

Choosing a walking route

These routes are designed to let you leave the hospital behind and explore adjacent neighborhoods and sites. Many sides of the community are highlighted – the historic buildings of Beacon Hill, the riverside park [Charles River Esplanade], downtown’s historic core at Faneuil Hall, American Revolution sites associated with Paul Revere, Old Ironsides, and even the fictional walk taken by 8 very famous ducklings. Walks range from 1 to 2.5 miles round trip. Choose a walk that fits the time you have available and the sights you want to see and set out for an adventure!

Running an errand, finding food

Nearby Charles and Cambridge Streets have banks and drug stores as well as restaurants. A walk is a perfect opportunity to get some fresh air and exercise, take care of personal business, and get nourishment. Window shop along the way – Charles Street is known for its antiques, art and clothing.

Sights along the MBTA Red Line

From the Charles/MGH Station [Cambridge St] you can reach both Harvard University, [Harvard Square stop is 8 min.] where you can stroll through the gates of historic Harvard Yard, and MIT, [Kendall Square stop is 2 min.] filled with famous modern architecture. Both have several museums.

About WalkBoston

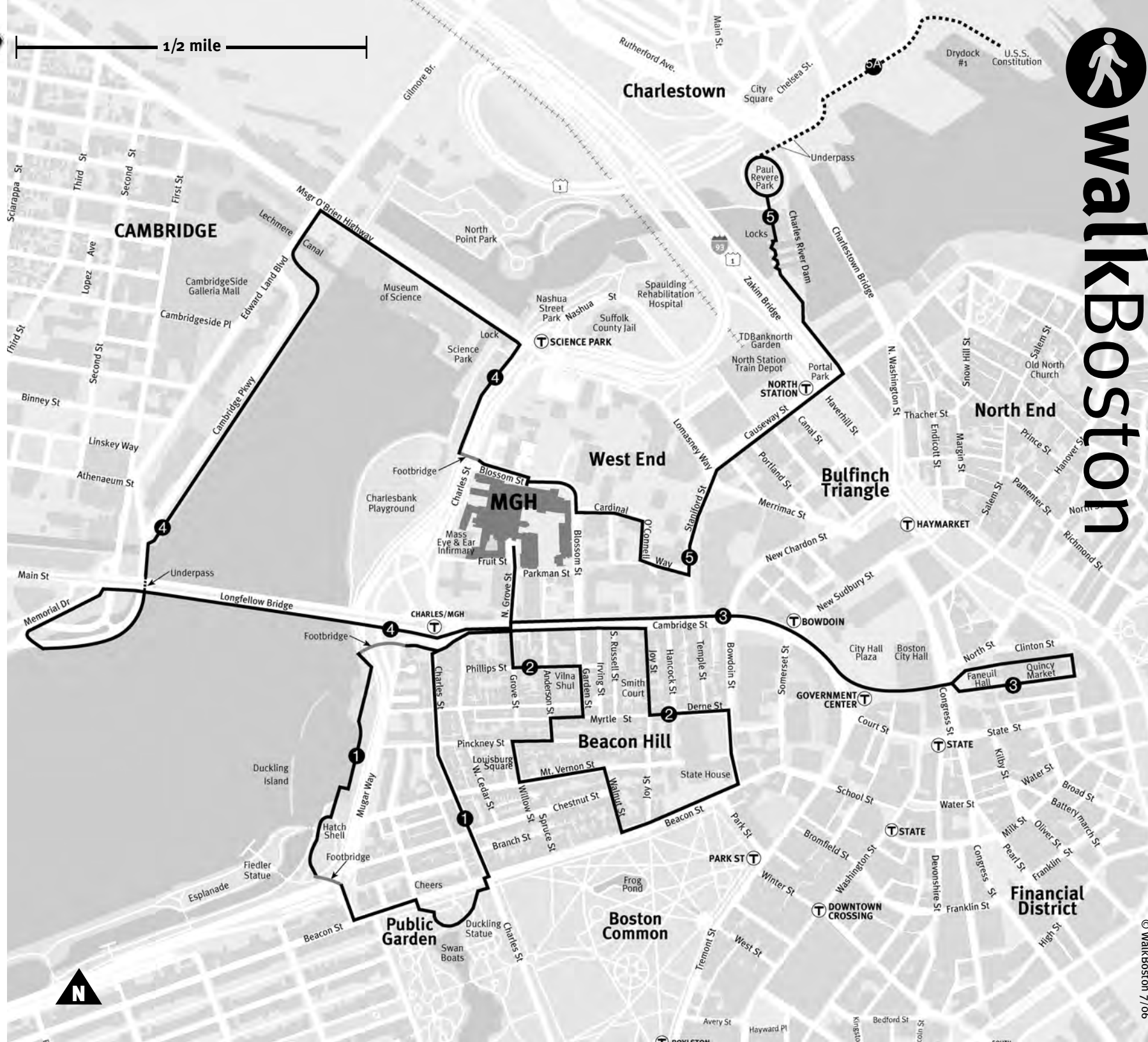
In its 20 years, WalkBoston has worked on design improvements for pedestrians, education about walkers’ needs and promoting the delights and possibilities of walking. WalkBoston is the state’s principal resource on walking issues. Remember, walking is good for you, good for the environment, and good for the community! Join us online.



