

LENAPE34 Walk 10/9/17

Walk Schedule & Mileage Estimates

Any questions? Contact Paul Kiczek - paul@freewalkers.org or call my cell 973-214-1811

	Time	Miles	Cum. Miles	Avg speed	Time (hrs)	Cum. Time
Millburn Station / Locust Grove*	7:15 AM		0			
Mayapple - Northfield / Cedar Rd	10:00 AM	5	5	1.82	2.75	2.75
Rt 280 Underpass - West Orange	11:30 AM	4	9	2.67	1.5	4.25
Prospect & Eagle Rock	12:00 PM	1.5	10.5	3.00	0.5	4.75
<i>Lunch Break (30 min.)</i>	12:30 PM	0	10.5	0	0.5	5.25
Verona Park / Bloomfield Ave	1:30 PM	3.5	14	3.50	1	6.25
Ridge Rd / Cedar Grove Reservoir	3:00 PM	4	18	2.67	1.5	7.75
Mountain Ave Train Sta**.	4:00 PM	2	20	2.00	1	8.75
Brookdale Park	5:00 PM	2.5	22.5	2.50	1	9.75
GS Parkway Crosswalk	5:30 PM	1	23.5	2	0.5	10.25
Branch Brook Light Rail***	7:00 PM	5.5	29	2.6	1.5	11.75
Rt 280 Underpass	8:00 PM	2.5	31.5	2.5	1	12.75
Newark - Penn Station	9:00 PM	2.5	34	2.5	1	13.75
TOTALS		34		2.47	13.75	

* 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) 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 check in get pin number / day's briefing
- 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) 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.
- 2) End - Penn Station or No. Broad St Station – 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=5 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 = 10.5 miles 7:15 – 12:00 pm (moderate)**

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

Start at Cedar Ave. parking lot its about 1/2 mile north of Northfield Ave. From there you can continue to Verona Park @ Bloomfield Ave. **Mileage=8 miles - (moderate) 10:00- 1:30 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 1:30 - 5:00 (moderate/hard)**