| Prev | Dist | Туре | Note |
|------|------|------|--|
| 0.0 | 0.0 | • | Start of route |
| 0.0 | 0.0 | | L toward Morris Pesin Dr |
| 0.0 | 0.0 | | R onto Morris Pesin Dr |
| 0.1 | 0.1 | | R |
| 0.1 | 0.2 | | L |
| 0.1 | 0.3 | | L |
| 0.0 | 0.3 | | L |
| 1.0 | 1.3 | | Loop Around Ellis Island Bridge |
| 0.6 | 1.9 | | L |
| 1.2 | 3.1 | | R onto Jersey Ave |
| 0.4 | 3.5 | | R onto Grand St |
| 0.8 | 4.3 | | L onto Hudson River Waterfront Walkway |
| 0.1 | 4.5 | | R to stay on Hudson River Waterfront Walkway |

4.5 miles. +36/-31 feet

| Prev | Dist | Туре | Note |
|------|------|------|--|
| 0.3 | 7.4 | | R |
| 0.0 | 7.4 | | L |
| 0.5 | 7.9 | | R onto Frank Sinatra Dr |
| 0.2 | 8.0 | | R onto Sinatra Dr N |
| 0.0 | 8.1 | | R |
| 0.2 | 8.3 | | R |
| 0.4 | 8.6 | | R onto Bernard McFeeley Shipyard Ln |
| 0.0 | 8.7 | | R |
| 0.2 | 8.9 | | R |
| 0.3 | 9.1 | | R at Harbor Path |
| 0.3 | 9.4 | | Slight R |
| 0.4 | 9.8 | | R Port Imperial Blvd |
| 0.1 | 9.9 | | R into Park |
| 0.1 | 10.0 | | R out of circle |
| 2.7 | 12.7 | | R |

5.6 miles. +56/-56 feet

| Prev | Dist | Туре | Note |
|------|------|------|--|
| 0.3 | 4.8 | | R to stay on Hudson River Waterfront Walkway |
| 0.2 | 5.0 | | R to stay on Hudson River Waterfront Walkway |
| 0.1 | 5.2 | | R to stay on Hudson River Waterfront Walkway |
| 1.0 | 6.2 | | R to stay on Hudson River Waterfront Walkway |
| 0.1 | 6.2 | | R to stay on Hudson River Waterfront Walkway |
| 0.2 | 6.4 | | L onto Park Ln S |
| 0.1 | 6.5 | | R |
| 0.4 | 6.9 | | L |
| 0.1 | 7.0 | | Slight R at Hudson Pl |
| 0.1 | 7.0 | | Slight R at Newark St. |

2.6 miles. +9/-9 feet

| Prev | Dist | Туре | Note |
|------|------|------|--------------------------|
| 0.7 | 13.3 | | Slight R onto Marine Rd |
| 0.0 | 13.3 | | R |
| 0.1 | 13.4 | | Slight R |
| 0.4 | 13.8 | | R onto River Rd |
| 0.2 | 14.0 | | R Before Building |
| 0.1 | 14.1 | | L |
| 0.2 | 14.4 | | R |
| 0.1 | 14.4 | Ð | U-Turn - Return to Start |
| 0.6 | 15.0 | | L |
| 0.5 | 15.5 | | L onto Marine Rd |
| 0.0 | 15.5 | | Slight L at Marine Plz |
| 0.1 | 15.6 | | Slight L |
| 0.6 | 16.1 | | L |
| 2.7 | 18.8 | | Slight L |
| 0.0 | 18.9 | | Slight R |
| 0.0 | 18.9 | | L |

6.2 miles. +51/-50 feet

| Prev | Dist | Туре | Note |
|------|------|------|-------------------------|
| 0.4 | 19.3 | | Make a U-turn |
| 0.5 | 19.8 | | Slight L |
| 0.3 | 20.0 | | L at Harbor Path |
| 0.3 | 20.3 | | L |
| 0.2 | 20.5 | | L onto 15th St |
| 0.0 | 20.5 | | L |
| 0.5 | 21.0 | | R |
| 0.1 | 21.1 | | L onto Sinatra Dr N |
| 0.0 | 21.1 | | L onto Frank Sinatra Dr |
| 0.2 | 21.3 | | L |
| 0.5 | 21.8 | | R |
| 0.0 | 21.8 | | L |
| 0.3 | 22.0 | | Slight R |
| 0.1 | 22.2 | | Slight L at Hudson Pl |
| 0.4 | 22.6 | | L onto Park Ln S |
| 0.1 | 22.7 | | R |

3.8 miles. +61/-64 feet

| Prev | Dist | Type | Note |
|------|------|------|----------------------------------|
| 0.8 | 25.6 | | L onto Jersey Ave |
| 0.4 | 26.1 | | L |
| 1.2 | 27.2 | | R |
| 0.6 | 27.8 | | L at Ellis Island Bridge |
| 0.9 | 28.7 | | R |
| 0.2 | 28.9 | | Continue onto Morris Pesin Dr |
| 0.0 | 28.9 | | End of route |

| Prev | Dist | Туре | Note |
|------|------|------|--|
| 0.2 | 22.9 | | L to stay on Hudson River Waterfront Walkway |
| 0.1 | 23.0 | | L to stay on Hudson River Waterfront Walkway |
| 1.0 | 24.0 | | L to stay on Hudson River Waterfront Walkway |
| 0.1 | 24.1 | | L to stay on Hudson River Waterfront Walkway |
| 0.2 | 24.3 | | L to stay on Hudson River Waterfront Walkway |
| 0.3 | 24.7 | | L to stay on Hudson River Waterfront Walkway |
| 0.1 | 24.8 | | L to stay on Hudson River Waterfront Walkway |
| 0.0 | 24.8 | | R onto Grand St |

2.1 miles. +13/-13 feet