Choosing a walking route
These routes are designed to let you leave the hospitals and institutions behind and explore the adjacent South End neighborhood. Many sides of the community are highlighted—charming residential squares, public buildings, the SOWA [South of Washington Street] arts/gallery district, and Restaurant Row. Routes range from 1-3 miles, progressing in length as the route numbers increase. Choose a walk that fits the time you have available and the sights you want to see, or make it a goal to walk all six.

Running your errands
The South End has convenient shops, banks, drug stores, dry cleaners and restaurants—great for running quick errands. A lunchtime walk is a perfect opportunity to get some fresh air and exercise while doing your errands. Shopping at the end of your walk means you will not carry things the whole way.

Finding transit connections
The BMC/BUMC campus has many transit options within easy walking distance [1 mile = 20-25 minutes].
• Washington Street Silver Line – one block
• Massachusetts Avenue Orange Line Station – 1 mile
• Back Bay Orange Line/Commuter Rail Station – 1.1 mile
• Symphony Green Line Station – 1.2 mile
• Prudential Center Green Line Station – 1.2 mile
• Copley Square Green Line Station – 1.3 mile
• Boston University Charles River Campus – 3.5 miles

About WalkBoston
In its 16 years, WalkBoston has worked on design improvements for pedestrians, education about walkers’ needs and the delights and possibilities of walking. BMC/BUMC employees get a 10% membership discount. Join online at www.walkboston.org.
Walking is a great way to discover your surroundings and community. One of the best ways to keep fit, it incorporates exercise into daily routines. You will return to the campus revitalized and refreshed, with a clear mind.

Neighborhood walking lets you multi-task. You can run errands, find places to eat, purchase unique or essential items. Everything is within walking distance.

Walking is the easiest, most pleasant and least stressful way to explore the area.

Neighborhood walking can be done before or after work, or on the weekend with friends and family. Here are some examples that originate at the campus:

1. **Tremont Street Loop**
   - 1 mile/20 minutes
   - Go up Worcester Street to Tremont and come back via Rutland Street.

   **What to look for:** Mature trees arch over streets and form a leafy, shady introduction to brick row houses, dooryard gardens, and cast iron fences and railings.
   - Worcester Square - an original residential square
   - Public Library - South End Branch
   - Rutland Street - one of the South End's most beautiful, with a large old elm mid-block
   - Rutland Green - a formally planted pocket park
   - South End House & Children's Art Center
   - Haven Street - very quaint frame house
   - Community Gardens at Rutland & Washington Sts.
   - Oldest South End cemetery [1830], Washington and E. Concord/Rutland Streets

   **What to look for:**
   - Historic urban center is undergoing a renaissance of new buildings amid interesting old buildings being revitalized.
   - Ramsay Park - field named for Red Sox star Jim Rice
   - Eustis St. Fire Station - oldest in Boston [1859]
   - Eliot Burying Ground [1830]
   - Owen Nawn Shop & Soap Factory [1815]
   - Dudley MBTA station [1901]
   - Dudley Heritage Hall - 2278 Washington Street

2. **Columbus Avenue Loop**
   - 1.5 miles/30 minutes
   - Go up East Springfield Street to Columbus Avenue; return via West Newton Street.

   **What to look for:** Spacious Columbus Avenue was originally paved with wood blocks to quiet the clopping of horses. It offers a more expansive look at historic houses amid the attractive leafiness of East and West Springfield and West Newton Streets.
   - Hurley Elementary School - West Springfield St.
   - Wellington Gardens - Wellington St./Columbus Ave.
   - Lion statues - 511 Columbus Ave.
   - Columbus Avenue restaurants
   - Union United Methodist Church [1872] with Titus Sparrow Park behind
   - Harriet Tubman Square statues
   - Jorge Hernandez Cultural Center - Art Gallery
   - Historic Blackstone & Franklin Squares [1801]

   **What to look for:**
   - Boston Center for the Arts & Calderwood Theatre
   - Washington Street shops and restaurants
   - Union Park [1850] - original residential square
   - Boston Center for the Arts & Calderwood Theatre
   - Tremont Street Restaurant Row and shops
   - Villa Victoria - a Latino community enclave with a colorful ceramic mural honoring Puerto Rican heroes

3. **Dudley Square Loop**
   - 1.5 miles/30 minutes
   - Follow Washington Street to Dudley Square; return via Harrison Avenue.

   **What to look for:**
   - Historic urban center is undergoing a renaissance of new buildings amid interesting old buildings being revitalized.
   - Ramsay Park - field named for Red Sox star Jim Rice
   - Eustis St. Fire Station - oldest in Boston [1859]
   - Eliot Burying Ground [1830]
   - Owen Nawn Shop & Soap Factory [1815]
   - Dudley MBTA station [1901]
   - Dudley Heritage Hall - 2278 Washington Street

**SOWA [South of Washington] Loop**

1.5 miles/30 minutes
- Go up Harrison Avenue to Berkeley Street and return via Washington Street.

**What to look for:**
- The newest art gallery district in the city is found in warehouse buildings off Harrison Ave.
- SOWA arts and gallery district
- Pine Street Inn - former fire station, yellow brick tower
- Red Faz - venerable restaurant, recently restored
- Peters Park - playing fields and courts
- New condos and home stores on Washington St.
- Cathedral of the Holy Cross [1875] with its large collection of stained glass

**Restaurant Row Loop**

1.5 miles/30 minutes
- Go up Washington Street, left on Union Park Street to Tremont Street; return via West Brookline Street.

**What to look for:**
- The culinary arts are on display on Tremont Street near the Boston Center for the Arts. Getting there, you’ll pass through exquisite Union Park.
- Cathedral of the Holy Cross [1875] with its large collection of stained glass
- Washington Street shops and restaurants
- Union Park [1850] - original residential square
- Boston Center for the Arts & Calderwood Theatre
- Tremont Street Restaurant Row and shops
- Villa Victoria - a Latino community enclave with a colorful ceramic mural honoring Puerto Rican heroes

**Southwest Corridor Park Loop**

2 miles/50 minutes
- Follow East Newton, San Juan and Pembroke Streets to Braddock Park; turn left into SW Corridor Park; turn left at the Mass Ave. MBTA station, return via Massachusetts Ave.

**What to look for:**
- Old and new houses on Pembroke Street lead to a premier linear park in the shadow of Prudential Center; return through Chester Sq./Mass Ave.
- Historic Franklin & Blackstone Squares [1801]
- Pedestrianized streets at Villa Victoria enclave
- Harriet Tubman Memorial Park
- Braddock Park - original South End residential square
- Southwest Corridor Park - covering MBTA/Amtrak
- Titus Sparrow Park - West Newton Street
- Wally’s Cafe - 1950’s jazz club, still open, 427 Mass Ave.
- Chester Square - largest original South End residential square, bisected by Mass Ave. in the 1960’s

**Longer Walks**

3 miles/60-70 minutes
- If you can do these, you're a pro and can probably find your way. These can be done before or after work, or on the weekend with friends and family! Here are some examples that originate at the campus:

- Museum of Fine Arts/Northeastern University and the Back Bay Tents
- Copley Square, Boylston and Newbury Streets
- South Bay Mall
- Historic John Eliot Square in Roxbury
- Combine route #3 and #6 to create a 3-mile walk

**Resources**

- southend.org - calendar, stories, neighborhood orgs
- cityofboston.gov/neighborhoods/general.asp?id=18 - organizations, contacts, public buildings
- southendhistoricalsociety.org - history, buildings, preservation
- useaboston.com - artists' open studios

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