

6 Miles	4 Miles
Right on Federal St	Right on Federal St
Left on Commons	Left on Commons
Left on Ridge Ave	Left on Ridge Ave
Bear right on Western Ave	Bear right on Western Ave
Cross West End Bridge	Down steps before crossing bridge
Bear right on Steuben St	Bear left on Delmont St
Left on Wabash St	Left on trail
Left on Main St	Up to cross Ft Duquesne Bridge
Left to steps, then down	Left to exit park
Continue East on Carson St	Continue on Penn Ave
Left into Station Sq Dr	Left on 7th St
Right up steps to Smithfield Bridge	Left on Gen Robinson St
Left on Smithfield Bridge	Return to start

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6 Miles	4 Miles
Right on Blvd of the Allies	
Right on Grant St	
Left on 7th Ave	
Left on Liberty Ave	
Right on 7th St	
Left on Gen Robinson St	
Return to start	