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walkBoston

MGH: Wonderful walking routes and sites

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Boston is called “America’s Walking City” with good reason. The city has compact, lively neighborhoods that exude history from sites of major events in the nation’s past. Massachusetts General Hospital [MGH] is located in the midst of many routes—across the street from historic Beacon Hill, with its rosy brick buildings, steep hills and narrow cobblestone streets and alleyways; adjacent to the Charles River Esplanade with its beautiful views and open spaces; and within walking distance of the historic and venerable parts of downtown Boston, including the Boston Common and Public Garden, Faneuil Hall, Paul Revere’s Landing, and the *Make Way for Ducklings* statues.

MGH campus

MGH is so vast it forms its own neighborhood. Within its facilities, the long hallways encourage indoor walking – useful in wet weather. As you tour the grounds, don’t miss the beautiful Bulfinch Building [1816] – MGH’s oldest – designed by architect Charles Bulfinch. From the taller buildings, look down to the Charles River embankment’s network of walking paths, which you’ll want to check out on foot. All walks start from MGH.

Why walk

Walking is one of the best ways to discover new neighborhoods, stay fit, and incorporate exercise into your day. You can cover a lot of distance by walking a few minutes in any direction – in 15-20 minutes you can walk a half-mile. After a round trip of 30-40 minutes, you’ll return feeling revitalized and refreshed.

These walks are just a start. Once you’re comfortable, you can set out on your own to explore all the wonderful neighborhoods of Boston!

① The Ducklings Walk

1.5 miles/40-55 minutes

From the main lobby, follow N. Grove St. to a right onto Cambridge St. and cross Charles St. The footbridge beyond the T Station will bring you to the river. Stroll past the Hatch Shell performance stage and along the Esplanade and take the Arthur Fiedler footbridge back to Beacon St. Slip into the Public Garden, then make your way back past the charming restaurants and gift shops of Charles St.

What to look for: If the ducklings could walk this route, so can you! See where the ducklings were born, grew fat, grew up, and walked from the river to their new home through the “Flat” of Beacon Hill down Charles Street.

- *Make Way for Ducklings* island - Charles River island - where they grew fat
- Community Boating, Inc. - sailboat training for all
- Hatch Shell - site of Boston’s 4th of July celebration
- Arthur Fiedler Statue - in memory of BSO conductor
- The “Cheers” Bull & Finch Pub
- Swan Boats
- Public Garden Lagoon - where the ducklings grew up
- *Make Way for Ducklings* statues
- Charles St. Meetinghouse [1802] at Mt. Vernon St.

② Beacon Hill/Common/State House

1.5 miles/45-60 minutes/hilly

From the main lobby, follow N. Grove St. crossing Cambridge St. to Phillips St. Pass the Vilna Shul, zigzag through the quaint streets over the hill, turning onto Louisburg Square. At Mt. Vernon Street, make your way to Beacon Street. Behind the State House, turn right on Joy St. to see the African Meeting House on Smith Court. Return via Cambridge Street.

