



The Princeton Area Walkers invite you to walk the CENTRAL PARK Year-round Event

Event Y308, CENTRAL PARK, Year-round Event 11 km; AVA trail rating 1A

Walk Overview:

This walk starts at the Radio City Music Hall proceeding on 6th Ave uptown into and through Central Park passing many significant sites, the Metropolitan Museum of Art, the Jackie Kennedy Reservoir (a popular walker/jogger route), and other world-renowned museums returning on 7th Ave to 50th St and the start point.

Choose Walk Completion Method:

The Princeton Area walkers provide support for either using "Remote Registration" or the "Online Start Box" for signing an AVA waiver, collection of walk fees, and IVV credit (stamping books or insert cards). Whatever method you have chosen to get these directions, please continue to use that method to "complete" your walk.

Remote Registration Walk Completion:

The event POC, Charles Kaiser at charles.a.kaiser.civ@mail.mil, supports remote registration via email and regular mail. Please contact Charles to arrange for IVV credit (stamping books or insert cards). Please note Charles does NOT provide Online Start Box support.

Online Start Box Walk Completion:

Login to your online start box account provided by the American Volkssport Association website (<https://my.ava.org/login.php>). Click on the "My Event Bag" tab to assure you have sufficient funds in place to pay for your walk (if not use links/buttons on this page to add funds to your account). Click on the "My Start Box" tab then the "Finish Table" tab. On the displayed page, click on the "Event Complete, go to finish" button for this event (that you registered for). Use the displayed entry form to enter the date and distance of your walk as well as select applicable AVA Special Programs, then hit "Submit" to generate stamped "virtual" insert cards that you may later choose to print out.

Walk Directions Format:

Walk direction directives (turns, etc.) are in **BOLD**. Informational points of interest appear in *Italic text*.

Special Programs:

View the list of AVA Special Programs on this event's website: <https://my.ava.org/event-view.php?y=0308>

Table of Contents:

Use the following table to guide what portion of this document you may wish to print out.

Section Contents	Pages
Walk Overview, Walk Completion, Special Programs and Table of Contents	1
Walk Directions and Map	2-7
Getting Around NYC and Subway Map with Start Point Locations	8-9
Princeton Area Walkers Year Round and Seasonal Events	10



In case of Emergency: Dial 911
 Event related assistance: Maureen Penta
 Cell Phone: 908-309-8398 (Leave Msg.)
 (not for Online Start Box Issues)

Restrooms: Public restrooms closest to the start point are located on the Concourse Level of Rockefeller Center (one level below street level).

1. This walk starts and ends outside of the entrance to Radio City Music Hall located on the corner of 50th St and 6th Ave

2. Walk north (uptown, increasing Street numbers, with Radio City Music hall on your right) on 6th Ave for 9 blocks to Central Park South / 59th St.

3. Cross and Turn RIGHT on Central Park South to 5th Ave. Turn

4. LEFT on 5th Ave. (not the carriage road before it) to 60th St.

Across Central Park South on Grand Army Plaza is The Plaza Hotel, much favored in the past by honeymooners with deep pockets. Frank Lloyd Wright occupied a suite here overlooking Central Park while designing the Guggenheim Museum.

On 59th St. is the location of Mickey Mantle's restaurant You are passing the equestrian statue of Gen. William T. Sherman which was unveiled on Memorial Day 1903.

5. Cross 60th St.

Notice a kiosk ahead of you. Excellent full-colored maps of Central Park area are available here and make fine souvenirs of your walk.

6. In the center of the plaza is a large gold statue of horse and rider dedicated to General William Sherman. With your back to the "backside/tail" of the horse - **cross the road** to enter Central Park. A small gold plaque on the left will indicate Wein Walk. **Follow the path** to the Central Park Wildlife Conservation Center, otherwise known as the Central Park Zoo.

The Zoo underwent a major renovation in the 1980s and reopened in 1988 exhibiting international wildlife in natural habitat enclosures rather than confining cages. Across from the Zoo, on your right, notice a fortress-like Gothic Revival Building with turrets. This is the Arsenal, built in 1840, long before Central Park. It housed Civil War troops and later became the first home of the American Museum of Natural History.

If you are passing the sea lion exhibit at feeding time, watch the sea lions do tricks to earn their meal.

