



6 Miles	4 Miles
Left to Forbes Ave	Left to Forbes Ave
Left on Forbes Ave	Left on Forbes Ave
Bear left on Liberty Ave	Bear left on Liberty Ave
Left on Commonwealth Pl	Left on Commonwealth Pl
Right into parking lot	Right into parking lot
Bear left toward parkway	Bear left toward parkway
Right around end of wall	Right around end of wall
Follow trail to fountain	Follow trail to fountain
Right along trail	Right along trail
Left over Ft Duquesne bridge walkway	Left over Ft Duquesne bridge walkway
Continue on Tony Dorsett Dr	Continue on Tony Dorsett Dr
Right on General Robinson St	Right on General Robinson St
Bear right on River Ave	Bear right on River Ave
Left on Heinz St at Heinz Lofts	Left on Heinz St at Heinz Lofts
Left on Progress St	Left on Progress St
Left crossing 16th St Bridge	Left crossing 16th St Bridge
Left on Penn Ave	Right on Penn Ave
Left on 29th St	Left on 11th St
Left on Smallman St	Bear right on Grant St
Left on 11th St	Right on Forbes Ave
Bear right on Grant St	Return to start
Right on Forbes Ave	
Return to start	