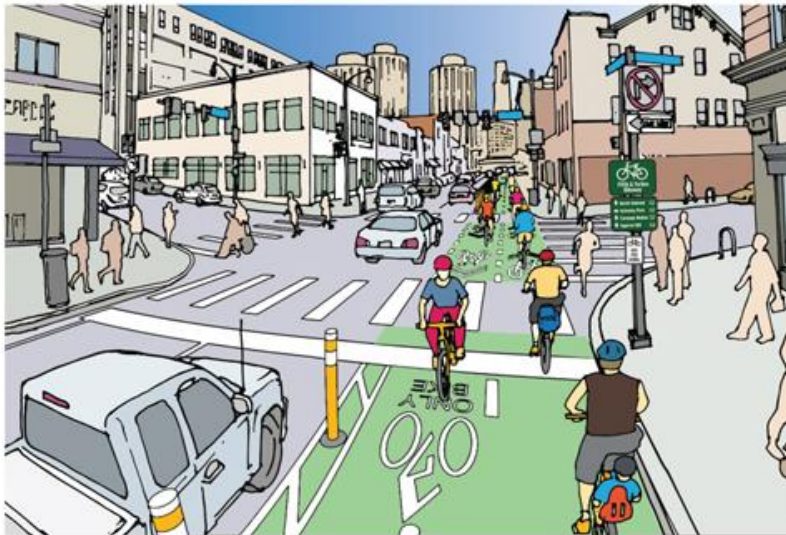




Bike Pittsburgh is transforming our streets and communities into vibrant, healthy places by making them safe and accessible for everyone to bike and walk. We also hold Pedal PGH annually – a casual, fun ride that exposes people of all ages and fitness levels to the neighborhoods, parks, bridges, and geography that make our region so unique.



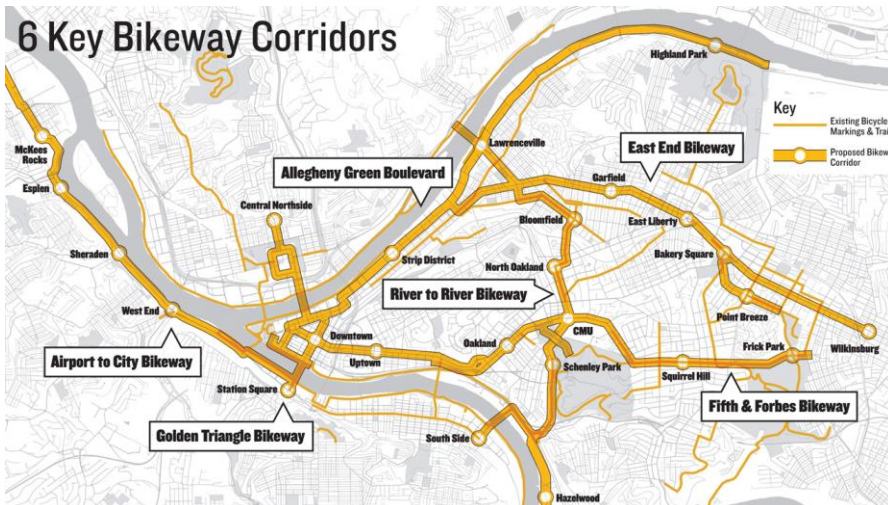
### Fifth & Forbes Bikeway

The Fifth & Forbes Bikeway connects key commuter destinations in Downtown and Oakland to Shadyside, Squirrel Hill and Regent Square. This bikeway introduces physically separated bike lanes into high traffic areas, such as Forbes Avenue in Oakland, illustrated at left.

Our Better Bikeways Vision stresses that bike routes must be interconnected, safe, attractive, and comfortable in order to appeal to people of all ages, especially those who are interested in riding a bike but concerned for their safety. Implementing Better Bikeways is a key strategy to increase the number of bicyclists in Pittsburgh, make our

streets safer, and to make Pittsburgh more bicycle friendly.