7. Continue north on the path past the Zoo to Delacorte Clock atop arched brick gate.

The animals rotate to nursery tunes every hour and half hour. It is worth waiting for clock performance, which has been a favorite with park visitors since the 1960s.

8. Continue through the gate past the clock and the Children's Zoo on your right.

9. At fork in path bear BEAR LEFT in the road. There is now a rock formation on your right. **Follow the path** to a sculpture of a famous dog, Balto, the sled dog, on your left.

As lead dog of a sled team, Balto, travelling a thousand miles to the destination, helped deliver critically needed medications during an outbreak of diphtheria in Alaska.

10. LEFT at Balto Memorial and follow path through Willowdell Arch. Bear left on path, then turn left at the statue of Shakespeare to signal at East Drive.

(No sign but on weekends you will see people biking, walking, jogging, and skating on the roadway when the drive is closed to vehicular traffic.)

11. LEFT on path paralleling East Drive. Do not cross East Dr.

12. CONTINUE on path along East Dr. until reaching the fourth traffic signal and brown "JOGGERS PATH" sign. **Cross at the signal and continue north** (straight) along East Dr. to the Boathouse Café, located at the eastern end of the lake. You may want to stop here for public restrooms and food.

Cafe offers interesting choices of contemporary American food. Open all year and more reasonably priced is the cafeteria, also part of the boathouse complex.

13.At the far end of the LOEB Boathouse, turn **RIGHT** at the traffic light, crossing East Dr. **Walk down** the slight inclined path towards the "Conservatory Water" lake, keeping the fire hydrant on your left.

14.Pass the path on your right, walking straight to the lake.

The free form pond is known as a scene for model boat races.

15. At the lake, **turn right** on the lakeside path, and **walk counterclockwise** around lake, keeping it to your left. You will **pass** on your right the Hans Christian Anderson statue, the incomparable Danish storyteller.

Occasionally on weekends, you may see a free-lance storyteller at the Hans Christian Andersen statue entertaining young and old with stories in the tradition of Andersen such as "The Little Mermaid" and "The Ugly Duckling."

Continue walking counterclockwise along the lake path, **pass** the model boathouse (You may want to stop and visit the model boathouse if it is open.), food concessions and public restrooms, until you see the statue of Alice in Wonderland (at the "Margarita Delacorte Memorial") on a small path to your right.

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16. TURN RIGHT and walk toward the statue and then around the statue in either direction to path behind the statue that will exit Conservatory Waters. **Take exit path** from Conservatory Waters. **Continue straight** on macadam path ignoring intersecting path and walk through arch (Glade Arch) and the sign "CEDAR HILL." **Continue straight** until you arrive at a wall of glass panels (Metropolitan Museum of Art).

You may wish to exit the park onto 5th Av., at 90th St. to visit one of the world's greatest cultural institutions, the Metropolitan Museum of Art at 82nd St. This magnificent building houses the largest collection of art in the Western Hemisphere. It would take a lifetime to see it all. Continuing south on Museum Mile, you will pass NYU's fine arts institute. The building originally belonged to tobacco millionaire James B. Duke.

North on 5th Ave. is the Guggenheim Museum, famous for its modern masterpieces of art. Frank Lloyd Wright designed the building in 1959. Its circular design initially created a lot of controversy as nothing like it had ever been done. Now the building is a treasured landmark.

The Beaux-Arts mansion on southeast corner of 86th St. and 5th Av. was one of the houses owned by Cornelius Vanderbilt on 5th Av. In November, 2001, this building became the home of The Neue Gallerie, a new museum added to the museum mile devoted entirely to German and Austrian fine art from the early 20th century. The museum features an authentic Viennese Café on the street level. Enjoy! Nearby at 1040 5th Av. at 85th St. is address where Jackie Kennedy Onassis lived for many years. After her death from cancer in 1994, many mourners gathered outside the building, leaving flowers on the sidewalk.

