

FreeWalkers – Great Canal Walk Help Sheet

Starts: front of Trenton Transit Center 7:00 am – expected finish 9:00pm in New Brunswick at Train Station, Albany & Easton Ave.

Contact: Paul Kiczek paul@freewalkers.org and cell# 973-214-1811 call anytime.

ECGA: Mike Kruimer van SAG support cell# 732-586-3981

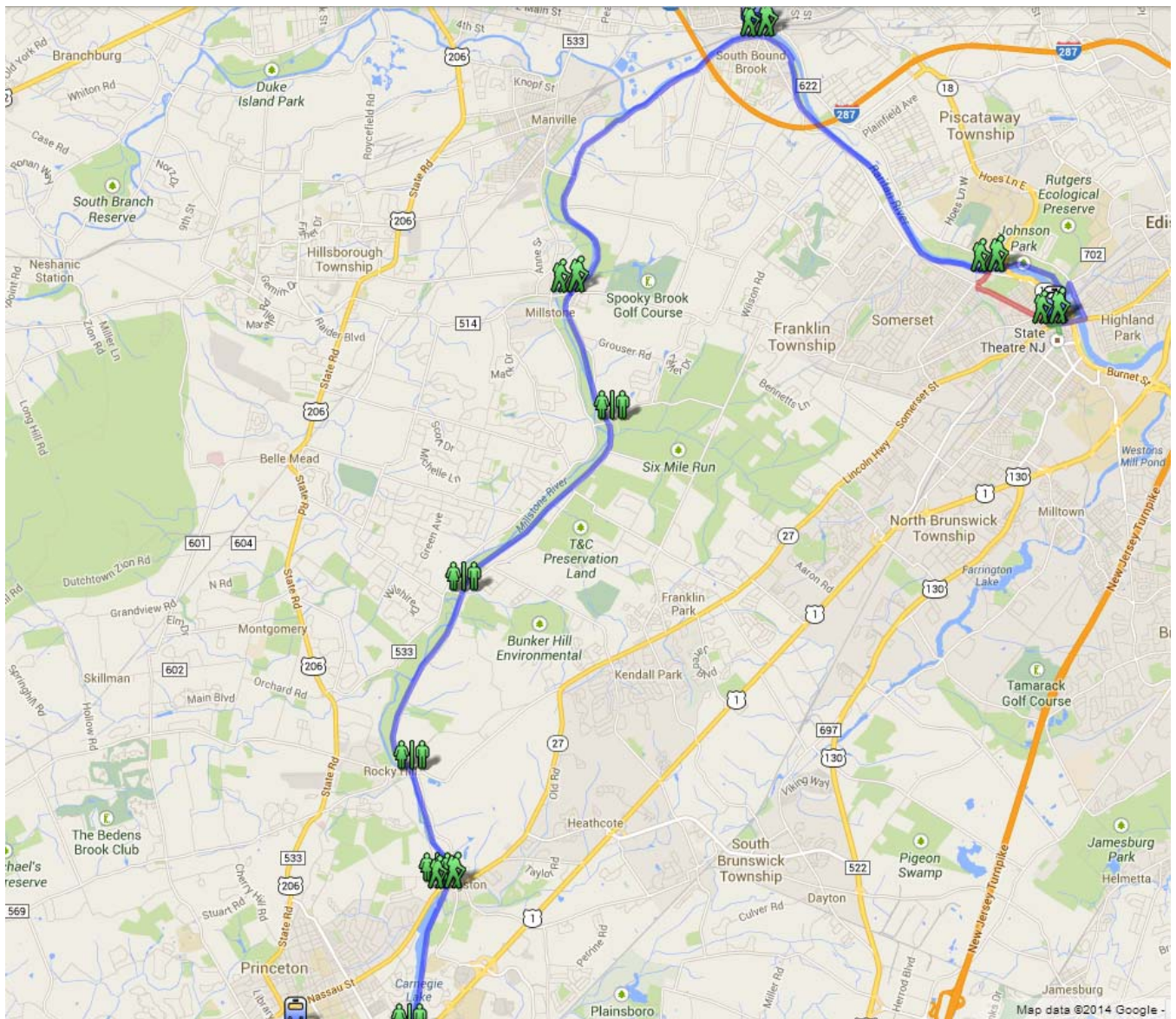
Walk – The primary course for this 28-mile walk starts in Princeton at the Turning Basin lot. If you elect to walk the original 40-mile course you start at the Trenton Train station and walk westward thru Trenton to the Delaware/Calhoun St. Bridge, turn back a block up Calhoun St and follow the East Coast Greenway aka D&R Canal Towpath.

