



6 Miles	4 Miles
Left on 22nd St	Left on 22nd St
Left on Carson St	Right along Carson St
Left on Fifth Ave	Right on First St
Right on Washington Pl	Right on McKean St
Left on Centre Ave	Left on 4th St
Right on Chatham St	Right on Bingham St
Left on Bigelow Blvd	Left on 10th St
Right on Sixth Ave	Right on Muriel St
Left on Grant St	Left on 17th St
Right on pedestrian walkway	Right on Wharton St
Left on Smithfield St Bridge	Left on 18th St
Right on Station Sq Dr	Right into park along trail
Right on Station Sq Dr	Bear right at marina exiting trail
Right after underpass	Continue on 26th St
Left along Carson St	Right on Sidney St
Left on First St	Right on 23rd St
Right on McKean St	Left under Birmingham Bridge
Left on 4th St	Return to start
Right on Bingham St	
Left on 10th St	
Right on Muriel St	
Left on 17th St	
Right on Wharton St	
Left on 18th St	
Right into park along trail	
Bear right at marina exiting trail	
Continue on 26th St	
Right on Sidney St	
Right on 23rd St	
Left under Birmingham Bridge	

6 Miles	4 Miles
Return to start	