

Fun on Foot New York City Long Run Planner

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For detailed segment maps get the Fun on Foot New York Map Set at www.funonfoot.com

Reference points are specified on next page. Ref. point qualifiers:
C – Commuter rail < 0.5 mi
F – Ferry < 0.5 mi
M – MTA subway < 0.5 mi
P – PATH train < 0.5 mi
R – Runner-friendly restaurant/bar(s) nearby
S – SIR train < 0.5 mi



See map next page

REFERENCE POINTS

MANHATTAN

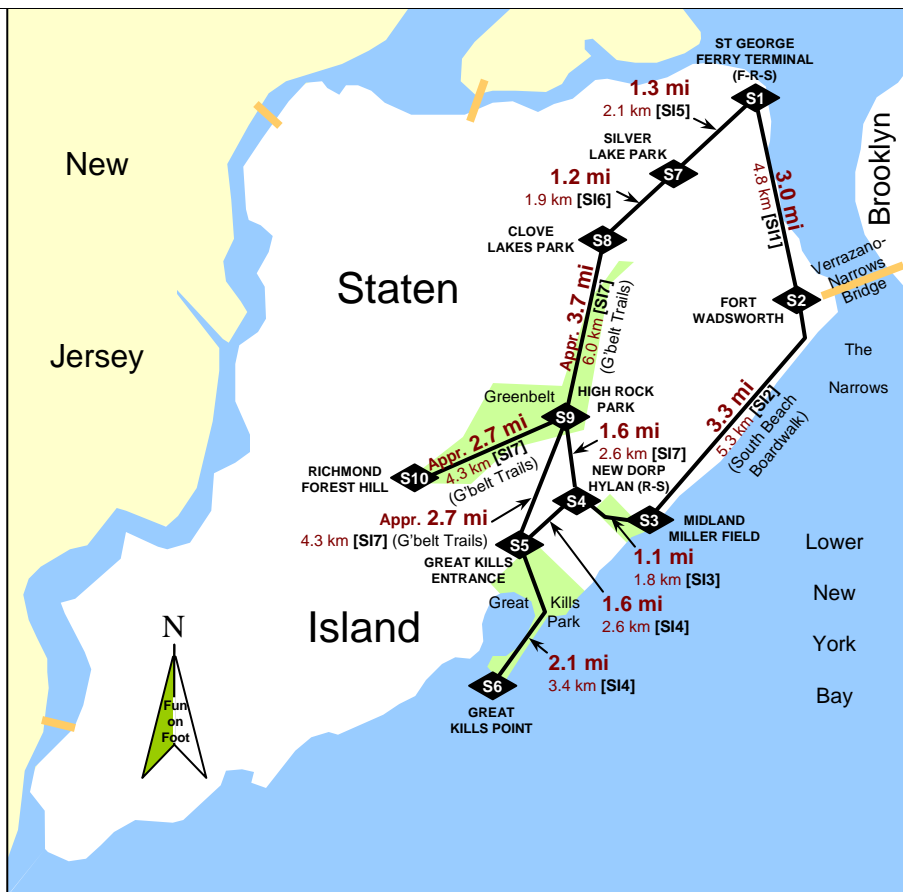
- M1 South Ferry:** South St at Whitehall St. *Subway: Whitehall St South Ferry (0.0 mi), Bowling Green (0.1 mi)*
- M2 Chambers West:** West St at Chambers St. *Subway: Chambers St (0.2 mi)*
- M3 City Hall:** Park Row at Centre St. *Subway: Brooklyn Bridge City Hall (0.0 mi)*
- M4 United Nations:** First Av at E 42nd St. *Subway: Grand Central (0.4 mi)*
- M5 Cruise Ship Term:** Joe DiMaggio Hwy at W 50th St. *Subway: 50 St (0.6 mi)*
- M6 Central Park S:** Central Park S at Av of the Americas. *Subway: 57 St (0.1 mi)*
- M7 Queensboro Bridge:** First Av at E 60th St. *Subway: Lexington Av/59 St (0.4 mi)*
- M8 Wards Is Foot Br:** East River Trail, FDR Overpass ped ramps junction. *Subway: 103 St (0.6 mi)*
- M9 Hudson W 125 St:** Hudson River Trail at W 125th St. *Subway: 125 St (0.2 mi)*
- M10 Morningside W 125 St:** W 125th St at Morningside Av. *Subway: 125 St (0.1 mi)*
- M11 Hudson GWB:** Hudson River Trail at rail overpass, 0.2 mi S of GW Bridge.
- M12 Cabrini W 178 St:** Cabrini Blvd at W 178th St, GW Bridge ramp. *Subway: 175 St (0.1 mi)*
- M13 Dyckman Broadway:** Dyckman St at Broadway. *Subway: Dyckman St (0.0 mi)*

BROOKLYN

- B1 Borough Hall:** Renssen St and Cadman Plaza W. *Subway: Court St/Borough Hall (0.1 mi)*
- B2 Grand Army Plaza:** Grand Army Plaza south end at Prospect Park entrance. *Subway: Grand Army Plaza (0.2 mi)*
- B3 Park Circle:** Prospect Park SW and Parkside Av. *Subway: Fort Hamilton Pkwy (0.2 mi)*
- B4 Bay Ridge Shore 92 St:** Shore trail at 92nd St overpass over Belt Parkway
- B5 Bay Ridge 86 St:** 4th Av at 86th St. *Subway: 86 St (0.0 mi)*
- B6 Coney Is Stillwell:** Surf Av at Stillwell Av. *Subway: Coney Island Stillwell Av (0.1 mi)*
- B7 Coney Is Ocean Pkwy:** Surf Av at Ocean Pkwy. *Subway: Ocean Pkwy (0.1 mi)*
- B8 Sheepshead Bay Foot Br:** Emmons Av at E 19th St.
- B9 Sheepshead Bay:** Sheepshead Bay Rd at 16th St. *Subway: Sheepshead Bay (0.0 mi)*
- B10 Flatbush Belt Pkwy:** Flatbush Av at the Belt Parkway Exit 11S ramps
- B11 Canarsie Subway:** Rockaway Pkwy & Glenwood Rd. *Subway: Canarsie Rockaway Pkwy (0.0 mi)*
- B12 Bedford N 7 St:** Bedford Av & N 7th St. *Subway: Bedford Av (0.0 mi)*

