Use Your Own Neighborhood Block for Healthy Weight Loss!
Montefiore Medical Group
Williamsbridge Family Practice Center

Route (1 mile):
East Gun Hill Road/Fish Avenue to East Gun Hill Road/
Eastchester Road

Directions:
Start at the East Gun Hill Road/Fish Avenue BX28/BX38
bus stop
Continue to walk down East Gun Hill Road to Arnow
Avenue
Turn right on Arnow Avenue to begin one lap around
Campanaro Playground:
  • Cross the street at Eastchester Road and continue
    onto Arnow Avenue near the basketball court
    (one short block)
  • Turn right on O’Neill Place
  • Turn right on East Gun Hill Road
Finish the walk at the East Gun Hill Road-Arnow Avenue
bus stop (BX28/BX38)
Approximately 93 calories burned

Time: This is a 17-minute walk. For a shorter walk:
1) Take an 8-minute walk from East Gun Hill Road/Fish Avenue
to Arnow Avenue (1/2 mile)
2) Take a 9-minute walk around Campanaro Playground
(1/2 mile)

Nearby Transit
Gun Hill Road 5 train station
East Gun Hill Road/Eastchester
BX31, BXM10 bus stops

Check the route out on your smartphone
http://goo.gl/maps/dgr81 (case sensitive)
or use a QR code scanner to find the map