

Running around CUMC

Over the GW Bridge

Distance: 3.1 M

Difficulty: easy

Description: The pedestrian walkway provides a safe and easy path, with views of downtown, New Jersey, and the Hudson. This run is especially nice on clear days, and you can often catch a nice breeze over the river that is not found elsewhere. You might want to pick another route if the day is hot and hazy or very cold, and unless you want to inhale exhaust, rush hour is not the best time to run this route. It is generally safe to run this route alone.

Directions:

- 1) Run north on Haven Ave until it ends
- 2) Make a right onto [Hudson River Park](#), then an immediate left on Cabrini
- 3) Turn left at the end of Cabrini
- 4) Follow the bike path on your left

Riverside Park

Distance: 1 M – 4 M, depending how far you want to go

Difficulty: easy

Description: This route is difficult to describe, so it is recommended that you go with someone who has been there before your first time. Riverside Park stretches along the Hudson for miles, and the path follows close to the water with plenty of shade. This is an especially great place to run on hot days, because the shade and the breeze off the water cools the area. There are two possible ways to get down the park, following the roads or taking a shortcut through the Psychiatric Institute; both are described below. This path can be isolated, so we strongly recommend that you never run this route alone.

Directions:

Regular route:

- 1) Run south on Haven
- 2) Turn right on Ft Washington, and run one block
- 3) Make a right on 165th, and run down the hill to Riverside Dr
- 4) Cross Riverside Dr, and make a right
- 5) You will pass through one stoplight and under a freeway bridge
- 6) Cross one more lane of a freeway exit onto a grassy median divide
- 7) Turn left on this divide, and you will see a path; follow this path to the park
- 8) Once you come down the stairs into the park, make a left on the path

Shortcut through the PI Annex and Psychiatric Institute (Photo ID required):

- 1) Enter the building just south of Bard Hall (PI Annex)
- 2) Go to the right of the guard stand, through the atrium, and into the covered pedestrian walkway
- 3) When you reach the other side (PI), take the elevators to your right down to the first floor
- 4) Exit the building onto Riverside Dr, and make a left
- 5) Follow instructions # 5-8 above

Fort Tryon Park

Distance: 2 M (+ 1 M for each loop around the park)

Difficulty: easy, but with a few hills

Description: Ft Tryon is a beautiful park at 192nd St that surrounds the Cloisters, a medieval art museum housed in a historic convent. The route to the park is a slightly hilly, shady run through Hudson Heights, the neighborhood to the north. Once again, there are two alternative paths that will be described below. The park itself has many paths, including some that are rather isolated. It is safe to run this route alone if you stick to the main paths, but only wander off if you are with someone else.

Directions:

- 1a) Make a left on Ft Washington, and run about 20 blocks until you see the entrance to Ft Tryon
- 1b) Alternatively, you can turn left on 181st St and make your second right on Cabrini St. This quiet and leafy street will also lead you to the traffic circle outside of the Ft Tryon entrance
- 2) Once inside, be sure not to miss the lookout point straight through the gardens and up the stairs. If you go back down the stairs, make a left, and follow the path through the grassy area, you will soon be on a path with a nice view of the Hudson. After running for a bit, you will see the Cloisters straight ahead and to your right.