Our maps are designed with the commuter and urban explorer in mind, in hope that folks can learn the easiest and safest routes to traverse our landscape, as well as explore some new territory. We identify the best routes for cycling and connecting neighborhoods, the car-free trails, as well as the less-than-ideal, yet unavoidable stretches of road as “Cautionary Bike Routes.” We also have a separate safe cycling section so riders can familiarize themselves on how to stay safe while riding a bike in Pittsburgh.





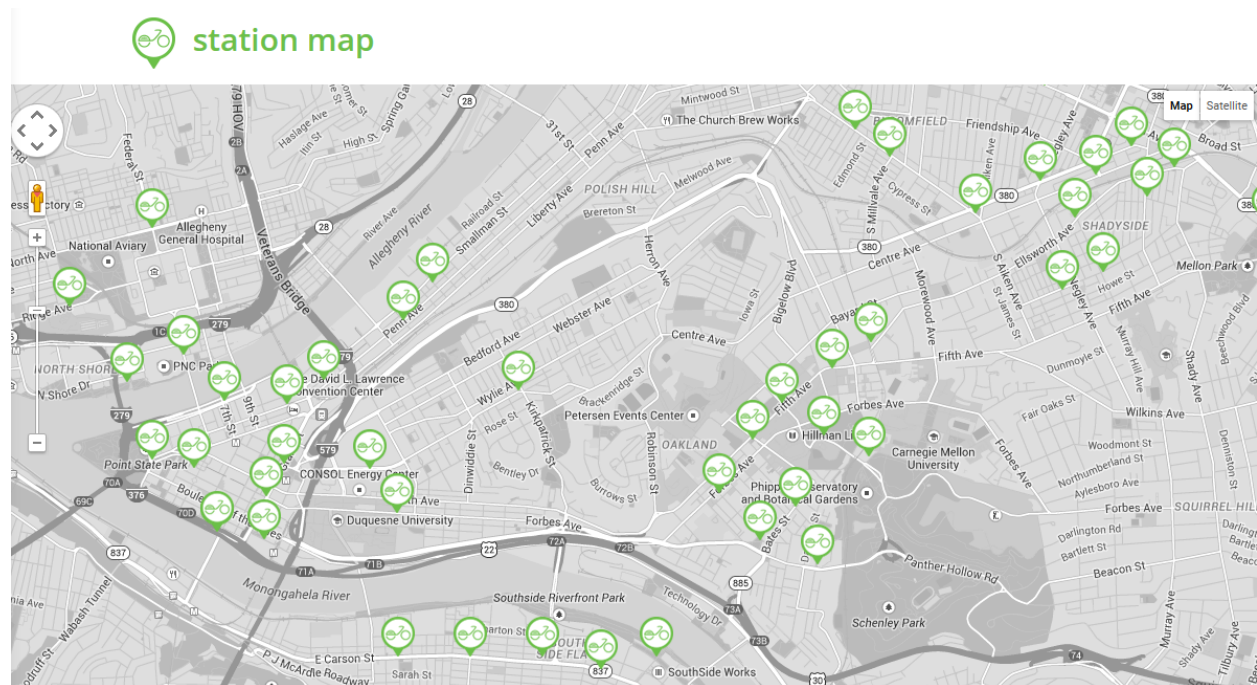
## Pittsburgh Bike Share

The City of Pittsburgh will soon welcome Pittsburgh Bike Share in the spring of 2015. Bike sharing is an innovative form of public transportation that provides residents, students, and tourists access to a fleet of bicycles for point-to-point trips.

The initial installation will include 50 self-service stations located throughout the City, providing access to 500 bicycles that can be picked up, ridden, and returned to any of the self-service station.

There will be ten stations installed in Oakland:

- Atwood/Bates
- Bigelow/Fifth Avenue
- Boulevard of the Allies/Parkview
- Forbes/Coltart
- Ellsworth/N. Neville Street
- Mellon Institute
- South Bouquet/Fifth Avenue
- Schenley Drive at Schenley Plaza
- Schenley Drive/Frew Street
- Zulema/Coltart







Improving quality of life for the people of Pittsburgh by restoring the park system to excellence in partnership with government and the community. Projects and programs are conducted with respect for the environment, historic design, and the needs of our diverse region.