You may also visit what used to be known as Millionaire's Row, the part of Manhattan known as the Upper East Side. This part of 5th Ave. is now known as Museum Mile. The mansion across the street just north of 90th St. was home of Andrew Carnegie whose widow lived here until 1949. The building is now Cooper-Hewitt National Design Museum. Next to it, looking north on 5th Ave. is the Convent of the Sacred Heart where Caroline Kennedy went to school. Just a block down on 91st St. and Madison Ave. is one of New York City's famous

eateries, Jackson Hole known for its 50 varieties of juicy burgers—open daily and well worth a try. Or if you prefer German food, the Heidelberg is on 2nd Ave between 85th and 86th Streets.

Note: None of the detours mentioned in the small text are part of the trail and do not count for extra distance credit.

17. TURN LEFT. Follow the path clockwise—museum on your right—to an arch on the left (Greywacke Arch)

18. Pass under arch and turn **RIGHT. Continue** to the obelisk (Cleopatra's Needle), on your right, on the hill behind trees.

You will see stairs on your right to walk up to the obelisk if you wish and read the English translation of the ancient Egyptian writings which appear on all four sides of this structure. Years ago, the obelisk was one of the main attractions in Central Park. The structure is 3500 years old and has a height of 77 feet. Made of Egyptian pink granite, it was given to New York City in 1881 as a gift from Egypt to thank America for its help in building the Suez Canal. The obelisk dates back to the reign of King Thutmose III in 1600 B.C. The Romans moved the structure to the entrance of a temple built by Cleopatra. After its erection in Central Park, the Obelisk became known by park visitors as Cleopatra's Needle. Moving the structure from the boat on the Hudson River to Central Park was quite complicated and required the construction of a railroad track. Experts tell us that the surfaces of the obelisk have suffered more damage from exposure to the polluted air of NYC during the last 100 years than from the desert air in Egypt for 3000 years.

With The Great Lawn on your left, **continue** on the path past the Obelisk and past another side of Metropolitan Museum of Art on your right (large glass panels).

19. At end of path bear **RIGHT** to East Drive and

20. TURN LEFT. Follow East Drive. **Keep left.** You come to steps and a cast-iron bridge leading to the South Gate House.

21. TURN RIGHT onto the jogging path of the Reservoir and **continue counterclockwise**

(this is paramount, the joggers do not appreciate people walking the 'wrong way') around the Reservoir. Wheels are not permitted on the actual jogging track. If walking with a stroller or other wheels, please move to your right off of the track.

This was the original water supply for New York City. It was build in 1862 and holds a billion gallons of water when full. It supplied about 10 percent of the city's water needs until the mid 1990s when it was deactivated due to its aging pumping facilities. Note water fountain in front of gatehouse. The path around the Reservoir is 1.57 miles long and has become a favorite place for walkers and joggers to work out. Jacqueline Kennedy Onassis used to come here for her walks while residing on 5th Av.

Continue around reservoir with water on your left.

22. PASS the large stone building (pumping station) on your left and the tennis courts on your right. (There are restrooms at the tennis courts - over the bridge and down the hill to the building. Back at the bridge continue on the reservoir path.) You will pass three small exit paths on your right (the first is just past the bridge). **Take the FOURTH** exit path. A very small marker on the ground by the exit honors Marsh and McLennan. **Take** either the steps down or the path along a white stone wall. **Cross over** the park's bike/walker street towards the main road (Central Park West). You will pass the Safari Playground on your right.

23. TURN LEFT on Central Park West

Look toward downtown for a magnificent view of New York's famous Upper West Side. On your right across Central Park West is the Hayden Planetarium known for its glittering Sky Shows. Turn around and look north on Central Park West, just past 81st St. is one of New York's most famous addresses and one of many architectural gems along Central Park West, the Beresford at No. 211 where apartments run into millions of dollars. Rock Hudson lived here until his death from AIDS. Current residents include Jerry Seinfeld and former tennis star, John McEnroe.

Pass Museum of Natural History famous for its Hall of Dinosaurs, followed by New York Historical Society Building, renowned for its research library, it houses John James Audubon's famous "Birds of America" watercolor series plus a gallery of Tiffany lamps. Between 74th and 75th Streets, you pass another grand apartment building where boxing champ Jack Dempsey and movie idol Rita Hayworth once lived, the San Remo. At No. 145 and 146 Central Park West current residents include Steve Jobs of Apple computer fame, movie star Dustin Hoffman, and movie producer Steven Spielberg. On your right, at 72nd Street and Central Park West, you pass a world-famous architectural masterpiece and one of the first luxury apartment buildings in New York, The Dakota. Among the famous tenants who once lived here are Boris Karloff, Leonard Bernstein, and Lauren Bacall, as well as John Lennon who was gunned down just outside the building in 1980. His widow, Yoko Ono, still lives here.

