

GUIDE FOR HUDSON RIVER LOOP WALK

Hudson River Loop Walk – Exchange PI to World Trade Center – Sat June 8, 2013

Starts: at plaza outside PATH station entrance near Katyn Statue - Exchange PI - 8:00 am. Expected finish 8:00 pm in World Trade Center, New York, NY. – **BE THERE BY 7:30** for Sign Up, coffee, group picture and rundown of day's activities.

Contacts: Paul Kiczek paul@freewalkers.org and cell# 973-214-1811 Nancy Jonap 602-743-0620, Alex Rodriguez 201 334-8343. This will be a minimally supported walk. Be prepared and self-sufficient. Support will generally NOT be available after initial start.

Starting/Ending at Other Points – There are two rail stations between the start and end points, i.e., Hoboken and Penn Station NYC. There are also Ferry stops running from Hoboken, Weehawkin and Port Imperial connecting to the Mid Town Ferry Service at 39th St. There are also buses and light rail that run between. We encourage joining in on the walk at any time, or dropping off if you would like to limit your day to a shorter distance.

Start – Exchange Place – Exchange Place is the heart of the commercial district in downtown Jersey City. There is a large plaza with a notable statue outside the PATH station. **PARKING FACILITIES:** Check Google, also map of lots on hudsonloop30.org – Blogs section.

End – World Trade Center – this is the official ending point and where you can catch a PATH train back to Exchange Place. But our suggested option, if you have time, is to join the remaining walkers at **Eammons Pub** 41 Murray St, NYC just a couple short blocks away from WTC to re-fuel and share stories.

Walk – most of the walk on the Jersey side (about 15 miles) will follow signs for the Hudson River Waterfront Walkway trail, you will also notice signs for the East Coast Greenway which mostly parallels the same trail. After crossing the George Washington Bridge, we connect to the Hudson River Greenway – the well-used pedestrian and bike trail that follows the river downtown. There will be guides and/or maps provided the day of the event.

NOTE: The Walkway has some incomplete sections for the last few miles in Edgewater so rely on the maps provided or follow River Road, if lost. Look for the **Wild Parrots of Edgewater** when walking River Road. Check out **Burdett's Landing** for a short detour and great views of the bridge and river. Follow the map/directions when exiting the GWB to the NY Greenway. Once on the Greenway, take the short detour after the bridge for the **Little Red Lighthouse** - worth it! Also, highly recommended is taking the **High Line** detour (if its not too crowded). It's a special place for a walk.

Support Stops/Breaks/Lunch – We are planning a few stops around certain locations as scheduled. You can join us or go on your own. There are plenty of businesses for short rest stops. Main stops are **LUNCH** – City Place (Edgewater) – shopping strip with Panera & Chipolte. A **Verve Drink Energy Stop** look for us before GWB, and afternoon break at Fairway Market (cross Riverside Dr at 133rd St).

Weather – a steady hard rain will cancel the walk. Check either the event at <http://freewalkers.org> or the <http://hudsonloop30.org> website for any cancellation or other plan. There is no rain date.

Keep Up to Date - For any further up-to-the-minute details on the walk at <http://hudsonloop30.org> and <http://freewalkers.org/events/the-hudson-river-loop-walk-2013>.

Hudson River Loop Walk Itinerary (as of June 8, 2013)
Paul's Cell# 973-214-1811 | Nancy's Cell# 602-743-0620

ARRIVE @ Exchange Place PATH Station - 7:30 am Arrive at PATH subway station **or** Park car in nearby commercial lots. E.g., Central Parking at 135 Greene St has an online coupon and is a block or so away. See site links or Google Parking Exchange Place. We gather in plaza outside station. Be sure to sign up and get your pin number. Group photo and press. Enjoy free coffee, water and donuts.

START @ Exchange Place - Katyn Statue – 8:00 am. We all start walking together. From there you may walk at your own pace. Coffee + will be available. Register and hear about day's trail conditions.

(2 miles) **Hoboken Station 14th St** - ETA 8:45 am – We walk thru the station and out to Walkway parallel to Sinatra Drive. (restrooms in station)

(4.25 miles) **Liberty Harbor** (Weehawken) ETA 9:45 am – commercial area – follow waterfront and walkway. (restroom in hotel)

(6.5 miles) **Port Imperial** (Weehawken) ETA 10:15 am – major Ferry stop. (restrooms available)

(9.5 miles) **City Place (Edgewater)** – ETA 11:30 am – RESTROOMS/EARLY LUNCH – Shops at City Place with Panera and Chipotle near each other as best options. There is also McDonalds nearby.

(11.5 miles) **Whole Foods (Edgewater)** – ETA 12:15 pm – LUNCH– Good lunch spot. Mitsuwa also nearby. *(Allow 30-45 minutes for lunch - end at 1:00pm)*

(12.5 miles) **Wild Parrots of Edgewater** – ETA 1:30 pm –_Cross over to side of River Road continue walking on west side of road until Annett Ave.

(14.5 miles) **Burdett's Landing** (ETA 2:00) – Take right on to Annett Ave down the hill toward the water and go thru cozy community with a great view. Continue to take Annett back up to River Road *(or detour further into park closer to bridge and look for more difficult trail climb back up.)*

(16.5 miles – **GWB Terminal** (ETA 3:00) – Fort Washington St & 173rd – After crossing over bridge go straight down 173rd st and left on Fort Washington (Terminal has restrooms). Continue to 181st St and turn left heading to the river where you can follow signs to pick up Hudson River Walkway. *NOTE: If you have time stop at the Little Red Lighthouse off Greenway, near bridge.*

(19 Miles – **Fairway Market** (ETA 4:00) – At 133rd st look for Fairway Market across Riverside Dr and take a break and rest stop. There's plenty to buy there and a restroom.

(25 Miles) – **Midtown Ferry Terminal** – (ETA 6:00) – 39th St. - restrooms, Ferry access

(25.5 Miles) – **Start – High Line** – (ETA 6:15) – 30th St (optional detour)

(26.5 miles) – **End – High Line** – (ETA 7:00) – Gansevoort St. (optional detour)

(28.5 miles) – **World Trade Center** – (ETA 8:00) take PATH train back to Exchange Place.

Meeting Option:

(28.25 Miles) **Woodrow's - 43 Murray St.** – A few blocks before the WTC come join the Get Together. Celebrate and share stories. Dutch treat.