

## BRONX COAST TO COAST

Meet at northwest corner of West 231st Street and Broadway in the Bronx (by the Chase Bank). To get there, take the No. 1 Train to West 231st St. But the 1 Train doesn't run on some weekends. The alternative is to take the A train to West 207th St (last stop), follow the signs for the free bus shuttle, and take the bus to West 231st Street.

At the start, there's a bathroom at a restaurant across the street.

- 0.00 Walk west on West 231st St for .30 miles.
- 0.30 Turn left on Riverdale Ave. It turns into Johnson Ave in one block and curves to the right in .64 miles. Follow the curve, walk another .36 miles, and then follow another curve to the right, where the road becomes Palisades Avenue.
- 1.30 Walk 1.24 miles on Palisades Ave until the road curves right and becomes Spaulding Lane.
- 2.54 Walk up the very steep hill on Spaulding Lane for 0.17 miles.
- 2.71 Turn left at top of the hill to Independence Ave and walk .49 miles.
- 3.20 Turn left on W. 254th and walk .22 miles. Turn right at yacht club and walk up steps to enter train station up ahead. Walk on the overpass to the other side of the tracks, go down steps to the platform and walk to up ahead a bit until you see an opening to turn left where there's a sitting area by the Hudson River. We will have our first rest there.
- 3.44 Then double back to West 254th Street and walk .08 miles
- 3.52 Make left on Palisades Ave and walk .6 miles to West 261st St.
- 4.12 Make right on West 261st and walk .2 miles to Riverdale Ave. Make a right onto Riverdale Ave.
- 4.32 Walk .25 miles to West 259th St where there's a Dunkin' Donuts and a supermarket. There's a bagel store across the street too. We will stop there for a break.
- 4.57 Turn right when leaving the supermarket parking lot and walk on Riverdale Ave to West 256th St. Turn left on West 256th, then right on Mosholu Ave, and then left on West 255th St ("Dead End" sign). Walk on West 255th St. When street ends, walk on path until you reach Fieldston Ave. (Total: .52 miles). Turn right on Fieldston Ave.

- 5.09 Walk .87 miles on Fieldston Ave until West 246th St. Turn left onto W 246th St..
- 5.96 Walk .46 miles on West 246th St to the end. Turn right on Post Road .
- 6.42 Walk on Post Rd, then make a left on Manhattan College Parkway then make a right on Broadway. (Total: .14 miles).
- 6.56 Walk .09 miles on Broadway, enter the park at the intersection of W 242nd St. This is a little past the park bathrooms, just past the second set of steps to the subway station there. There's a sign at the entrance for the East Coast Greenway. The next 5-6 miles of the walk will follow the ECG.
- 6.65 Walk straight on the path into the park, pass the ballfields on the right, and walk under a little overpass. After .23 miles, just past the overpass, turn left towards the lake.
- 6.88 Walk .36 miles on the path (lake on left) until you see a fence dividing the path. Take the fork to the far right, to the right of the fence.
- 7.24 Follow the path as it makes two sharp U-turns. When it straightens out, a highway is to your left. Walk to the end of the path to an area with benches. The distance from the fork to here is .56 miles. This is where we will have a lunch break.
- 7.80 Cross to the other side of Mosholu Parkway at the light by the bench area (walk over the grass medians). And then turn right on Mosholu Parkway and walk on the path for 1.24 miles until the end, and then make a left on Dr. Theodore Kasimiroff Blvd. (Southern Blvd)
- 9.04 After walking .15 miles, look for the ECG sign just past a park bathroom and just before the baseball fields. Turn left.
- 9.19 In .13 miles, at the end of the baseball fields, follow the path to the right, and then another curve going right .14 miles after the ballfields, the path crosses over the Bronx River. Continue on path. After you walk under the overpass, .06 miles after the Bronx River, it curves right. Follow the path another .47 miles until you reach an intersection. Bear left the entire way, with the stone wall to your left. Cross the intersection (Allerton Ave.).
- 9.78 Continue onto path on the other side of the intersection, bear left at a fork (stay as far left as possible) until the end (.58 miles) past a playground and another park bathroom.
- 10.36 Leave the park to the left, cross the street, and make a left on the path towards the elevated subway line up ahead. You're on Pelham Parkway now. In .26 miles, you reach the intersection of Pelham Parkway and White Plains Rd., at a

subway stop. This is the No. 2 line, for those who need to cut out. There's a Dunkin' Donuts to the left and other stores to the right on White Plains Rd. This is the last place for bathrooms and supplies for about 5 miles.

- 10.62 Walk on the path (the middle median) on Pelham Parkway for 1.64 miles until Stillwell Ave. Cross over the other side of the parkway and then turn left to bridge.
- 12.26 Follow path, bearing left where there are forks. You'll be crossing over many roads where cars exit and enter Pelham Parkway. At one point the path makes a 90 degree left turn after you cross a street. Follow the ECG signs. You'll walk on a bridge over the Hutchinson River. Walk until City Island Rd (there'll be signs for City Island) and make a right. Total: 1.91 miles. At this point the walk deviates from the EG. (If you need to leave the walk, there's a detour off of Pelham Parkway to the Pelham Bay Park station of the No. 6 train. Cross over the south side of Pelham Parkway and on Pelham Parkway until Burr Ave and then make make a right. Walk a few blocks on Burr Ave to the train.
- 14.17 Walk 0.75 miles on path on right side of City Island Road to a traffic circle and continue straight on City Island Road.
- 14.92 Walk on path to City Island Bridge up ahead in .84 miles.
- 15.76 Walk over bridge into City Island and continue straight on City Island Avenue to the end of the island (1.59 miles from start of bridge).
- 17.35 Stop at Johnny's Reef Bar at the end of the island on left. (Bring cash; they don't accept credit cards.)

To get back to Manhattan, take the BX 29 bus on City Island Ave to the Pelham Bay Park train station on the No. 6 line.

