



6 Miles	4 Miles
Left on Federal St	Left on Federal St
Left on Isabella St	Left on Isabella St
Right into park to riverfront trail	Right into park to riverfront trail
Left on trail	Left on trail
Left on Heinz St at Heinz Lofts	Left on Heinz St at Heinz Lofts
Bear right onto pedestrian walkway	Bear right onto pedestrian walkway
Right on Phineas St	Right on Phineas St
Left on Vinial St	Left on Vinial St
Left on Spring Garden Ave	Left on Spring Garden Ave
Continue on North Ave	Continue on North Ave
Left on Brighton Ave	Left on Brighton Ave
Right on Beech St	Right on Beech St
Left on Allegheny Ave	Left on Allegheny Ave
Right on Western Ave	Continue on North Shore Dr
Continue across West End Bridge	Left on Mazeroski Way
Down stairs to trail	Right on General Robinson
East on Carson St	Right on Federal St
Bear left onto Ft Pitt Bridge walkway	Return to start
Right through arch keeping right	
Continue on Penn Ave	
Left on 7th St. Cross bridge	
Left on General Robinson St	
Left on Federal St	
Return to start	