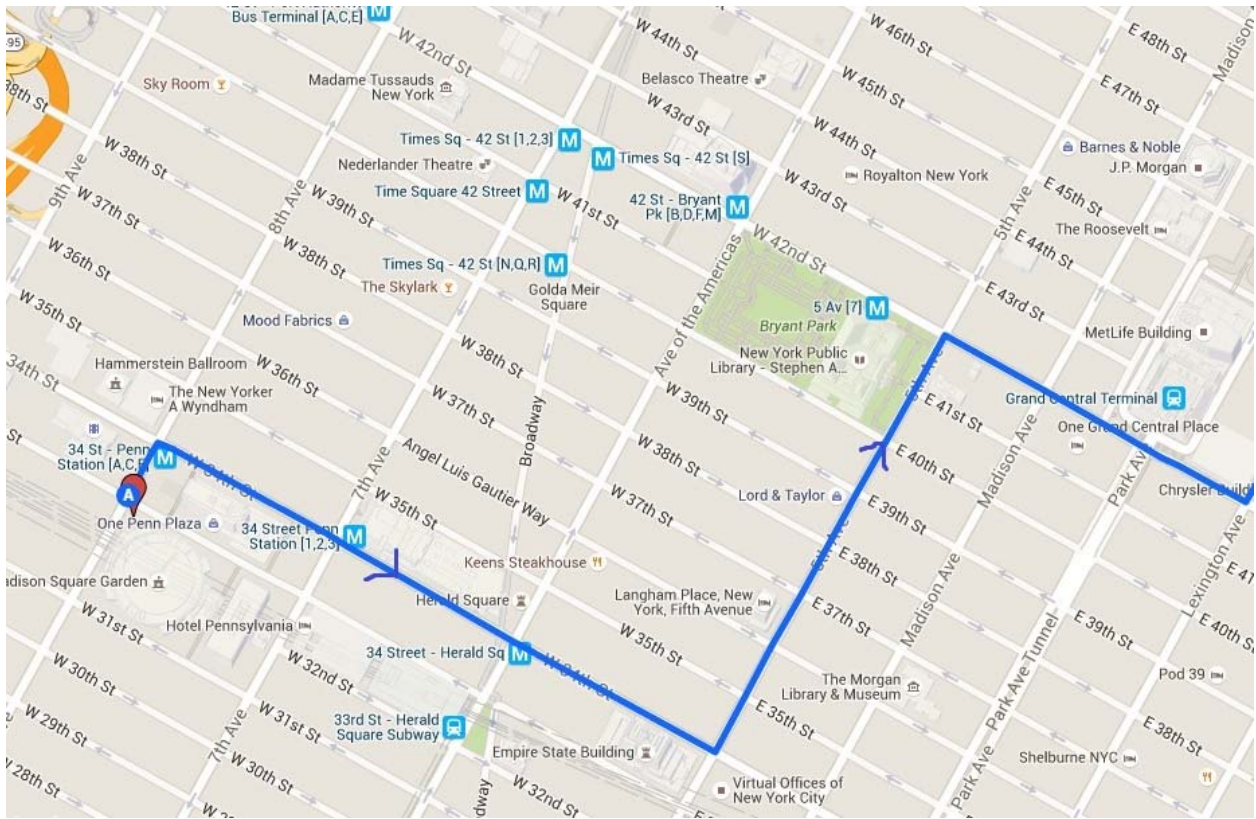
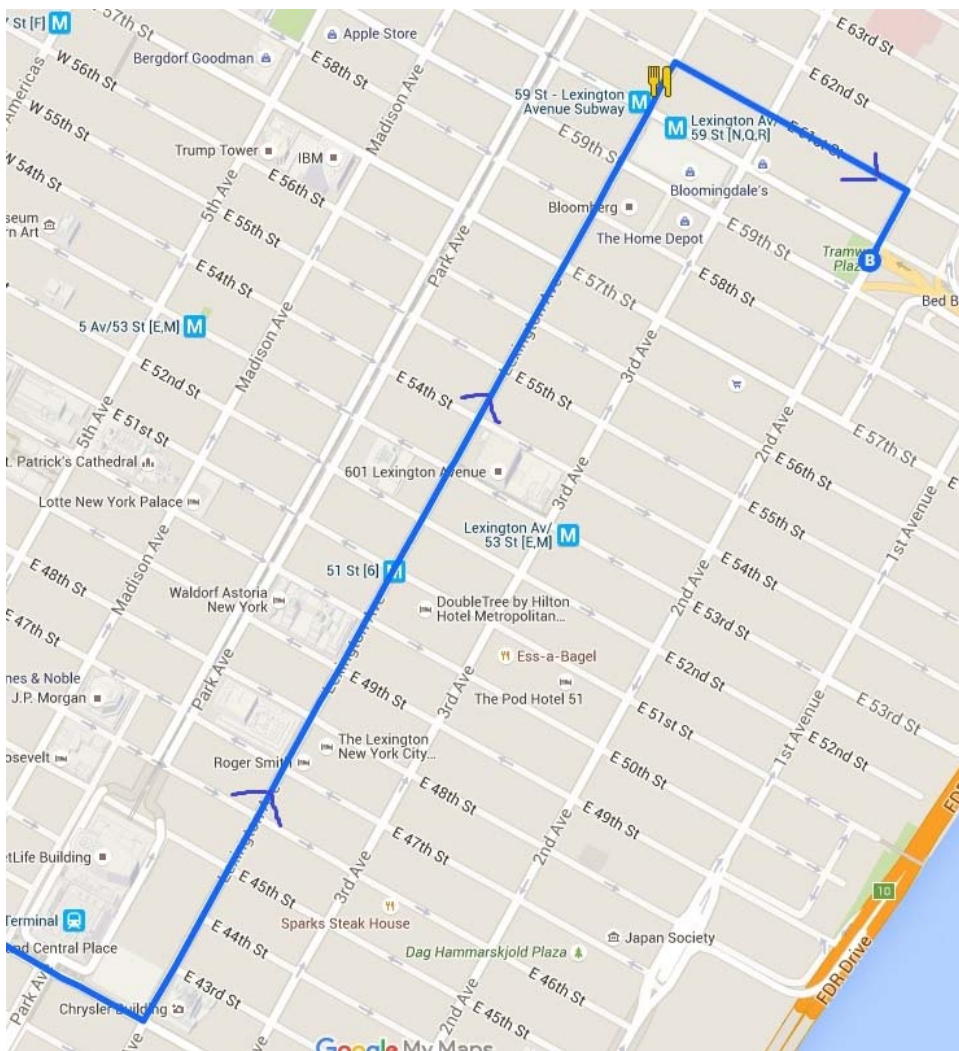


<b>0.0</b>	10am Start – SE Corner of 33 <sup>rd</sup> St. and 8 <sup>th</sup> Ave., photos, Depart 10:15am, N on 8 <sup>th</sup> Ave, East on 34 <sup>th</sup> Street, pass <b>Herald Square</b> . (Map 1)
<b>0.6</b>	Turn left (North) onto Fifth Avenue at the <b>Empire State Building</b> .
<b>1.0</b>	Turn right (East) onto 42 <sup>nd</sup> Street at the <b>Public Library</b> .
<b>1.3</b>	Turn left (North) onto Lexington Avenue after <b>Grand Central Terminal</b> . (Map 2)
<b>2.2</b>	Morning sweet tooth? Try the <b>Sprinkles Cupcake ATM</b> on the West side of Lexington between 60 <sup>th</sup> and 61 <sup>st</sup> . Turn right (East) onto 61 <sup>st</sup> Street.
<b>2.5</b>	Turn right (South) onto 2 <sup>nd</sup> Avenue. 1.5 blocks until the <b>Roosevelt Island Tram</b> .
	11:30 am - Take the <b>Roosevelt Island Tram</b> (it uses a normal Metrocard) across the East River. The rear right of the car gives the best views of midtown Manhattan.