## Frick Park



Known as Pittsburgh's woodland park for its extensive trails throughout steep valleys and wooded slopes, Frick Park is an ideal escape from the noise of the city. Birding enthusiasts love to visit Clayton Hill, where well over 100 species of birds have been recorded. The park also features red clay tennis courts, baseball

fields, and the only public lawn bowling green in Pennsylvania.

## Highland Park

The reservoir is accessed through the beautiful Entry Garden, a Victorian-style gathering place with gardens, a fountain and reflecting pool, and benches for relaxing. Highland Park also features a popular bike track, swimming pool, sand volleyball courts, and the **Pittsburgh Zoo and PPG Aquarium**. A water filtration



plant cleans the water from the main reservoir, and waste water is naturally de-chlorinated in part by a brook which trickles into Lake Carnegie.

## Riverview Park





Nestled between Perrysville Avenue, Woods Run and Marshall Avenue, the 287-acre park is known for its wooded trails and dramatically steep hillsides. The park's extensive network of trails invites hikers, joggers, and the occasional horseback rider into the woods. The park is also home to the landmark **Allegheny Observatory**, a space-themed playground, a visitor's center, a swimming pool and activities building, the natural beauty of the **Mairdale watershed**, and the popular two-mile Riverview Loop. Residents enjoy the park's pool, playground, ball field, shelters and summertime concerts and movies.

## Schenley Park



The park contains 456 beautiful acres of trails, woods, and attractions. A daily destination for university students, businesspeople, and outdoor enthusiasts, the park hosts major annual events such as the **Vintage Grand Prix** and the **Pittsburgh Race for the Cure**. Visitors to Schenley Park can spend a morning at the remarkable **Phipps Conservatory**, enjoy lunch and a concert at the **Schenley Park Café and Visitor Center**, relax on Flagstaff Hill, play a round at the **Bob O'Connor Golf Course**, head to the **Schenley Oval Sportsplex** for ice skating or summer sports, or take a dip in the swimming pool. And of course, the trails offer a refreshing and convenient escape from the city.

# Pittsburgh Sports

Pittsburgh is a city with a long and storied sports tradition. The Steelers have the most Super Bowl wins of any NFL franchise, and the Pirate's recently saw their first playoff berth in 20 years! And don't forget about the Penguins, who are consistent playoff contenders every year. You can also catch a Pitt game while you're here, with season tickets available for the football team, and individual game tickets for the basketball team. Show your pride for any of these Pittsburgh teams, or go and support your team coming from out of town.

## Steelers

A few blocks down the road from PNC Park is the famous Heinz Field, home of the winningest team in Super Bowl history, the Pittsburgh Steelers. If you're looking for something to do on an autumn afternoon or evening, grab a jacket and head to Heinz Field for a game. Tickets cost around \$115 but guarantee a good time whether you're with the crowd rooting for the Steelers, or for an out of town team.



## Penguins

Another beloved Pittsburgh franchise, the Pittsburgh Penguins, play throughout the winter in their home at the Consol Energy Center. Located all the way down 5<sup>th</sup> Ave., an exciting hockey game is no more than a quick trip down 376. With their recent success, Pens tickets are a bit pricier, ranging anywhere from \$50 to \$100+ easily. However, with student American Eagle Student Rush, a ticket is only \$25 with a valid student ID! Get there early for the best seats.



## Pirates

Just a short bus ride downtown and a quick walk across Roberto Clemente Bridge will have you at PNC Park, home of the Pittsburgh Pirates. Located directly against the river on the North Shore, the park is widely regarded as one of the most scenic parks in the country. Fun games like Pirate's trivia and the pirogue race keep the atmosphere buzzing with excitement. Come early for free shirt days or stick around afterwards for fireworks. With tickets still relatively cheap, (\$5-\$10 for general admission) a Pirate's game is a great way to spend an afternoon or evening with some friends.



## Pitt Panthers

Whether it's a warm day in the beginning of the term, or a freezing night towards the end, there is almost always a Pitt team playing. As a student you will have bargain access to football season tickets before they go on sale to the public. Watch your Pitt Panthers play on Heinz field with hundreds of your screaming classmates! While football popularity has been in flux over the past few years, Pitt's basketball program is as strong as ever. Grab a friend, your student ID, and some cash (depending on the game) and come cheer in the ZOO at the Petersen Events Center, the strongest student section in all of college basketball!







