GREAT MANHATTAN BRIDGE WALK

Manhattan Island - 17 bridges (June 2026)

This walk goes between and across the 17 bridges that connect to Manhattan island. Note that bikes, ebikes, and mopeds use the bridge walkways and bridge intersections can be disordered messes - be careful as you walk.

1. To begin, walk the **George Washington Bridge** on your own: it's a 2.8-mile round trip if you go all the way to the New Jersey side or just walk as far as the New Jersey sign in the middle of the bridge then turn around which will be around 2 miles, then either go to the bus station and meet the group or wait for the group at the entrance to the North walkway.
2. When we leave the bus station together, we will go right (north) on Fort Washington Avenue, left on 180th Street, right on Cabrini Blvd., left on 181st Street, right to the pedestrian bridge, north on the Hudson River Greenway to Dyckman Street (restrooms) and into Inwood Hill Park. Walk parallel to the train tracks, cross the pedestrian bridge over the train tracks, go right at the second fork and up the hill to the **Henry Hudson Bridge**.
3. At the end of the walkway go left then make a U-turn on to the left side of Kappock St., go up the staircase, continue around to Netherland Ave., at 227th St. bear right, at W. 230th St., go all the way down the stairs on the right then straight on W. 230th St. across Broadway, then right to 215th St. and left to a break at Target on 215th street (restrooms) then cross the **Broadway Bridge** on the east walkway.
4. Continue south on Broadway, bear left on 10th Ave., then left on W. 207th St. and cross 207th St. at 9th Avenue and cross the **University Heights Bridge** on the south side.
5. Go right on Cedar Ave. into Cedar Playground down the stairs to the restrooms, up the other stairs then right on Sedgwick Ave., cross to the left side of Sedgwick Ave. at West Tremont Ave., go left on to Undercliff Ave., just before the bridges take the staircase on the left into the Sedgwick Playground, then out to University Avenue, then right to the north walkway of the **Washington Bridge**.
6. Follow the walkway out to Amsterdam Ave., carefully go left to 174th St. then left on to the path into the park, past the water tower and down the long staircase to the **High Bridge** and cross to the Bronx.
7. Go right (south) on University Ave., left on 168th St., right on Ogden Ave., at 161st St. take the park stairs on the left, cross Jerome Ave. to the left side of 161st St. and walk up the staircase to **Macombs Dam Bridge** roadway; cross to the south side of the road to first lunch break at Macombs Dam Park (restrooms) then cross the bridge on the south walkway.

8. Bear left on Adam Clayton Powell Jr. Blvd., then left on W. 145th St. (restrooms at the playground) and cross the **145th Street Bridge**.

9. Go right on Exterior St. then go right on to the north walkway of the **Madison Avenue Bridge** and cross to Manhattan.

10. Go left on 5th Ave., left on 129th St., after Lexington Ave. go up and down the red stairs and enter the north walkway of the **Third Avenue Bridge.**

11. Go down the stairs at the end of the walkway and go right to the right side of Bruckner Blvd. and go up the stairs to the **Willis Avenue Bridge** walkway and cross to Manhattan.

12. At the end of the walkway go straight (south) on 1st Ave., turn right on to the right side of E.124th St., and enter the **Triborough Bridge** (RFK Bridge) south walkway just before 2nd Ave. (the north walkway is closed).

13. Follow the long ramp down to Randalls Island, go left at the ferry pier, then right and follow the path to the plaza in front of Ichan Stadium for the second lunch break (restrooms). After lunch, follow the Harlem River Pathway along the parking lot, on the walkway over the marsh, and along the shore and cross the **Ward's Island Bridge**.

14. Go straight at the end of the pedestrian bridge and walk south through Carl Schurz Park (restrooms at E. 84th St.) follow the long ramp down at E. 81st St. exit the walkway at the pedestrian bridge at 71st Street, go left behind John Jay Park (restrooms) go right at 76th Street to York Avenue, go left, then go right at East 59th Street and enter the **Queensboro Bridge** walkway.

15. At the end of the walkway, go right on to 27th St., left on 43rd Ave., right on Jackson Blvd., carefully enter the Pulaski Bridge walkway at 49th Ave. At the end of the ramp walk straight on to McGuiness Boulevard, then right on Driggs Avenue, left on to Lorimer St. to the park restroom at the north end of the one block, back to Driggs Avenue and go left to S. 5 St., right one block, left under the bridge to the pedestrian walkway on the **Williamsburg Bridge**.

16. Walk on the left side of Delancey Street, go left on Forsyth St., when it ends enter the park and walk to Canal St., go right on Canal St., left on to the Bowery, left again on to **Manhattan Bridge** walkway.

17. In Brooklyn, make a right on Jay St., left on Prospect St., then left on Washington St. and go up the narrow stairs to the **Brooklyn Bridge** Promenade. Back in Manhattan, the 4,5,6 and E, Z trains are along Centre St., the 2,3 and E, R, W trains are along Broadway.

CONGRATULATIONS ON FINISHING

THE GREAT MANHATTAN BRIDGE WALK!