24. Continue south on Central Park West to 72nd St. Do not cross 72nd.

25. LEFT at 72nd St. (1.6 km) **Cross** roadway to enter Central Park walking path. See Strawberry Fields sign on right.

Just inside the entrance lies the International Garden of Peace, dedicated to John Lennon as a memorial. It is known as the Strawberry Fields (see sign) because 2500 strawberry plants plus over 150 species of plants once adorned the garden, all gifts of foreign nations.

26. BEAR RIGHT at fork at *Imagine Mosaic* and follow trail counterclockwise around lake, noted for its Japanese cherry trees. (Lake is not visible at this point.) At first road **cross and walk** on path toward statue of Daniel Webster.

27. At next fork —at statue of Daniel Webster—bear **RIGHT** and **continue past** fireplug on your left. See lake on left. **Cross next roadway** and **go straight** to next roadway. Cross—see sign for Cherry Hill—and **continue to concrete work** on left.

28. VIEW the Bethesda Fountain on left

Once known as Freak Fountain because it was hippie hangout in '60s, it is only original sculpture of Central Park.

During Victorian Age in late 1800s, this fountain served as a focal point for Victorian leisure activities in Central Park. Notice steps leading up to under path which connects with the promenade— called the Mall—with lots of comfortable benches. This was favorite meeting place in those years.

29. CROSS street at crosswalk and continue south through the cement gates through the Central Park Mall

On weekends and in summer there are usually vendors and/or "shows" on the mall.

30. After passing band shell on your left, the double path walk becomes single path. **Continue** to the statues of Robert Burns and Walter Scott

31. BEAR RIGHT passing the statue of Columbus, to the signal at Center Dr.

32. TURN RIGHT on Center Dr. and **continue on the path** parallel to the road. The Dairy will be in front of you. At the next overpass, the Carousel will be down on your right.

When it opened in 1870, this stone cottage called The Dairy was intended to serve fresh milk and snacks, with cows stabled nearby to provide the milk. The structure is now an information center and houses interesting exhibits on the design and history of Central Park. A large color map of Central Park is exhibited here. Make sure you see this exhibit. Free, guided, one-hour walking tours of Central Park start at the Dairy on Saturdays at 1 P.M. Color maps of Central Park available here. The carousel, another old landmark of the park, has been playing tunes since 1872.

33. Continue on the path, passing a playground on your right and an ice skating rink in winter on your left.

34. At the signal after the path bears right, **cross the street** and bear **LEFT**. **Follow** to the park exit at Central Park South.

35. RIGHT on Central Park South to 7th Ave.

36. LEFT (crossing Central Park South) on 7 Ave for 9 blocks to 50th St.

37. LEFT on 50th St to 6th Ave.

38. Cross 6th Ave to the start point, Radio City Music Hall.

Thank you for walking our Central Park YRE!

We hope your walk in this magnificent park was a rewarding experience. Please mention us to your friends at home.

NYC Central Park 11km



The following is a nowhere near complete guide for NYC newbies on how to get into and around NYC. For a more complete guide, consider using the official NYC tourism website: <https://www.nycgo.com/>. An excellent source for paper NYC street maps that can be purchased online can be found at <http://vandam.com>. For example, here is a link for a paper map focusing on downtown Manhattan: http://vandam.com/mapstore_title.php?id=57 (scroll down on this page to see the contents of this map). Note that vandam.com has other types of NYC maps.

Please note this guide is **not** intended for those living in the NYC suburbs in Connecticut, New York, and New Jersey who should know most the info below and most likely already have their favorite way to get into and around Manhattan.

If you are driving, consider parking outside of “the city” (local jargon for Manhattan) and taking a train into the city. The cost of traversing bridges/tunnels from NJ into Manhattan is currently \$15 and parking in the city can range from \$20 to \$50 depending on the location and time of day. Parking on the street is not recommended for the novice. Figuring out the meaning of NYC parking signs is challenging to say the least. If your car gets towed for being illegally parked, you can expect to be out hundreds of dollars and a couple hours getting your car including tracking down and getting to the location of where your car was towed.