We are a nonprofit organization dedicated to connecting everyone to the benefits of outdoor recreation throughout Southwestern Pennsylvania. We provide a variety of activities that inspire an active lifestyle, promote the region's unique natural amenities, highlight its excellent quality of life, and foster a greater appreciation for the environment.



Venture Outdoors offers outings year-round that introduce customers to the benefits of outdoor recreation. We travel to local, city, county and state parks around the region, as well as towns and urban neighborhoods, to showcase the quirks and beauty of Southwestern PA. Activities include kayaking, hiking, biking, snowshoeing, fly fishing, cross country skiing, and geocaching trips. We have outings for all ages and skill levels.

Venture Outdoors offers a portable climbing wall service to the community. Our 24-foot climbing wall brings the excitement and benefits of rock climbing directly to you. The wall offers four climbing stations and a realistic nonabrasive climbing surface specifically designed to look and feel like real rock. Our walls are hard-surfaced professional walls—not inflatable, like some that you may have seen.



Located under the 6th Street Bridge, on the North Shore, next to PNC Park, our North Shore location gives you a spectacular view of the Pittsburgh city skyline. Paddle around the Point at Point State Park, venture up the Allegheny River towards Washington's Landing or head for the Ohio or Monongahela Rivers, you set your own course for adventure!





## Our Mission:

To make Pittsburgh one of America's most walkable cities.

## Our Values:

WalkPittsburgh.org provides resources and support to encourage walking as a viable commuting option, improve pedestrian safety, communicate the health and economic benefits of walking, and ensure that walkability is factored into transportation and development plans.



## Neighborhoods

In Pittsburgh and Allegheny County there are unique collections of neighborhoods that have many active priorities supported by the residents, including: social, economic and environmental concerns.

Walking throughout your neighborhood provides transportation that allows you to experience varying terrain, man-made and natural surfaces, and many weather conditions. Neighborhoods of Pittsburgh showcase their year-round outdoor activities.





## Walking Benefits

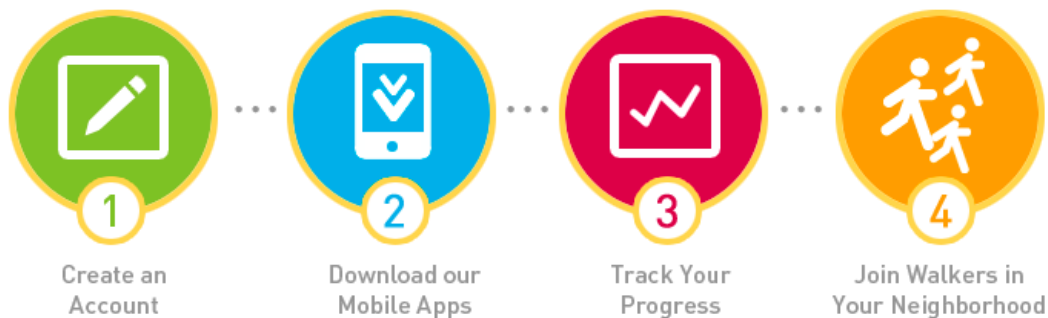
There are many reasons that traveling by foot is a benefit to you, Pittsburgh, your community, your neighborhood, and Allegheny County.

- Physical wellness- nutrition conditioning with whole body benefits
- Health benefits- decreased risk of cancer, high blood pressure, diabetes
- Cost effective- not a lot of equipment required
- Environmentally friendly- no air pollution
- Easy to do- doesn't require a lot of skill
- Available and accessible- you can walk at any time, any place
- Mental benefits- better mood, decreased risk of depression



## Walk With Us!

Do you want to improve air quality and reduce congestion in Allegheny County? Are you looking for a fun and innovative way to get healthier while walking? Join us in this new initiative to help make Pittsburgh one of "America's Most Walkable Cities"!



WalkPittsburgh is Presented By:

**UPMC** LIFE  
CHANGING  
MEDICINE



University of Pittsburgh