QUEENS

- Q1 Astoria:** Hoyt Av at 27th St. *Subway: Astoria Blvd (0.1 mi)*
- Q2 La Guardia 27 Av:** Flushing Bay Promenade at 27th Av. overpass over Grand Central Pkwy.
- Q3 Flushing Meadows:** S end of pedestrian ramp from subway station to Flushing Meadows Corona Park. *Subway: Mets-Willets Pt (0.2 mi)*
- Q4 LI Expwy Overpass:** Ramp over LI Expwy in Flushing Meadows Corona Park
- Q5 Queens Blvd 75 Av:** Queens Blvd at 75th Av. *Subway: 75 Av (0.0 mi)*
- Q6 Forest Park Woodhaven:** Woodhaven Blvd at Forest Park Dr.
- Q7 Forest Park Golf House:** Forest Park Dr at golf house. *Subway: 85 St-Forest Pkwy (0.6 mi)*
- Q8 Kissena Park 164 St:** 164th St at Underhill Av.
- Q9 Cunningham Park S:** Ped underpass under I-295 near Richland Av in Cunningham Park.
- Q10 Alley Pond Park:** Alley Pond Park house at Winchester Blvd and Union Tpke.
- Q11 Northern Blvd 223 St:** Northern Blvd & 223rd St.
- Q12 Bayside:** Northern Blvd at Bell Blvd. *LIRR: Bayside (0.2 mi)*
- Q13 Fort Totten:** Fort Totten entrance near 212th St and Bell Blvd.



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- Q14 Rockaway Park:** Subway station
- Q15 Far Rockaway:** Subway station

THE BRONX

- Bx1 Van Cortlandt Park:** Van Cortlandt Park Nature Center. *Subway: Van Cortlandt Park 242 St (0.2 mi)*
- Bx2 Botanical Garden:** Kazimiroff Blvd at Mosholu Pkwy. *Metro North: Botanical Garden (0.2 mi)*
- Bx3 Bronx R Woodlawn:** Bronx Blvd at E 233rd St. *Subway: Woodlawn (0.2 mi), Metro North: Woodlawn (0.1 mi)*
- Bx4 Hutchinson R Pkwy:** Pelham Pkwy at Hutchinson R Pkwy.
- Bx5 Pelham Bay Park:** Westchester Av at Burr Av. *Subway: Pelham Bay Park (0.0 mi)*
- Bx6 Middletown Rd:** Westchester Av at Middletown Rd. *Subway: Middletown Rd (0.0 mi)*
- Bx7 City Island:** City Island Av at Bridge St

STATEN ISLAND

- S1 St George Terminal:** The bus plaza at Staten Island Ferry Terminal. *SIR: St George (0.0 mi)*
- S2 Fort Wadsworth:** Fort Wadsworth Visitor Center, New York Av.
- S3 Midland Miller Field:** South end of the Midland Beach trail at Miller Field north boundary.
- S4 New Dorp Hylan:** New Dorp La at Hylan Blvd. *SIR: New Dorp (0.5 mi)*
- S5 Great Kills Entrance:** Hylan Blvd at Buffalo St. *SIR: Bay Terrace (0.7 mi)*
- S6 Great Kills Point:** End of Buffalo St at Crookes Pt.
- S7 Silver Lake Park:** Victory Blvd at Forest Av.
- S8 Clove Lakes Park:** Victory Blvd at Clove Rd.
- S9 High Rock Park:** High Rock Park road loop at restrooms and classroom.
- S10 Richmond Forest Hill:** Richmond Av at Forest Hill Rd.

NEW JERSEY

- NJ1 South Overlook:** South end of Liberty Walk, Liberty State Park.
- NJ2 Liberty Landing Marina:** Audrey Zapp Dr, Liberty State Park. *Ferry to World Fin. Ctr. (0.0 mi)*
- NJ3 Newport Pavonia:** Waskington Blvd and Pavonia Av, Jersey City. *PATH Train: Pavonia-Newport (0.0 mi)*
- NJ4 Hoboken Station:** Hudson Pl, Hoboken. *PATH Train: Hoboken (0.0 mi)*
- NJ5 N Hoboken 14 St:** Sinatra Dr N at 14th St. *Ferries to World Fin. Ctr. and Midtown/W 39th St. (0.0 mi)*
- NJ6 Pt Imperial Ferry:** Av at Port Imperial and 49th St, Weehawken. *Ferries to Manhattan (0.0 mi)*
- NJ7 Fort Lee:** Hudson Tce at George Washington Bridge.

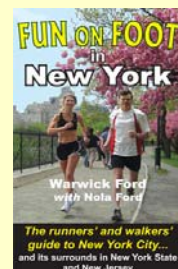
WESTCHESTER COUNTY

- WC1 Yonkers Station:** West end of Main St, Yonkers. *Metro North: Yonkers (0.0 mi)*

For full commentary
and details on all
routes, get the book...

Fun on Foot in New York

...the runners' and walkers'
guide to New York City
and the surrounding region



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