<b>2.5</b>	Exit the Tram Station, visit the <b>Tram Kiosk</b> if you wish for souvenirs. Walk towards the <b>Queensboro Bridge</b> support, turn left at water (Map 3).
<b>3.0</b>	<b>Restrooms</b> to the left after entering Southpoint Park.
<b>3.3</b>	<b>Smallpox Hospital Ruins</b> (see the informational placard) and <b>Roosevelt Four Freedoms Park</b> . Walk to the S tip of the island. Leave the monument and walk up the East side of the Park.
<b>3.4</b>	<b>Strecker Memorial Laboratory</b> and Historical Placard. Look to the right for a stray cat enclosure!
<b>3.5</b>	Circle back through the park and restrooms. Turn right (North) back onto the river walkway we came in on. (Map 4)
<b>4.0</b>	Turn right back onto W Main Street past the Tram Station, follow Main Street North along the Island.
<b>4.5</b>	Turn left (West) at 248 River Road, before Gristedes.
<b>4.6</b>	Turn right (North) when you hit the waterfront again. Look for the statues in the water and the ship bow platform.
<b>5.4</b>	The <b>Roosevelt Island Lighthouse</b> marks the northern tip of the Island. Continue circling the island.
<b>5.6</b>	Turn right onto Main Street to visit <b>the Octagon</b> , a famous entrance to a historic Lunatic Asylum. Go back out to the water and continue south on Main Street.
<b>6.0</b>	1pm- Early lunch option – <b>Gristedes Marketplace</b> . Doughnuts, coffee, and pizza by the slice with some seating near the entrance. Enter the parking ramp next to the store entrance to get up to the bridge. Bathrooms on the Second floor of the parking garage. Keep going up and outside and then cross the <b>Roosevelt Island Bridge</b> .

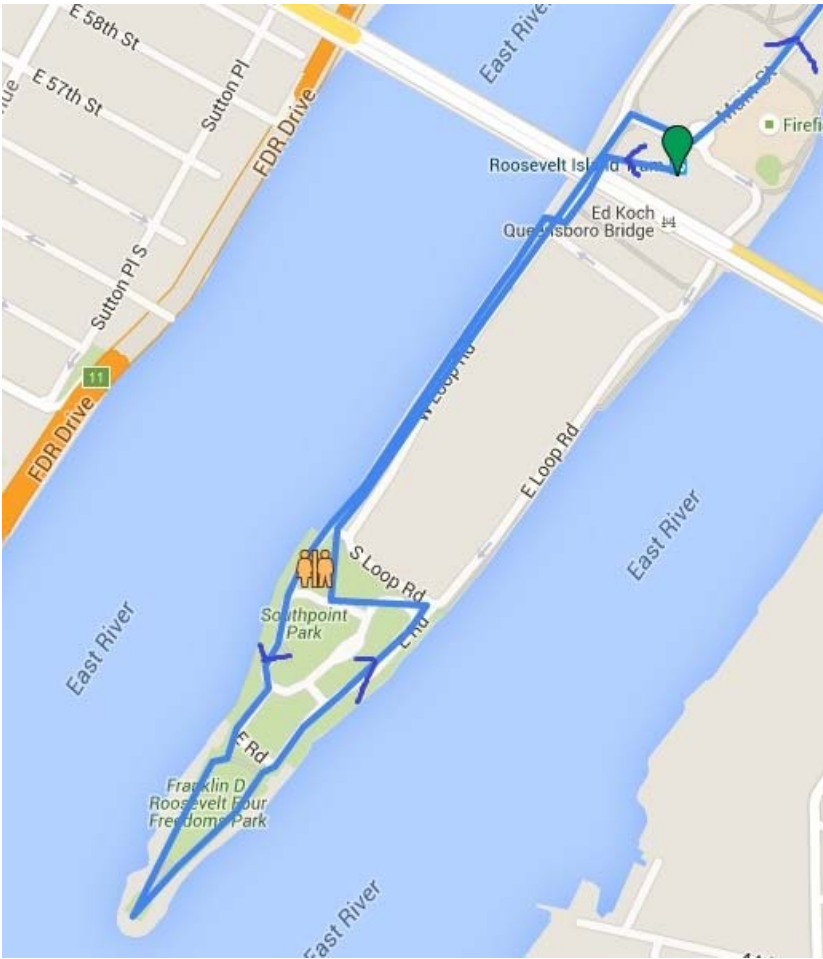
<b>6.5</b>	Turn left (North) onto Vernon Boulevard.
