

# LENAPE34 Walk 10/10/16

## Walk Schedule & Mileage Estimates

Any questions? Contact Paul Kiczek - [paul@freewalkers.org](mailto:paul@freewalkers.org) or call my cell 973-214-1811

	Time	Miles	Cum. Miles	Avg speed	Time (hrs)	Cum. Time
Millburn Sta/Locust Grove*	7:15 AM		0			
Northfield Ave (Rt 10)	9:30 AM	5	5	2.0	2.5	2.5
Prospect & Eagle Rock	11:00 AM	4	9	2.5	1.5	4.0
<i>Lunch Break (30 min.)</i>	11:30 AM	0	9	0.0	0.5	4.5
Verona Bloomfield Ave	1:00 PM	3.5	12.5	2.3	1.5	6.0
Mountain Ave Train Sta**.	4:00 PM	7	19.5	2.3	3.0	9.0
Brookdale Park	4:30 PM	1.5	21	3.0	0.5	9.5
GS Parkway Crosswalk	5:00 PM	1	22	2.0	0.5	10.0
Branch Brook Light Rail***	6:30 PM	4	26	2.6	1.5	11.5
Rt 280 Underpass	7:00 PM	2.5	29.5	2.5	1.0	12.5
Newark - Penn Station	8:30 PM	2.5	32	2.5	1.0	13.5
<b>TOTALS</b>		<b>32</b>		<b>2.4</b>	<b>13.5</b>	

\* Morristown-Dover NJ Transit Train Station - to/from - Newark / New York

\*\* Montclair-Boonton NJ Transit Train Station - to/from - Newark / New York

\*\*\* Newark Subway Light Rail - alternate quick transportation to Newark train stations

**Start:** (Sunrise: 7:01 a.m.)

- 1) We convene at South Mountain, Locust Grove parking area on Glen Ave behind the Millburn Train Station between 6:30-6:45. Park there not train station. It will be dark.
- 2) Need Coffee+? Millburn Diner is 1 block away on Essex, Starbucks close, etc.
- 3) When you arrive, sign sheet with name, email, cell#, and pin number
- 4) We will begin walking 7:15 (some will wait for the last NYC train #6307 arrival scheduled for 7:21 a.m.)

**Finish:** (Sunset: 6:25, dark: 7:00 p.m.)

- 1) Penn Newark is the official end. But No. Broad St, Station is acceptable alternative end.
- 2) Last five miles options – may depend on time and best choice – do as a group
  - a. Stay on Lenape Trail through park
  - b. Go down Bloomfield Ave
  - c. Take Newark Light Rail (subway) from Branch Brook / Grafton Ave.
- 3) End - Penn Station or No. Broad St Station – call at the end. Get a photo of finish.

**Optional Walks** (for those that want less than 34 miles)

1) **Millburn - Mayapple** Start at the beginning and hike through South Mountain Reservation on the natural Lenape Trail to Cedar Ave above Pleasant Valley Way. Allow 2 mph pace. Follow yellow trail blazes. Enjoy nature and a brisk walk with some elevation. Carpooling may be possible. **Mileage=6 miles - moderate-hard 7:15 - 10:00 a.m.**

2) **Millburn – Eagle Rock** Start @ Millburn train station

This is tough early first five miles but gets easier walking on streets to Prospect & Eagle Rock – Whole Foods lunch stop. Possible carpooling back to Millburn. **Mileage = 9 miles 7:00 – 12:00 pm (moderate)**

3) **Mayapple - Verona Park** Start parking lot (So. Mountain Resv.) /Cedar Ave/Pleasant Valley Way

We should be at the this parking lot which you access by going up Cedar Ave. its about 1/2 mile north of Northfield Ave. Start there /park there? From there you can continue to Verona Park @ Bloomfield Ave. Park on Pleasant Valley way right before Bloomfield Ave. **Mileage=8 miles - (moderate) 9:30- 1:00 p.m.**

4) **Verona Park – Brookdale Park** Start @ Bloomfield Ave

This is a tougher walk being mostly in the woods thru West Essex Trail and Mills Reservation but a real nice hike. **Mileage = 9 miles 1:00 - 5:00 (moderate/hard)**