What to look for: Beacon Hill’s aristocratic hilltop and south slope facing Boston Common were settled early—long before immigrants settled on its north slope. A densely developed neighborhood with scant parking and a high proportion of walkers, the Hill includes elegant Louisburg Square and Bulfinch’s magnificent State House, described by historian Walter Whitehill as “a very odd fowl ... with a golden topknot [dome], a red breast [1798 brick front], white wings [two major 1914

additions] and a yellow tail [1889 building at rear]”

- Vilna Shul [1919] City’s oldest synagogue - 18 Phillips St.
- Charles River vista to MIT down Pinckney St.
- Aristocratic Louisburg Square - home of Sen. John Kerry
- Bulfinch House [1802] 85 Mt. Vernon St.
- Mt. Vernon St., 51, 53, 55, 57 Architect: Bulfinch
- Nichols House Museum [1804] 55 Mt. Vernon St.
- Boston Common - oldest public park in the U.S.
- Afro-American History Museum & African Meeting House [1806] Smith Court

③ Faneuil Hall/Quincy Market

1.8 miles/45-60 minutes

From the main lobby, follow N. Grove St. to Cambridge St. Turn left and pass the large brick City Hall Plaza. Keeping right of City Hall go down to Congress St. Cross into Faneuil Hall/Quincy Market. Return the same way.

What to look for: Once through the modern city, you will arrive at the Colonial center of Boston. Faneuil Hall and Quincy Market’s parallel buildings and street layout are architecturally significant and have been adapted to feature shops, restaurants and outdoor entertainment.

- Otis House Museum [1796] Federalist home
- Old West Church [1806]
- Boston City Hall [1968] Brutalist architecture at its best [or worst]; look for Old North church in distance
- Faneuil Hall [1742] revolutionary meeting place
- Quincy Market [1826] first food court ever built
- Freedom Trail - passes through Faneuil Hall

④ Charles Riverfront/Esplanade

2 miles/60-70 minutes

From the main lobby, follow N. Grove St., cross Cambridge St., and turn right to the sidewalk and to the bridge over the river. On the Cambridge side loop left above Memorial Drive and cross safely at the signal. Walk along the riverfront and past the Museum of Science. Cross back to Boston via the Blossom St. footbridge to MGH.

What to look for: Looping into Cambridge offers the best views of Boston’s skyline and riverfront.

- Longfellow Bridge - called the salt & pepper bridge
- Boston skyline & riverfront Esplanade
- Museum of Science - great for kids, Omni theatre

- Science Park - built on original dam that ended tides and flooding of the river
- Navigation locks - allows boats access to the river
- Charlesbank playing fields, playground and pool

⑤ Paul Revere’s Landing

2 miles/60-70 minutes

From the Gray-Bigelow lobby, follow Blossom St., O’Connell Way, Staniford and Causeway Sts. After North Station and the park, make a left to Lovejoy Wharf and cross the Charles River Dam and locks. In Paul Revere Park go to the highest point to see his view. Return the same way.

What to look for: Walk through a bit of downtown over and along the Big Dig [Boston’s enormous project that put the elevated highway underground], crossing the Charles River Dam to see Paul Revere’s historic post. Here Revere watched the Old North Church tower, waiting for the sexton to reveal the Lexington/Concord route the British troops would use—“one [lantern] if by land, two if by sea.” You also get the best up-close view of the magnificent Zakim Bridge.

- St. Joseph’s Church [1862]
- TD Banknorth Garden - sports arena
- Leonard Zakim Bridge - striking result of the Big Dig
- Charles River Dam & Locks with interactive music
- Paul Revere’s vantage point - where he saw the Old North Church lanterns in 1775

⑤A Old Ironsides extension

.8 mile extension/20-30 minutes

From the high point of Paul Revere Park, you can see the underpass leading to Boston Harbor. Follow that walkway next to the harbor into the Navy Yard. Old Ironsides will be on your right. Return the same way.

What to look for: Old Ironsides sits in the Charlestown Navy Yard [1800], a National Historic Site. Nearby are shipbuilding facilities and an ancient dry dock.

- Frigate U.S.S. Constitution [Old Ironsides] oldest ship afloat [1797] daily cannon salute 8am & sunset
- U.S.S. Cassin Young – WW2 destroyer
- U.S.S. Constitution Museum
- Dry Dock No. 1