<b>6.7</b>	Turn left and cross through <b>Rainey Park</b> . Restrooms may or may not be open. Great spot for kids.
<b>7.1</b>	1:30pm – Visit <b>Socrates Sculpture Park</b> on the left. Plan on spending at least a few minutes. Exit the park onto Broadway and start walking East. (Map 5)
<b>7.6</b>	Lunch suggestion – <b>King of Falafel and Schwarma</b> on the NW corner of Broadway and 31 <sup>st</sup> Avenue. Used to be a truck, now there is a store. If you miss this or it is too crowded, we will pass their old truck later on Ditmars. Overflow lunch option: King Souvlaki Truck on 31 <sup>st</sup> and 31 <sup>st</sup> .
<b>7.7</b>	Turn left (North) onto 31 <sup>st</sup> Street. The N and W subways run along 31 <sup>st</sup> .
<b>7.8</b>	Treat suggestion – <b>Café Boulis</b> on the NW corner of 31 <sup>st</sup> St. and 31 <sup>st</sup> Ave. Order the loukoumades, traditional Greek doughnuts (6 for only \$4.00) and they will be fried up right before your eyes. Also great baklava!
<b>8.2</b>	Turn left (West) onto 30 <sup>th</sup> Avenue. Nearby – <b>Petey’s Burger</b> for In-N-Out style fast food burgers, also <b>Astoria Coffee</b> for the best coffee shop in the neighborhood. If it is not raining, take all of your food to go to Athens Square.
<b>8.2</b>	Turn right onto 30 <sup>th</sup> St. and visit <b>Athens Square. Restrooms</b> . Continue on 30 <sup>th</sup> .
<b>8.3</b>	Turn left (West) onto Newtown Avenue.
<b>8.7</b>	Bear right at the busy intersection with Astoria Blvd. onto 27 <sup>th</sup> Avenue. To get there go to the RIGHT of the Chinese restaurant in the Flatiron-esque building.
<b>9.0</b>	Turn right onto 12 <sup>th</sup> Street. (Map 6) Note the Greek revival houses, including “ <b>Tara</b> ”, the huge white mansion. Bad sidewalk. Continue along Shore Boulevard as we reach <b>Astoria Park</b> .
<b>9.3</b>	Continue through the park, passing the Track, under the RFK Bridge, past the Astoria Park Pool, and under the Hell Gate Bridge.
<b>9.8</b>	Exit the Park’s North East Corner by traveling East on Ditmars Blvd.
<b>10.2</b>	Turn right (South) onto 31 <sup>st</sup> Street.
<b>10.5</b>	Turn right onto 24 <sup>th</sup> Ave.
	3:30pm - Success! Our final stop is the <b>Bohemian Hall and Beer Garden</b> at 2919 24 <sup>th</sup> Avenue. After walking almost 11 miles, treat yourself to some Czech beer and food.



