One route for each ladder

Compare each word with the one above. The changed position is named below.

A MILK to FACE

MILK
a dairy drink

MILE
a unit of distance

Position 4: K to E

MICE
plural of mouse

Position 3: L to C

RICE
an edible grain

Position 1: M to R

RACE
a speed contest

Position 2: I to A

FACE
the front of a head

Position 1: R to F

B SHIP to COOK

SHIP
a large boat

SHOP
a store

Position 3: I to O

SHOT
an attempt to score

Position 4: P to T

SOOT
black powder from smoke

Position 2: H to O

BOOT
a type of footwear

Position 1: S to B

BOOK
bound reading pages

Position 4: T to K

COOK
to prepare food with heat

Position 1: B to C

C PARK to WORD

PARK
a public green space

PART
a piece of a whole

Position 4: K to T

PORT
a harbor

Position 2: A to O

FORT
a defensive stronghold

Position 1: P to F

FORK
a pronged utensil

Position 4: T to K

WORK
job tasks

Position 1: F to W

WORD
a unit of language

Position 4: K to D

Other routes can count if every step changes exactly one letter, all words keep four letters, and the route reaches the printed finish in the spaces given. Clues describe this included route. No shortest-route claim is made.