



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 HV
- 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				
New York Metro Area Bike Routes				
MANHATTAN				
9 Avenue-Columbus Av	Eastern Parkway	Long Island Expy Svc Rd	US Rt 9W-Nyack Express	Old Croton Aqueduct Trail
8 Avenue-Amsterdam Av	Ocean Parkway	Long Beach-Park Av-Lido	Hudson Valley Rail Trail	Croton Lake Road
St Nicholas Av-Dyckman St	Atlantic Av (area)-Pitkin Av	Nassau-Suffolk-Lloyd Hbr	Hackensack Valley (area)	Maple Avenue
Henry Hudson Bridge	Wlmsburg-Bushwick (area)	Bethpage Bike Path	Sunrise Highway (area)	US Route 202
B'way-Central Park West	4 Avenue Bike Lane	Bedford Av-Flatbush Av	Jones Beach (destination)	Somerstown Turnpike
Frederick Douglas Blvd	Belt Pkwy/Jamaica Bay Gwy	Empire Blvd-Rockaway Pkwy	Meadow Avenue (area)	NY State Route 9D
Harlem River Dr-10 Av	Hudson River Greenway	Bedford Av-Flatbush Av	Montauk Highway (area)	South County Trailway
2 Av/1 Av-Willis Avenue	East River Esplanade	Prospect Park	Northern Boulevard	North County Trailway
Central Park			North Shore-Sound Avenue	Putnam Trailway
			Orient Point (destination)	Maybrook Trailway
			East Coast Greenway	Saw Mill River (area)
				NY State Route 22
				Pequonnock Valley Gwy
QUEENS				
Queens Boulevard	Cross Bay-Rockaway Beach			
Rockaway Boulevard	Jewel Avenue-73 Avenue			
Rockaway Park Boulevard				
BROOKLYN				
Eastern Parkway	Ocean Parkway			
Atlantic Av (area)-Pitkin Av	Wlmsburg-Bushwick (area)			
4 Avenue Bike Lane	Belt Pkwy/Jamaica Bay Gwy			
Empire Blvd-Rockaway Pkwy	Bedford Av-Flatbush Av			
Prospect Park				
LONG ISLAND				
Long Island Expy Svc Rd	Long Beach-Park Av-Lido			
Nassau-Suffolk-Lloyd Hbr	Bethpage Bike Path			
Sunrise Highway (area)	Bedford Av-Flatbush Av			
Jones Beach (destination)	Meadow Avenue (area)			
Montauk Highway (area)	Northern Boulevard			
North Shore-Sound Avenue	Orient Point (destination)			
East Coast Greenway				
WEST OF THE HUDSON				
US Rt 9W-Nyack Express	Hudson Valley Rail Trail			
Hackensack Valley (area)	Sunrise Highway (area)			
NY Rt 218-Storm King Hwy	Walden-Walkkill Rail Trail			
Tappan Zee-NY Route 119				
EAST OF THE HUDSON				
Old Croton Aqueduct Trail	Croton Lake Road			
Maple Avenue	US Route 202			
Somerstown Turnpike	South County Trailway			
NY State Route 9D	North County Trailway			
Putnam Trailway	Maybrook Trailway			
Saw Mill River (area)	NY State Route 22			
Pequonnock Valley Gwy				