Costs to take New Jersey Transit (NJT) trains from/to NJ to/from Manhattan vary from \$4 to \$12 (one-way) depending station location. Here is a link to a NJT system map: https://www.njtransit.com/pdf/rail/Rail_System_Map.pdf. Senior rates (typically a 50% cheaper) are available for those 62 and older and you don’t need to be a NJ resident. All NJT trains go to Penn Station in Manhattan, located between 31st - 34th streets and between 7th - 8th Avenues (underneath Madison Square Garden). Parking at NJT stations can be free during off hours and weekends at some locations. But weekday rates and availability vary significantly depending on the station. For example, the rate at Secaucus Junction is \$32 per day, while Princeton Junction is \$6/day. See https://www.njtransit.com/rg/rg_servlet.srv?hdnPageAction=StationParkRideTo.

Costs to take Metro North Rail (MNR) trains from/to Connecticut/NY to/from Manhattan vary from \$5 to \$28 (one way) depending station location and time of day (peak vs. off-peak). Here is a link to a MNR system map: <http://web.mta.info/mnr/html/mnrmap.htm>. Senior rates (typically are 50% cheaper) are available for those 65 and older and you don’t need to be a NY/CT resident. All MNR trains on the east side of the Hudson River go to Grand Central Station in Manhattan, located on 42nd street and Park Ave. MNR trains on the west side of the Hudson River feed into the NJT Secaucus Station where one must transfer to a NJT train to get to/from Penn Station. Parking at MNR stations can be free during off hours and weekends at some locations. But weekday rates and availability vary significantly depending on the station. For example, the rate at the Tarrytown Station is \$18 for 12hrs (max), while Beacon is \$2.75/16hrs. See <http://web.mta.info/mnr/html/parking.htm>

A fun way to get to or from a walk starting point is via the NYC Subway, a ride currently costs \$2.75 but if you use a one-ride metro card, the cost is \$3. If riding the subway multiple times, you should consider purchasing a metro card with more cash on it. Another option is to use your tap (contactless) credit card or smart phone via the new OMNY (One Metro NY) pay system being deployed system-wide. See <https://omny.info/>. Unlike many other cities in the US, you do NOT swipe your card when you exit the system. If you purchase a Metro card with more than \$5.50 credited, you also receive a 5% bonus. On the following page is a Manhattan Subway Map where the 4 NYC YRE starting points are shown. You may wish to get a paper map from a NYC Information center at Times Square, Macy’s at Herald Square, or City Hall. See <https://ny.curbed.com/2019/1/25/18195014/new-york-mta-subway-map-fare-history>

NYC YRE Name	Starting Point Location	Nearest Subway Station
Central Park	Radio City Music Hall – 1260 6 th Ave (Corner of 50 th St and 6 th Ave.)	47 th - 50 th St / Rockefeller Center
High Line Park, Greenwich Village, China Town, Little Italy	Corner of 34 th St and 7 th Ave Next to Penn Station	Penn Station – between 7 th - 8 th Ave and 31 st -34 th St.
Lower Manhattan	Chambers and Hudson St Subway Station (1, 2, and 3 Trains)	Chambers and Hudson St (1, 2, and 3 Trains)
Midtown	Corner of 42 nd St and 6 th Ave next to Bryant Park	42 nd St Bryant Park

Manhattan Subway Map with Walk Starting Points



Other YRE/SE Events
Sponsored by the Princeton Area Walkers
(See <http://www.avaclubs.org/paws/>)

- Atlantic City - 5km/10km/12km Walk
- Asbury Park - 5km/10 km Walk
- Barnegat Light – 5km/10 km Walk
- Long Branch - Ocean - 5km/10km Walk
- Princeton Tow Path - 5km/10km/15km/20km Walk
- Princeton Historic/Capital - 5km/10km Walk
- Moorestown - 10km
- Sea Girt - 5km/10 km Walk
- Titusville - Washington Crossing - 5km/10km Walk
- New York City - Lower Manhattan - 12km Walk
- New York City - Central Park - 11km Walk
- New York City - Midtown - 12km Walk
- New York City - High Line - 13km Walk