



New York Metro Routes

with select railroad and trail connections

Key

Most routes operate 365 days-a-year, but not all lines operate at all times.

For more service information, please check the relevant agency website for exact hours and days of operation, and exercise caution when riding in low visibility and low-traction conditions.

While routes are shown roughly to scale, to show access more clearly, geography on this map has been modified.

Station Name

Part-time access
Secondary waypoint
Climb
Common stop
Waypoint only

Primary waypoint (local and express)
Area road network transfer
Terminal

Railroad line
Long-distance transfer
Other bike route or trail


This map depicts typical year-round access in good weather. Seasonally and on late nights, these routes may change:

Seasonally


- OCA**: Check trail conditions after inclement weather; use SCT or 9W to bypass
- BRP**: "Bicycle Sundays" access to Bronx River Parkway (May to Oct)
- HV**: "Walkway at Night" extended hours on select summer Fridays
- HH**: Partially closed to traffic Dec to Apr and on select holidays
- COW**: Sands Point Preserve closes at 5 (winter), 6 (spring/fall), or 7 pm (winter)
- ECG**: Closed to traffic Dec 1 to Apr 1

Late Nights

- LIE**: Flushing Meadows-Kisene Park closed from 9 pm to 6 am; use 9W
- LH**: Target Rock closes 1/2 hour after sunset (\$2 entrance fee)
- OP**: Shelter Island ferries do not run from 12 am to 5:40 am; use MTK
- MTK**: Montauk Point State Park closes at sunset
- COW**: Sands Point Preserve opens 9 am Sun and 11 am Wed to Sat (\$4 admission)
- BLT**: Shirley Chisholm Park closed from sunset to 8 am
- 9W**: George Washington Bridge south sidewalk closed from 12 am to 6 am
- HV**: Walkway over the Hudson closed from sunset to 7 am; use Mid-Hudson Bridge
- TZB**: Bicycle & pedestrian path closed 10 pm to 6 am and in inclement weather



Line Guide

Use of stylistic/graphical elements is inspired by but does not represent affiliation/endorsement by the Metropolitan Transportation Authority. Lines on this map are not comprehensive; use route planning tools for navigation, and check official sites for up-to-date access information. Connecticut location map by Alexrk2 is licensed under CC BY 3.0; route details sourced, with special thanks, from members of 

New York Metro Area Bike Routes

MANHATTAN

9 Avenue-Columbus Av

8 Avenue-Amsterdam Av

St Nicholas Av-Dyckman St

Henry Hudson Bridge

CPW

B'way-Central Park West

Frederick Douglas Blvd

Harlem River Dr-10 Av

Broadway Bridge

2 Av/1 Av-Willis Avenue

CPW

Hudson River Greenway

CPW

East River Esplanade

CPW

Central Park

BROOKLYN

EP

Eastern Parkway

CPW

Ocean Parkway

AT

Atlantic Av (area)-Pitkin Av

WB

Wmsburg-Bushwick (area)

4 Av

4 Avenue Bike Lane

BLT

Belt Pkwy/Jamaica Bk Gwy

EP

Empire Blvd-Rockaway Pkwy

CPW

Bedford Av-Flatbush Av

CPW

Prospect Park

QUEENS

QB

Queens Boulevard

CPW

Cross Bay-Rockaway Beach

RB

Rockaway Boulevard

7 Av

Jewel Avenue-73 Avenue

CPW

Rockaway Park Boulevard

LONG ISLAND

LE

Long Island Expy Svc Road

LB

Long Beach-Park Av-Lido

NS

Nassau-Suffolk-Lloyd Hbr

BP

Bethpage Bike Path

SH

Sunrise Highway (area)

JB

Jones Beach (destination)

MA

Meadow Avenue (area)

MT

Montauk Highway (area)

NT

Northern Boulevard

NSD

North Shore-Sound Avenue

NP

Orient Point (destination)

GN

Great Neck

CC

Cow Neck

OB

Oyster Bay-Glen Cove

PC

Peconic River (area)

WEST OF THE HUDSON

SW

US Rt 9W-Nyack Express

HW

Hudson Valley Rail Trail

HS

Hackensack Valley (area)

21B

NY Rt 218-Storm King Hwy

WW

Walden-Walkkill Rail Trail

12B

Tappan Zee-NY Route 119

REGIONAL

NY

NY State Bike Route 17

NY

NY State Bike Route 9

EM

Empire State Trail

ECG

East Coast Greenway

EAST OF THE HUDSON

OC

Old Croton Aqueduct Trail

CLB

Croton Lake Road

MA

Maple Avenue

26

US Route 202

ST

Somersetown Turnpike

9D

NY State Route 9D

SC

South County Trailway

NC

North County Trailway

PT

Putnam Trailway

MY

Maybrook Trailway

BRP

Bronx River Pathway/Pkwy

SAW

Saw Mill River (area)

22

NY State Route 22

PKV

Pequonnock Valley Gwy