Support Stops/Breaks/Lunch – We are planning supported stops assisted by a gracious group of ECG and EMS staffers. They will provide water and light energy snack food. Bring your own lunch, drink and high carb energy snack food. Mike Krumier of the ECG will be shadowing us in his van and ECG staffer

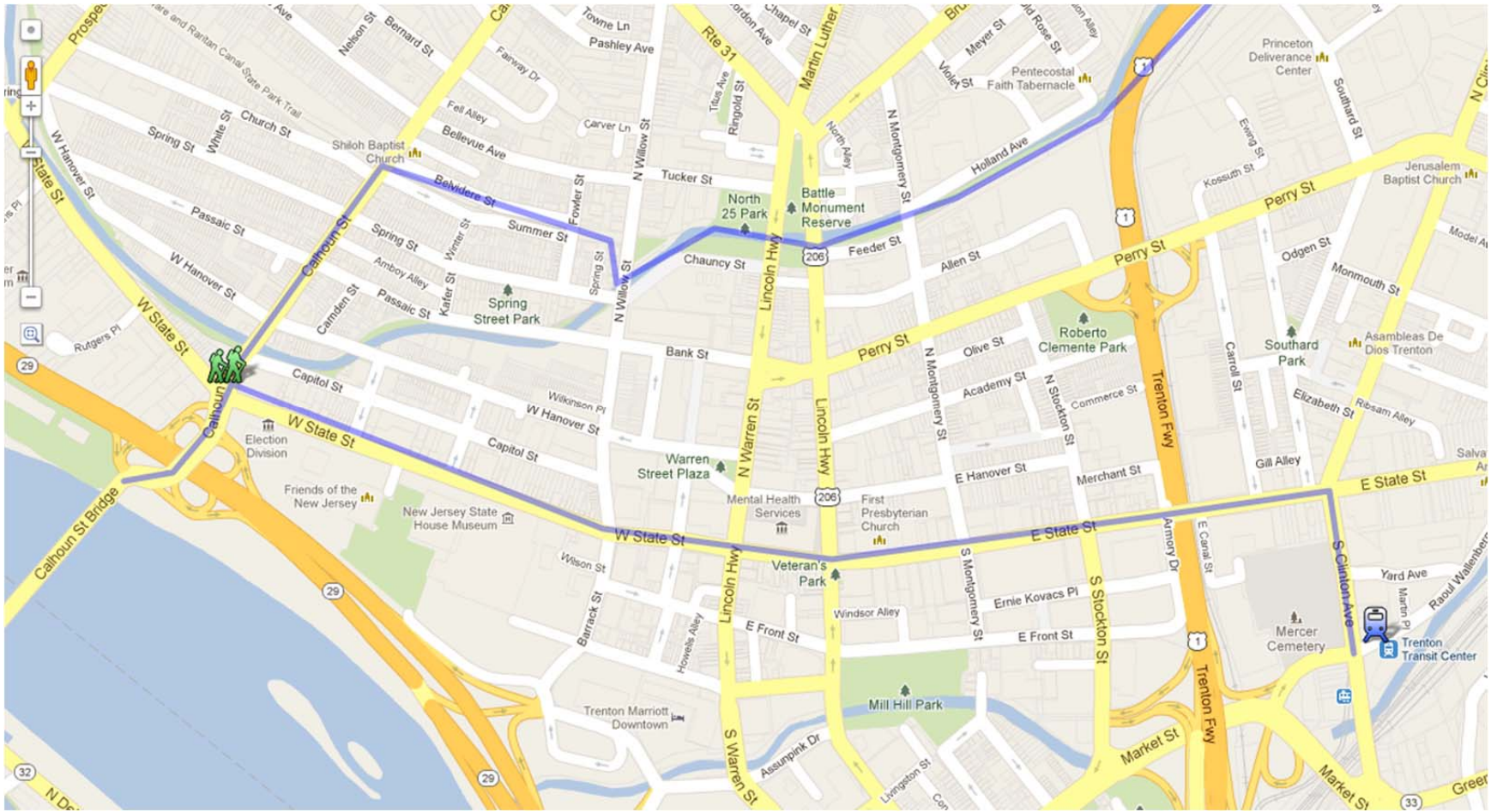
Finishing Segment – When you are on the last section of the towpath you will come to slippery spillway (be careful) then a steel traffic bridge known as the Landing Lane bridge at the Rutgers Campus. You are now out of the towpath trail. You have a choice of turning left to cross the river and follow the ECG signs through the park (suggested route if you are early) or turn right and continue on the narrow Landing Lane road until you get to Easton Ave which is a main street heading directly to the train station (slightly shorter and advisable if you are running late).

AfterWalk Re-Fueling – we are planning a final stop at Timulty's Pub on George St a few blocks from the train station around 8 pm. Dutch treat. But everyone is welcome.

