



**WALK.  
RUN.  
BIKE.**

**Randall's Island  
Park Alliance**

[www.randallsisland.org](http://www.randallsisland.org)

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# Get Active at Randall's Island Park

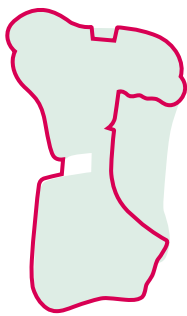
The Randall's Island Park Alliance offers many free health and fitness programs including outdoor yoga, walking and biking tours, and community track nights.

Visit [randallsisland.org](http://randallsisland.org) to get active with us!



- **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
- **5K Route**
- **1 Mile Route**

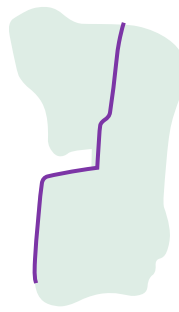
		<b>Pedestrian &amp; Bicycle Access</b>
		<b>Citi Bike Station</b> <b>Bike Repair Station</b>
		<b>Restroom</b> <b>Water Fountain</b>
		<b>Gardens</b> <b>Wetlands</b>
		<b>Boat Launch</b> <b>Urban Farm</b>



## Randall's Island Loop

5 miles

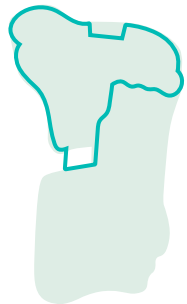
See everything that Randall's Island Park has to offer! From sports fields to gardens, from the Urban Farm to vistas of three of New York City's boroughs – this loop shows it all.



## Bridge Tour

1.5 miles

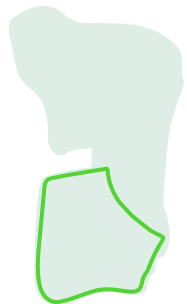
This route showcases the bridges that connect Randall's Island Park to Manhattan, Queens, and the Bronx.



## Northern Loop

3.1 miles

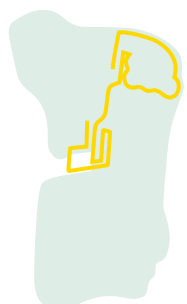
This loop showcases the Harlem River Pathway and Rock Garden, and offers views of the Harlem River, Bronx Kill, and East River. Observe the unique plants and wildlife as you run along the Bronx Kill Salt Marsh.



## Southern Loop

3.1 miles

This route takes you around the southern half of the Island. See the natural beauty of the Water's Edge Garden with its majestic waterfront views, pass the Randall's Island Urban Farm, and travel under the iconic arches of the Hell Gate Bridge.



## Wetlands Walk

2.6 miles

Experience the Island's wetlands and natural areas on this route that takes you through the Little Hell Gate Salt Marsh, Freshwater Wetland and Wildflower Meadow, and up to the Bronx Kill Salt Marsh near the Randall's Island Connector to the Bronx.

# How to get to Randall's Island Park

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

## By Bus

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

## Walk or Bike

### From Harlem

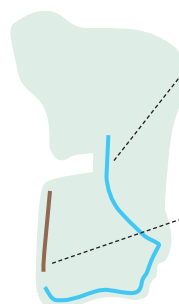
- via the Pedestrian Bridge at 103rd Street and FDR Drive
- via the RFK Triborough Bridge from 125th Street and 2nd Avenue

### From the Bronx

- via the Randall's Island Connector from 132nd Street between Walnut Avenue and Willow Avenue
- via the RFK Triborough Bridge from Cypress Avenue and 133rd Street

### From Queens

- via the RFK Triborough Bridge from Hoyt Avenue and 27th Street, adjacent to the Astoria Boulevard N/Q station



## 5k Route

Out and back 5k Route painted on pathway.

## 1 Mile Route

Out and back 1 Mile Route painted on pathway.