



6 Miles	4 Miles
Right on Penn Ave	Right on Penn Ave
Left on 31st St Bridge	Left on 31st St Bridge
Left on River Ave	Left on River Ave
Left on General Robinson St	Right on Heinz St
Left on Tony Dorsett Dr	Left on Progress St
Up ramp to Ft Duquesne Bridge	Left on 16th St Bridge
Left exiting park through arch	Right on Penn Ave
Bear right on path	Right on 15th St
Right on Commonwealth Pl	Left on Smallman St
Left on Blvd Of The Allies	Left on 11th St
Left on Grant St	Left on Penn Ave
Left on 11th St	Return to start
Right on Penn Ave	
Return to start	