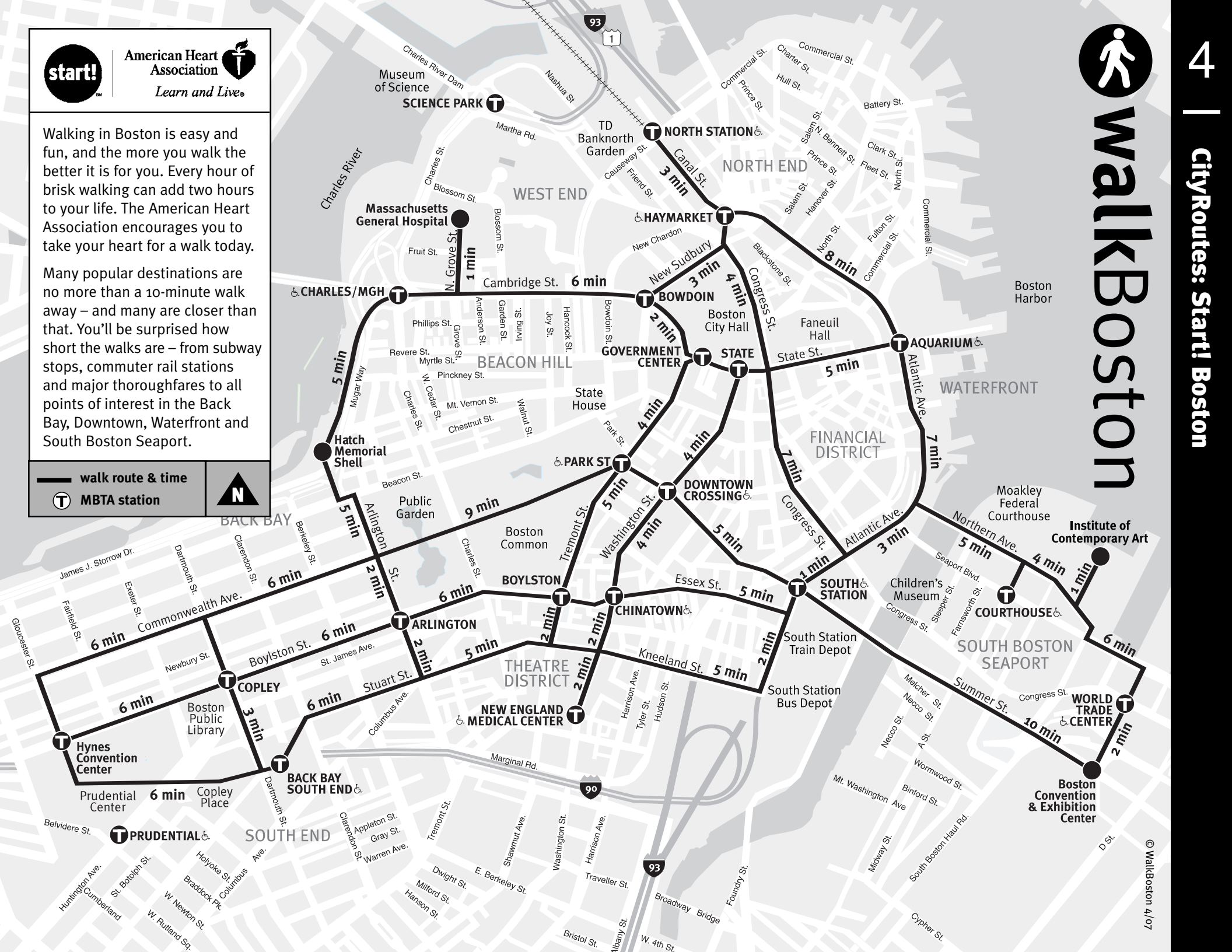
start!
American Heart Association
Learn and Live
Walking in Boston is easy and fun, and the more you walk the better it is for you. Every hour of brisk walking can add two hours to your life. The American Heart Association encourages you to take your heart for a walk today.
Many popular destinations are no more than a 10-minute walk away – and many are closer than that. You'll be surprised how short the walks are – from subway stops, commuter rail stations and major thoroughfares to all points of interest in the Back Bay, Downtown, Waterfront and South Boston Seaport.
walk route & time
MBTA station
N
walkBoston
4 | CityRoutes: Start! Boston
SCIENCE PARK
NORTH STATION
HAYMARKET
CHARLES/MGH
BOWDOIN
GOVERNMENT CENTER
STATE
AQUARIUM
PARK ST
DOWNTOWN CROSSING
BOYLSTON
ARLINGTON
COPLEY
CHINATOWN
SOUTH STATION
COURTHOUSE
WORLD TRADE CENTER
BACK BAY SOUTH END
PRUDENTIAL
NEW ENGLAND MEDICAL CENTER
Massachusetts General Hospital
Hatch Memorial Shell
Hynes Convention Center
Boston Public Library
Prudential Center
Copley Place
Boston Common
Public Garden
State House
Boston City Hall
Faneuil Hall
Boston Harbor
Moakley Federal Courthouse
Institute of Contemporary Art
Children's Museum
South Station Train Depot
South Station Bus Depot
Boston Convention & Exhibition Center
BEACON HILL
WEST END
NORTH END
WATERFRONT
FINANCIAL DISTRICT
BACK BAY
THEATRE DISTRICT
SOUTH BOSTON SEAPORT
SOUTH END
TD Banknorth Garden
Museum of Science
Charles River
Charles River Dam
Martha Rd.
Nashua St.
Commercial St.
Charter St.
Hull St.
Battery St.
Prince St.
Salem St.
N. Bennet St.
Clark St.
Fleet St.
North St.
Hanover St.
Fulton St.
Blossom St.
Fruit St.
N. Grove St.
Cambridge St.
New Sudbury
New Chardon
Blackstone St.
Congress St.
Canal St.
Causeway St.
Friend St.
Charles St.
Phillips St.
Grove St.
Revere St.
Myrtle St.
Pinckney St.
Anderson St.
Garden St.
Irving St.
Joy St.
Hancock St.
Bowdoin St.
Mugar Way
W. Cedar St.
Mt. Vernon St.
Chestnut St.
Walnut St.
Park St.
Beacon St.
Arlington St.
Berkeley St.
Clarendon St.
Dartmouth St.
Exeter St.
Fairfield St.
Gloucester St.
James J. Storrow Dr.
Commonwealth Ave.
Boylston St.
Newbury St.
St. James Ave.
Stuart St.
Columbus Ave.
Tremont St.
Washington St.
Harrison Ave.
Tyler St.
Hudson St.
Kneeland St.
Essex St.
Atlantic Ave.
Northern Ave.
Seaport Blvd.
Sleeper St.
Fairnsworth St.
Summer St.
Melcher St.
Necco St.
A St.
Wormwood St.
Binford St.
Mt. Washington Ave
Midway St.
South Boston Haul Rd.
D St.
Foundry St.
Broadway Bridge
Traveller St.
E. Berkeley St.
Dwight St.
Milford St.
Hanson St.
Shawmut Ave.
Appleton St.
Gray St.
Warren Ave.
Clarendon St.
Tremont St.
Holyoke St.
Braddock Pk.
Columbus Ave.
Huntington Ave.
St. Botolph St.
W. Newton St.
W. Rutland Sq.
Belvidere St.
Cumberland
Marginal Rd.
Bristol St.
Albany St.
W. 4th St.
Cypher St.
93
90
1
1 min
2 min
3 min
4 min
5 min
6 min
7 min
8 min
9 min
10 min
© WalkBoston 4/07