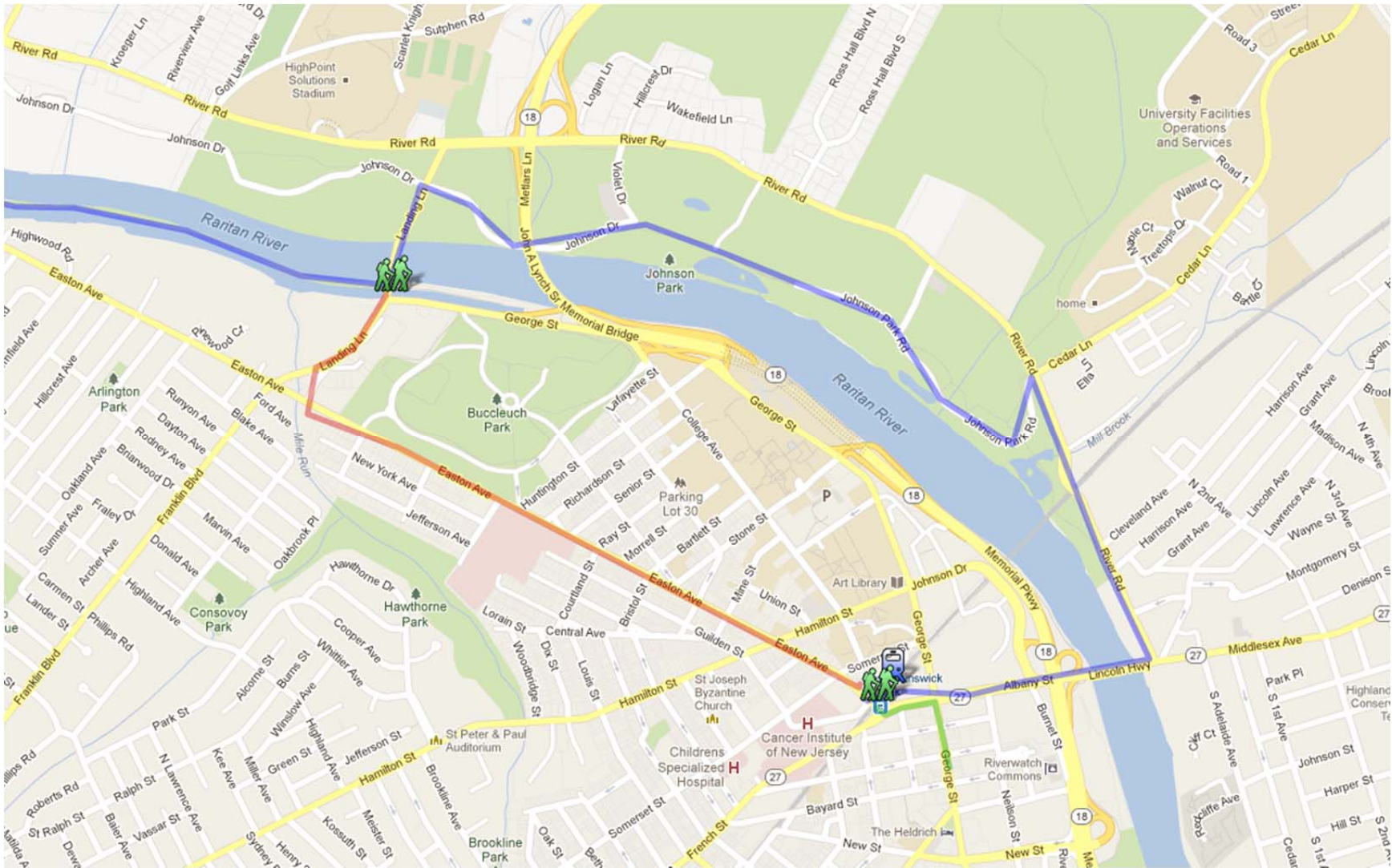
	Time	Miles	40 Cum. Miles	28 Cum. Miles
Optional Start - Trenton Transit Center (train station)	7:00 AM		0	NA
Trenton - Calhoun St Bridge	7:15 AM	1	1	NA
Hamilton (near train stop)	8:45 AM	5	6	NA
Lawrence - Route 1 Footbridge	9:00 AM	1	7	NA
Event Start - Princeton - Alexander Rd (near train stop)	10:00 AM	4.5	11.5	0
Kingston - Rt27	12:00 PM	4.5	16	4.5
Rocky Hill /Trap Rock rt 518	1:00 PM	2	18	6.5
Griggstown / Griggstown Causeway	2:00 PM	3	21	9.5
Blackswells Mills /Blackswells Mills Rd. EMS Support Tent	3:00 PM	3	24	12.5
Afternoon Break Ends (15 mn.)	3:15 PM	0	24	12.5
Millstone / Amwell Rd.	4:00 PM	2	26	14.5
S. Bound Brook - Queens Bridge (near train stop)	6:00 PM	6	32	20.5
New Brunswick (train station)	8:00 PM	7	39	27.5
TOTALS		39		



General D&R Trail Map - from Princeton to New Brunswick - 28 Miles



Starting Segment – Trenton – Walk from Train Station to Delaware thru city to D&R towpath by Rt 1



Finish Segment Choices– Take towpath to Landing Lane Bridge – choice to go left on full Greenway Route OR right to Easton Ave. NOTE: Celebration spot if you are up for it is **Tumulty’s Pub on George St.** a few blocks from train station.