

Mount Sinai to Old Field

Mt Sinai Shopping Center – Rt-347 & Crystal Brook Hollow Rd.

This Ride Is: Flat Rolling Hilly

| TURN | On | At » mi | For mi |
|------|--------------------------------|---------|--------|
| R | Crystal Brook Hollow | 0.00 | 0.00 |
| S | Crystal Brook Hollow @ Rt-347 | 0.00 | 0.12 |
| L | Hallock Av | 0.12 | 0.52 |
| R | N Columbia | 0.64 | 0.34 |
| L | N Country Rd (CR-20) | 0.98 | 0.49 |
| R | Belle Terre Rd | 1.47 | 0.86 |
| LR | E Broadway / Cliff Rd to End | 2.33 | 1.76 |
| U | Cliff Rd | 4.09 | 1.69 |
| LR | E Broadway / Belle Terre Rd | 5.78 | 0.93 |
| R | N Country Rd (CR-20) | 6.71 | 0.15 |
| S | Sheep Pasture @ Main St | 6.86 | 0.61 |
| LR | Sheep Pasture @ Bayview/Willis | 7.47 | 0.62 |
| BL | Sheep Pasture @ Comsewogue | 8.09 | 0.13 |
| TL | Sheep Pasture @ Hulse | 8.22 | 0.44 |

1

| TURN | On | At » mi | For mi |
|----------------------|-------------------------|---------|--------|
| S | Mark Tree Rd @ Rt-347 | 26.11 | 0.53 |
| L | Bettie Ann Dr | 26.64 | 0.76 |
| BL | Merge to Hawkins | 27.40 | 3.08 |
| L | Howe Rd | 30.48 | 0.46 |
| R | Pine Rd | 30.94 | 0.38 |
| S | Pine Rd @ Rt-112 | 31.32 | 0.43 |
| S | Pine Rd @ CR-83 | 31.75 | 0.32 |
| L | Sequoia Dr | 32.07 | 0.77 |
| L | Strathmore Ct Dr | 32.84 | 0.84 |
| L | Canal Rd | 33.68 | 0.40 |
| S | Canal Rd @ CR-83 | 34.08 | 1.23 |
| R | Crystal Brook Hollow Rd | 35.31 | 0.90 |
| Into Shopping Center | | 36.21 | |
| ☺ End Of Ride ☺ | | | |

3

| TURN | On | At » mi | For mi |
|-----------|-------------------------------------|---------|--------|
| TLR | Sheep Pasture @ Old Town | 8.66 | 1.52 |
| BR | Sheep Pasture @ Pond Path | 10.18 | 0.26 |
| R | Bennetts Rd | 10.44 | 0.59 |
| S | N Country Rd / Main St @ Rt-25a | 11.03 | 1.09 |
| TL | Old Field Rd to End | 12.12 | 2.80 |
| U | Old Field Rd | 14.92 | 1.45 |
| R | Mt Grey Rd / Shore Dr | 16.37 | 1.06 |
| R | W Meadow Rd to End | 17.43 | 1.64 |
| U | W Meadow Rd | 19.07 | 1.64 |
| R | Mt Grey Rd | 20.71 | 0.71 |
| BR | Quaker Path to End (Rt-25a) | 21.42 | 1.20 |
| Deli Stop | | | |
| L | Rt-25a | 22.62 | 0.46 |
| R | Nicolls Rd (Move Left With Caution) | 23.08 | 0.29 |
| BL | Lower Sheep Pasture Rd | 23.37 | 0.26 |
| BR | Pond Path | 23.63 | 2.09 |
| BL | Mark Tree Rd | 25.72 | 0.39 |

2

Legend

| | | |
|----------------|-----------------|----------------|
| R - Right Turn | T - End Of Road | U – U-Turn |
| L - Left Turn | S – Straight | X – Cross Road |

Rules Of The Road

- Stop for all red lights.
- Ride single file. If someone calls "Car Back", ride as far to the right as possible. Use your mirror!
- Do Not Block Turn Lanes or Intersections.
- Ride predictably. Signal for turns, slowing or stopping.
- Announce yourself when passing.
- Remember: Sharing the road applies to cyclists as well as to motorists. The way we behave as a group is a reflection on all cyclists.