



WALK.
RUN.
BIKE.

Randall's Island Park Alliance

www.randallsisland.org

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Getting Active on Randall's Island






Randall's Island Park offers many free programs related to health and fitness, as well as a variety of walking and biking tours which further encourage exploration of the Island.







Visit randallsisland.org to get active with us!



Randall's Island
Park Alliance



-  **Randall's Island Loop**
5 miles
-  **Northern Loop**
3.1 miles
-  **Southern Loop**
2.1 miles
-  **Wetlands Walk**
2.6 miles
-  **Bridge Tour**
1.5 miles

-  **Pedestrian & Bicycle Access**
-  **Restroom**
-  **Water Fountain**
-  **Gardens**
-  **Wetlands**
-  **Urban Farm**

Randall's Island Loop

5 miles



See everything that Randall's Island has to offer! From sports fields to gardens, from vistas of three of New York City's boroughs to the Randall's Island Urban Farm – this loop shows it all.

Bridge Tour

1.5 miles



This route showcases the bridges that connect Randall's Island to Manhattan, Queens, and the Bronx. From the Randall's Island Connector to the 103rd Street Footbridge, and with views of the Hell Gate and RFK Triborough Bridges, you'll see how interlinked the Island is with the city that surrounds it.



Northern Loop

3.1 miles

Beginning and ending at the newly opened Randall's Island Connector to and from the Bronx, this loop showcases the Harlem River Pathway and Rock Garden, as well as views of the Harlem River, Bronx Kill, and East River. Just east of the Connector you can also observe the unique plants and wildlife of the Bronx Kill Salt Marsh.

Southern Loop

3.1 miles



This route starts at the 103rd Street Footbridge and takes you around the southern half of the Island. You can see the natural beauty of the Water's Edge Garden with its majestic waterfront views, as well as the FLOW public art pieces, present on the Island from May through November! Finally, you'll also pass the Randall's Island Urban Farm, which hosts thousands of students annually.



Wetlands Walk

2.6 miles

This route begins at the Icahn Stadium bus stop and ends at the Main RWDY/Tennis Center bus stop to exit the Island. It takes you through the Little Hell Gate Salt Marsh, Freshwater Wetland and Wildflower Meadow, and then up to the Bronx Kill Salt Marsh near the Randall's Island Connector. This is a great route for seeing many of the natural spaces on the Island.

Accessing Randall's Island

Randall's Island sits between the Bronx, Manhattan, and Queens, and is accessible by a network of bridges via bus, by bike, and by foot.

The M35 Bus Route begins and ends at 125th Street and Lexington Avenue in Harlem, and from there makes a loop around the entire Island.

Non-vehicular access points are listed below.

From Harlem

- via the Pedestrian Bridge at 103rd Street and FDR Drive
- via the RFK Triborough Bridge from 125th Street and 2nd Avenue to just behind the Golf Center

From the Bronx

- via the newly opened Randall's Island Connector from 132nd Street, between Walnut Avenue and Willow Avenue
- via the RFK Triborough Bridge from Cypress Avenue and Bruckner Boulevard to the Bronx Shore Fields

From Queens

- via the RFK Triborough Bridge from Hoyt Avenue and 28th Street, adjacent to the Astoria Boulevard N/Q station, to mid-Island, adjacent to the Central Fields