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.

walkBoston

MAKING OUR COMMUNITIES MORE WALKABLE

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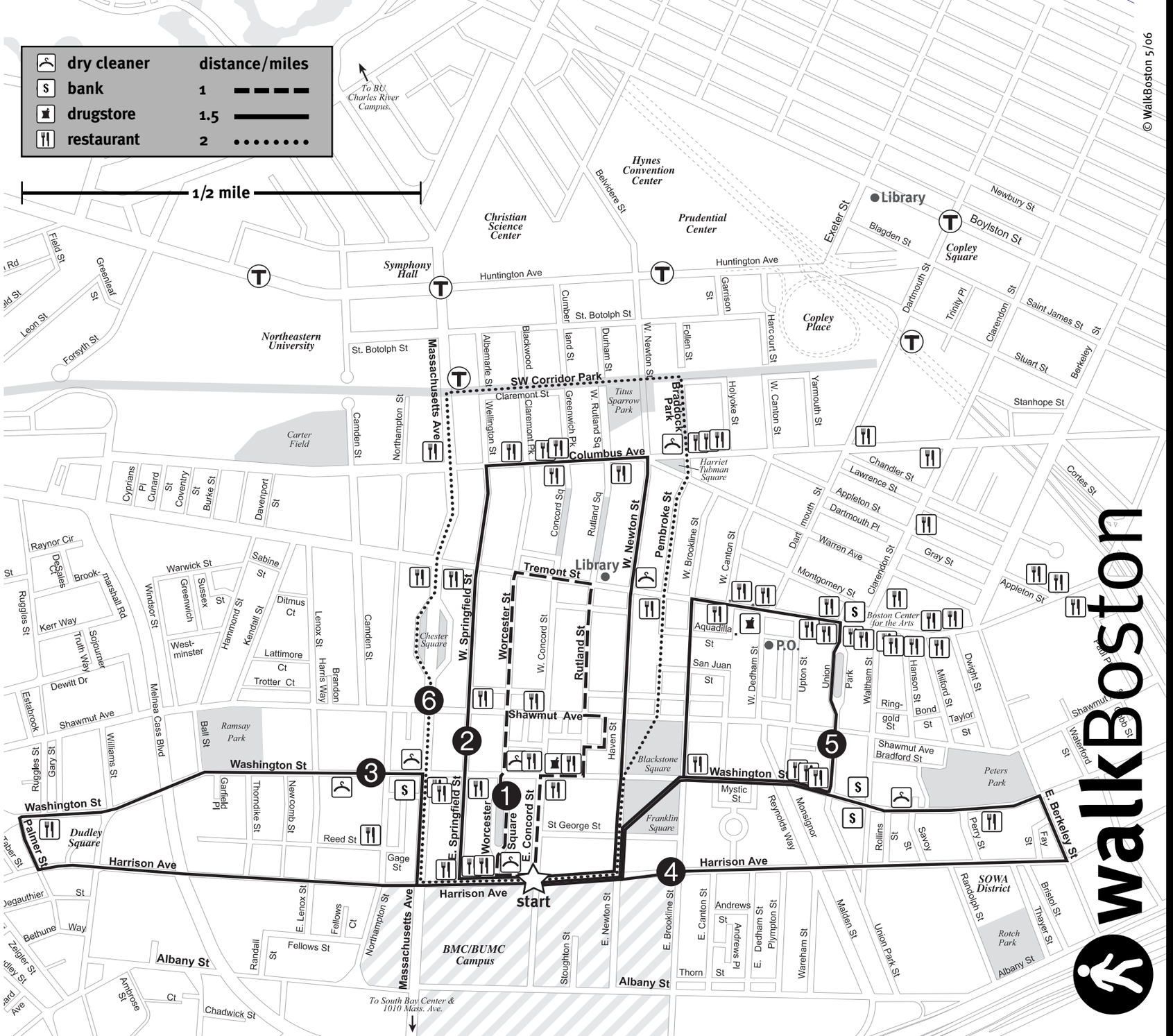

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walkBoston | Walks in the BMC/BUMC neighborhood

BMC/BUMC Neighborhood Walks

The Boston Medical Center/Boston University Medical Center [BMC/BUMC] is located in the South End, a compact and interesting neighborhood that is wonderful for walking. For any brief time you have available, walking is the easiest, most pleasant and least stressful way to explore the area.

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. You can walk with co-workers or meet up with family or friends. You can even have a meeting while walking. The shortest walk can include a stop for a bite, or maybe a rest to sit and people-watch. You'll be surprised at all you can get done—and you'll get some exercise too.

In an hour, you can cover more distance than you might imagine. For example, the three long blocks from Harrison Avenue to just beyond Tremont Street take 10-12 minutes to walk, and cover a half-mile. During a roundtrip of 20-25 minutes, you'll walk one full mile!

The grid pattern of South End streets makes it easy to get anywhere. You can go up one block and over two, or up two and over one, and so forth, always seeing something new and interesting. Watch out for confusing street names, as they frequently change on either side of Washington Street [the only land route into downtown before this area was filled].

The South End is full of mature trees that shade its streets, resulting from 1970s city tree planting programs. The tradition of greenery dates back to 1795 when Charles Bulfinch laid out Blackstone and Franklin Squares. Street names came from towns in Massachusetts that were being connected by railroads when the South End was being filled and planned.

Here are some samples of 1- to 3-mile walks. There's a great deal to see in the South End, so plan your walks, raise your sights and walk farther each time you venture out.

❶ 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 [1810], Washington and E. Concord/Rutland Streets

❷ 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]

❸ Dudley Square Loop

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

What to look for: A 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 [1630]
- Owen Nawn Shop & Soap Factory [1815]
- Dudley MBTA station [1901]
- Dudley Heritage Wall - 2278 Washington Street

❹ 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.
- Brick power plant for W. End Street Railway Co. [1896] - Harrison Ave.
- SOWA arts and gallery district
- Pine Street Inn - former fire station, yellow brick tower
- Red Fez - 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

❺ 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

Map/Ken Dumas Text/Bob Sloane Design/Nina Garfinkle

❻ 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 - 1950s jazz club, still open, 427 Mass Ave.
- Chester Square - largest original South End residential square, bisected by Mass Ave. in the 1960s

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 Fens
- 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
- **WalkBoston: Walking Tours of Boston's Unique Neighborhoods** [two in the South End] through bookstores, WalkBoston [617.367.9255].