cold Spring Rd	1.0	38.4	L	Salisbury Park Dr
1.1	12.8	R	Stillwell Rd to end	2.0	40.4	S	School St to end after crossing Old Country Rd
1.6	14.4	R	Harbor Rd at T to end	0.9	41.3	R	Rockland St at T
0.4	14.8	L	Woodbury Rd at T AND	0.2	41.5	L	Cambridge Ave
0.1	14.9	BR	W Rogues Path	0.4	41.9	S	Hitchcock Ln after crossing Rt 25 (Jericho Tpke)
0.5	15.4	BR	Cold Spring Hills Rd	0.1	42.0	L	Westbury HS lot
0.6	16.0	R	Colonial Dr				
0.9	16.9	BL	West Gate Dr to end				
0.3	17.2	R	Rt 25 (Jericho Tpke) at T AND				
0.1	17.3	L	Plainview Rd / Washington Ave to end				
3.2	20.5	L	Manetto Hill Rd at T AND				
0.2	20.7	BL	Old Bethpage Rd after crossing Old Country Rd				
1.1	21.8	R	Round Swamp Rd to end				
1.8	23.6	R	Quaker Meeting House Rd at T				
0.6	24.2	BR	Central Ave / Merritts Rd AND				
0.1	24.3	R	Into Bethpage Park AND				
0.1	24.4	L	Follow sign to Polo Field				