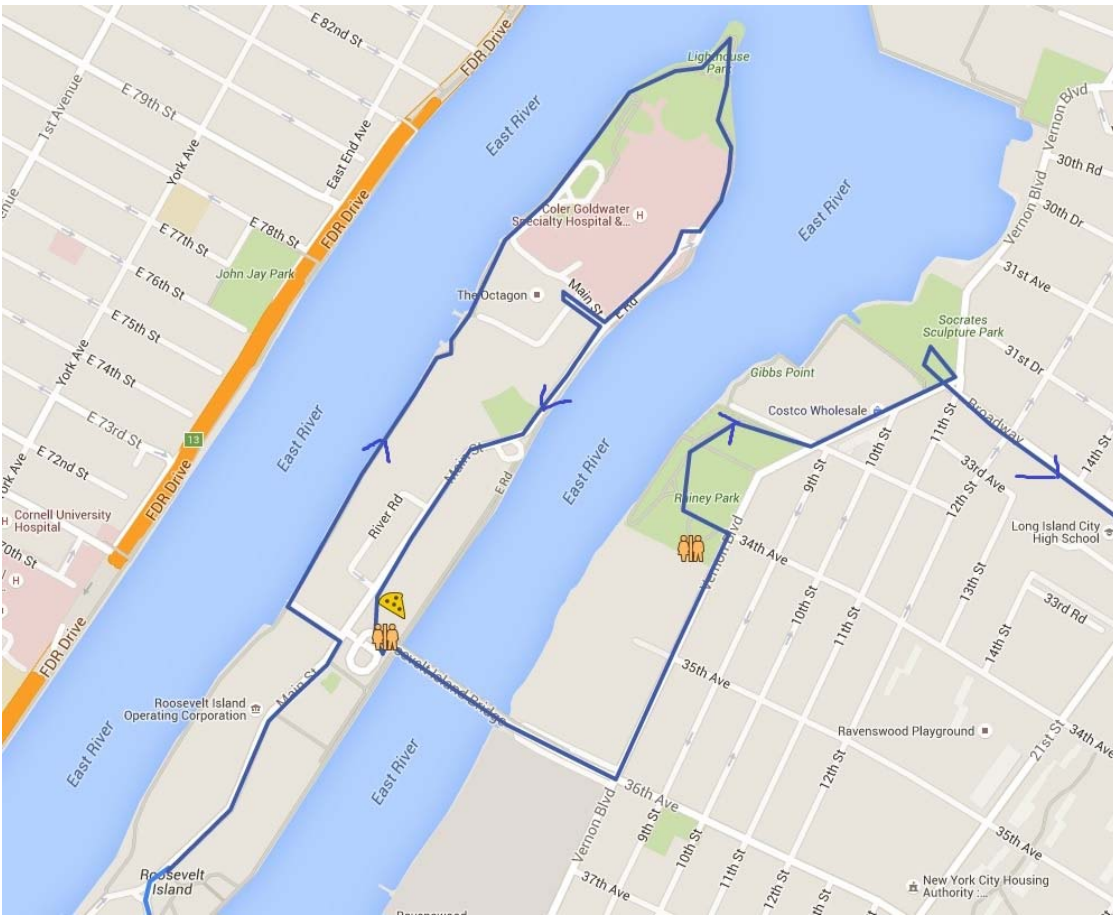
Map 1



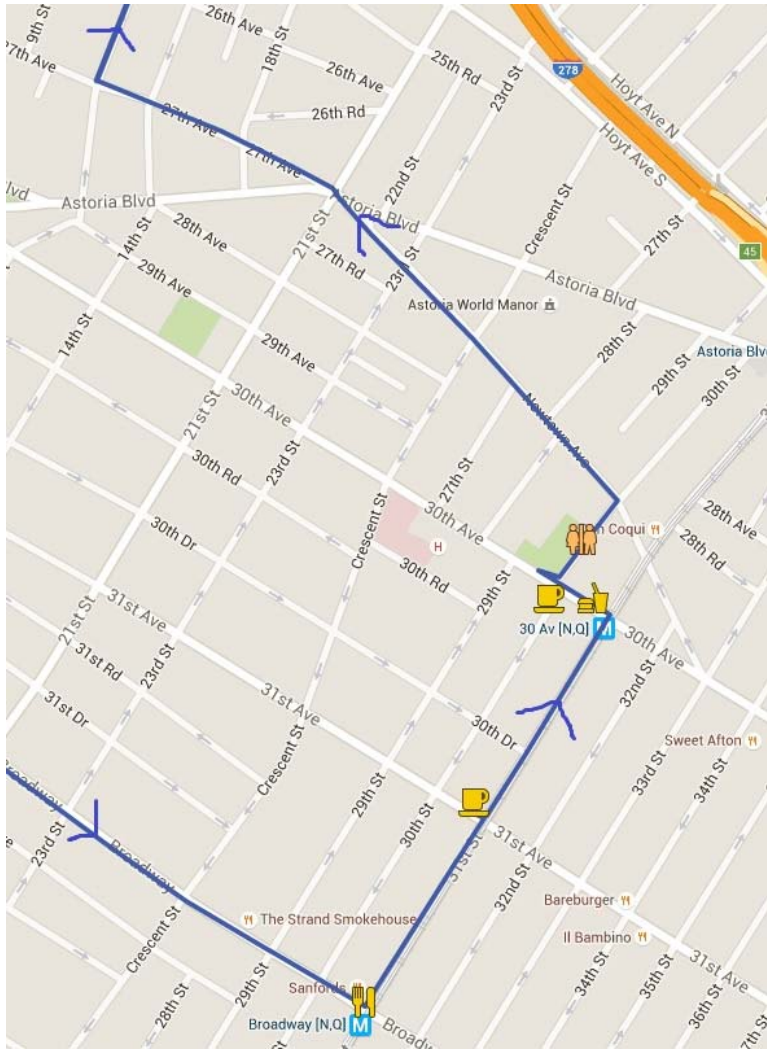
