

**STONY BROOK TO WILDWOOD PARK  
(45 MILES)**

**PART 1**

Turn		At	For
L	ONTO ROUTE 25A	0.0	0.3
R	NICOLLS RD	0.3	0.1
L	LOWER SHEEP PASTURE RD	0.4	2.3
X	OLD TOWN RD	2.7	0.0
S	SHEEP PASTURE RD	2.7	1.6
S	NORTH COUNTRY RD	4.3	4.0
L	LOWER ROCKY POINT RD	8.3	2.4
BR	N. ROCKY POINT LANDING RD	10.7	1.4
L	APRICOT RD	12.1	0.0
R	KING RD	12.1	0.4
R	BROADWAY	12.5	0.1

**PART 2**

Turn		At	For
L	PRINCE ST	12.6	0.8
R	WATER RD	13.4	0.1
L	ROUTE 25A (USE SIDEWALK)	13.5	0.1
S	NORTH COUNTRY RD	13.6	3.5
TR	NORTH COUNTRY RD	17.1	0.2
L	NORTH WADING RIVER RD	17.3	2.2
R	HULSE LANDING RD	19.5	0.6
	DELI: PICK UP LUNCH	20.1	0.0
U	HULSE LANDING RD	20.1	0.3
R	INTO WILDWOOD PARK	20.4	0.4
	LUNCH STOP	20.8	0.0

**PART 3**

Turn		At	For
S	EXIT PARK	20.8	0.4
BL	HULSE LANDING RD	21.2	0.9
R	SOUND AV	21.2	1.0
TR	ROUTE 25A	22.2	0.1
R	NORTH COUNTRY RD	22.3	0.1
TL	NORTH COUNTRY RD	22.4	1.0
TR	NORTH COUNTRY RD	23.4	0.5
BL	NORTH COUNTRY RD	23.9	0.3
L	RANDALL RD (AT BLINKER)	24.2	0.9
TR	ROUTE 25A	25.1	1.2
L	WM FLOYD (USE CAUTION)	26.3	2.4
R	WHISKEY RD	28.7	5.4
R	CANAL RD	34.1	0.2

**PART 4**

Turn		At	For
BR	MILLER PL - MIDDLE IS RD	34.3	0.8
BL	MOUNT SINAI - CORAM RD	35.1	1.7
X	ROUTE 83	36.8	0.0
S	MOUNT SINAI - CORAM RD	36.8	0.4
X	ROUTE 25A	37.2	0.0
S	MOUNT SINAI - CORAM RD	37.2	0.8
L	NORTH COUNTRY RD	38.0	2.3
S	SHEEP PASTURE RD	40.3	1.8
X	OLD TOWN RD	42.1	0.0
S	SHEEP PASTURE RD	42.1	1.5
R	BENNETS RD	43.6	0.7
L	ROUTE 25A	44.3	0.8
R	INTO PARKING LOT	45.1	

Please observe the following:

- Ride single file in traffic.
- Stop for ALL red lights.
- Pass only on the LEFT.
- Don't overlap wheels with other riders.
- Ride predictably; signal your intentions.