

ONE MILE ROUTES

Mindful meditation on the Detroit RiverWalk

THE CULLEN.

Heart of Downtown

Start at Cullen Plaza, the home base of the RiverWalk, located at 1340 E. Atwater Street. Take a stroll west towards the RenCen, the tallest building in Michigan. When you reach the Detroit/Wayne County Port Authority building, turn around and make your way back to the Cullen Family Carousel.

THE MILLIKEN.

Walk on the Wildside

Start at Cullen Plaza, the home base of the RiverWalk, located at 1340 E. Atwater Street. When you enter the plaza, take the first path on your left and head east into the wetlands of Milliken State Park. Follow the path til you reach a T and turn right towards the river. At the next path take a right and head east. When you reach the Plaza, repeate the loop one more time.

THE GABRIEL.

Bridge and Beyond

Start at Gabriel Richard Park, 7100 E. Jefferson. Take the path south into the park and take a right at the River's edge. Take that path towards the bridge. When you reach the bridge, head north til you hit Jefferson and then turn around and go back the way you came. Throw in a loop or two around the Labyrinth for meditation located at the far east edge of the park.



Routes are estimated, click on route title for map link

5K ROUTES

Three point one miles of fun

THE CUT.

Below the City

Start at 1801 E. Atwater, the home of the DNR Outdoor Adventure Center. Head north up the Dequindre Cut until you reach Mack Ave. and turn around and head back. Take in the wildlife, public art and even some fitness equipment on your trip.

THE JOE.

Memory Lane

Start at Cullen Plaza, the home base of the RiverWalk, located at 1340 E. Atwater Street. Head west towards the RenCen and keep going as you pass Hart Plaza, TCF Center and the remnants of the Joe. When you reach the concrete pyramid - the Ziggurat, turn around and head back the way you came. This time pass through Cullen Plaza and take a loop around Milliken State Park.

THE ARETHA.

Soul of the Riverfront

Start at the Aretha Franklin Amphitheater. Take the path towards the river and head east at the river's edge to enter the new Valade Park. Take the walk over the bridge and keep going behind Stroh River Place all the way to Mt. Elliott Park. Take a loop around the park to see the schooner water feature and then head back the way you came to the Aretha. Pass where you started and walk to the Milliken State Park Harbor then loop back.



Routes are estimated, click on route title for map link

5 MILE ROUTES

From bridge to bridge and beyond

THE WEST.

Go West

Start at West Riverfront Park, 1801 W. Jefferson, the future home of Ralph C. Wilson, Jr. Centennial Park. Walk east along the river until you hit the willow tree then take the north path out of the park. Turn right and take the sidewalk on Jefferson Ave. under the People Mover until you reach the Joe. Enter the East RiverWalk. and walk past the RenCen and when you reach the Carousel loop back the way you came.

THE GRAND TRUNK.

Footsteps of Henry Ford

Start at Cullen Plaza, the home base of the RiverWalk, located at 1340 E. Atwater Street. Head east through Milliken State Park around the Wetland and Harbor, to the lighthouse. Then circle back and head north at the Outdoor Adventure Center up the Dequindre Cut to Mack and turn back and head south and west back to Cullen Plaza.

THE EAST.

Go East

Start at Mt. Elliott Park. At the northwest park entrance and take the RiverWalk west. Continue past the Harbortown Marina, and Stroh River Place and enter the new Valade Park. Take the path over the bridge and keep heading east. Take a left at the Aretha, then follow Atwater down to Milliken State Park. Walk through the harbor to the lighthouse and back. Then head east down Atwater to the Hill. Take the river path behind the hill and through the wetlands then turn around when you reach the Carousel.



Routes are estimated, click on route title for map link