Map 2



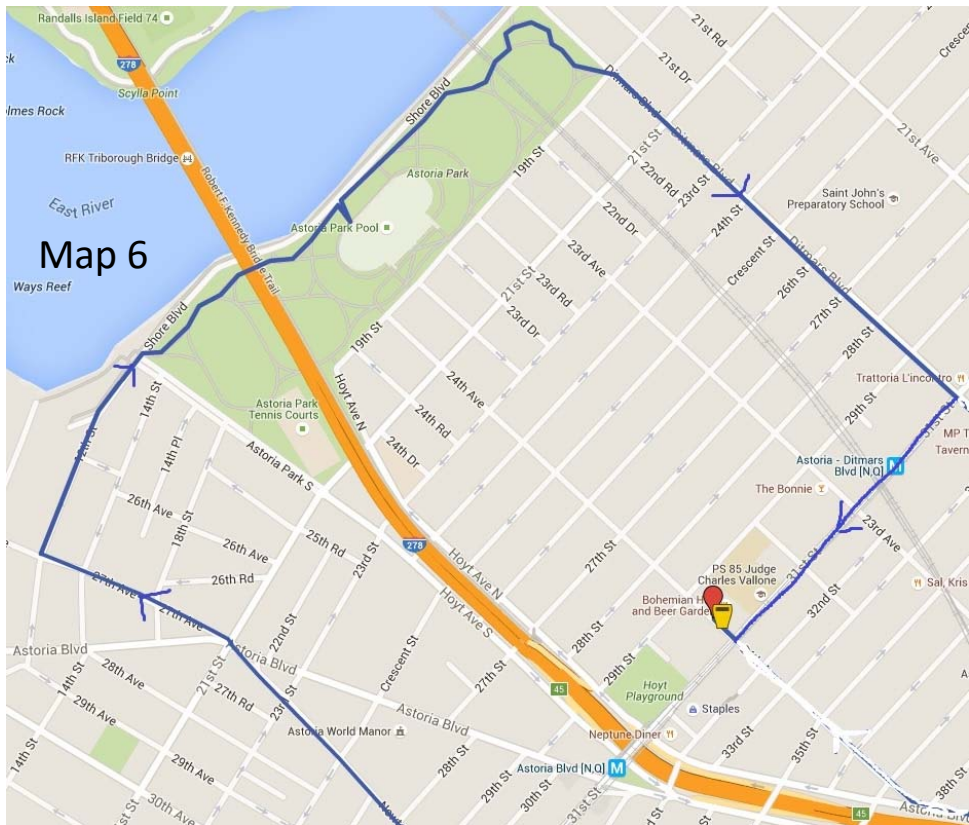
Map 3



Map 4



Map 5



Map 6