

Prev	Dist	Type	Note
0.0	0.0	📍	Start of route
0.0	0.0	↻	Sharp R onto 5th Avenue
0.1	0.1	➔	R onto Atlantic Street
0.3	0.4	←	L onto Clifton Street
0.0	0.4	➔	R onto Trenton Avenue
0.1	0.5	↶	Slight L onto Goethals Bridge
1.6	2.1	←	L onto Goethals Road North
0.1	2.3	←	L onto Forest Avenue
0.6	2.9	←	L onto Meeker Avenue
0.2	3.1	↑	Continue onto Forest Avenue
0.5	3.6	←	L onto South Ave
0.1	3.7	➔	R onto Netherland Ave
0.3	4.0	➔	R onto Harbor Rd
0.0	4.0	←	L onto Netherland Ave

4.0 miles. +42/-31 feet

Prev	Dist	Type	Note
0.3	4.3	←	L onto Van Name Ave
0.2	4.6	➔	R onto Walker Street
0.5	5.1	←	L onto Trantor Place
0.1	5.2	←	L
1.6	6.9	➔	R onto John F Kennedy Blvd
0.0	6.9	←	L onto West 6th Street
0.3	7.2	←	L onto Avenue C
0.1	7.2	➔	R onto West 7th Street
0.1	7.3	←	L onto Avenue C
0.2	7.5	←	L onto West 9th Street
0.2	7.7	➔	R onto Avenue A
1.6	9.3	➔	R onto W 36th St
0.0	9.4	←	L onto John F. Kennedy Blvd
0.0	9.4	←	L onto W 37th St

5.4 miles. +80/-75 feet

Prev	Dist	Type	Note
0.0	9.4	➔	R onto Park Dr/Parkview Dr
0.1	9.5	←	L onto Marine Dr
0.1	9.6	➔	R onto Marine Dr E
0.3	9.9	➔	R onto Marine Dr S
0.0	10.0	➔	R onto Hackensack River Walkway
0.6	10.5	←	L onto Bayview Dr
0.1	10.6	➔	R toward Park Dr/ Parkview Dr
0.1	10.7	←	L onto Park Dr/Parkview Dr
0.1	10.8	←	L onto John F. Kennedy Blvd
0.1	10.9	➔	R onto W 49th St
0.4	11.3	←	L onto Broadway
0.3	11.6	↑	Continue onto Garfield Ave
0.4	11.9	➔	R onto Gates Ave

2.5 miles. +72/-68 feet

Prev	Dist	Type	Note
0.2	12.1	←	L onto Princeton Ave
0.4	12.5	➔	R onto Linden Ave E
0.3	12.7	←	L onto Caven Point Rd
0.4	13.1	➔	R onto Chapel Ave
0.5	13.6	←	Slight L onto Hudson River Waterfront Walkway
0.5	14.2	←	Hudson River Waterfront Walkway turns L and becomes Hudson River Waterfront Walk
0.0	14.2	➔	R to stay on Hudson River Waterfront Walk
0.8	15.0	➔	R to stay on Hudson River Waterfront Walk
0.1	15.1	←	Slight L to stay on Hudson River Waterfront Walk
0.1	15.1	➔	R to stay on Hudson River Waterfront Walk

3.2 miles. +29/-70 feet

Prev	Dist	Type	Note
0.4	15.5	↪	Liberty State Park
0.5	16.0	→	Slight R to stay on Hudson River Waterfront Walk
0.1	16.1	←	L to stay on Hudson River Waterfront Walk
0.8	16.9	←	L to stay on Hudson River Waterfront Walk
0.6	17.5	→	Slight R onto Chapel Ave
0.8	18.3	←	L onto Garfield Ave
1.1	19.3	↑	Continue onto Broadway
2.5	21.9	→	R onto W 10th St
0.3	22.1	←	L onto John F. Kennedy Blvd
0.4	22.6	→	R to bridge access
1.6	24.2	→	R onto the ramp to Trantor Pl
0.0	24.2	↑	Merge onto Trantor Pl
0.1	24.3	→	R onto Walker St

9.2 miles. +197/-140 feet

Prev	Dist	Type	Note
0.6	24.9	←	L onto Van Pelt Ave
0.2	25.1	→	R onto Netherland Ave
0.1	25.3	→	R onto Union Ave
0.0	25.3	←	L onto Confederation Pl
0.1	25.4	←	L to stay on Confederation Pl
0.1	25.4	←	L onto Harbor Rd
0.0	25.5	→	R onto Netherland Ave
0.3	25.8	←	L onto South Ave
0.1	25.9	→	R onto Forest Ave
0.5	26.4	→	Keep R to stay on Forest Ave
0.1	26.6	↑	Continue onto Goethals Rd N
0.4	27.0	←	L to bridge access
1.6	28.6	↑	Continue onto Trenton Ave
0.1	28.7	←	L onto Clifton St

4.4 miles. +22/-45 feet

Prev	Dist	Type	Note
0.0	28.7	→	R onto Cole Pl
0.2	28.9	↑	Continue onto Trenton Ave
0.1	29.0	←	L onto 5th Ave
0.0	29.0	←	L into park
0.0	29.1	📍	End of route

0.4 miles. +1/-4 feet