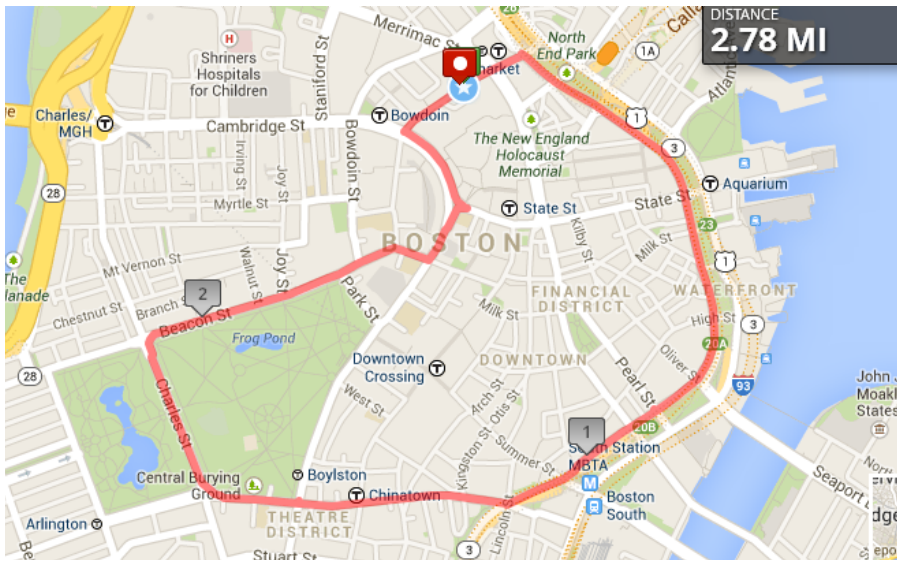




## Local Running/Walking Routes from the JFKFFC/Govt Center

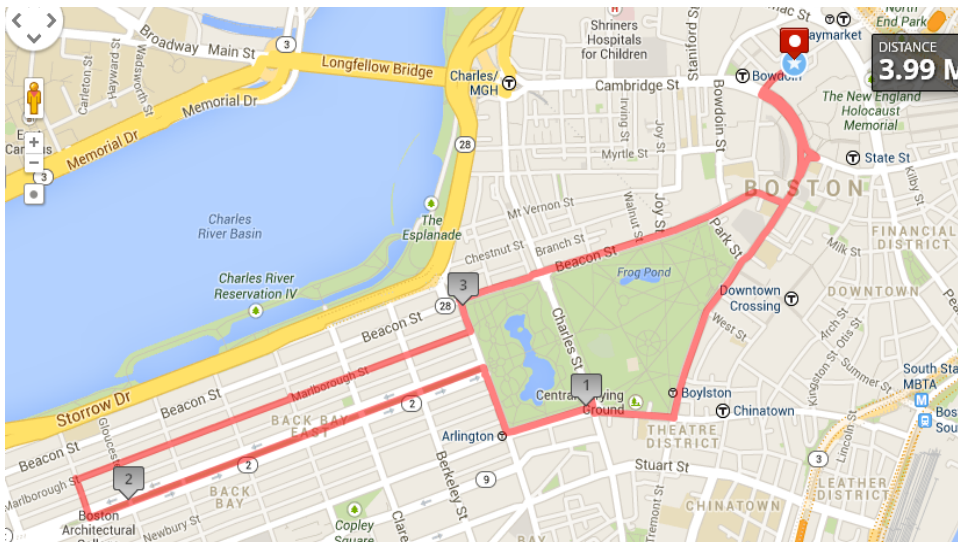
### Greenway and Commons

Start at JFK Federal building. Head toward the park in the North End and walk/run through the Rose Kennedy greenway. Pass by south station and go into Chinatown. Walk/run through the theater district to the road between the public gardens and the commons. Turn right onto Beacon and return back to the JFK building. **Distance: 2.78 mi**



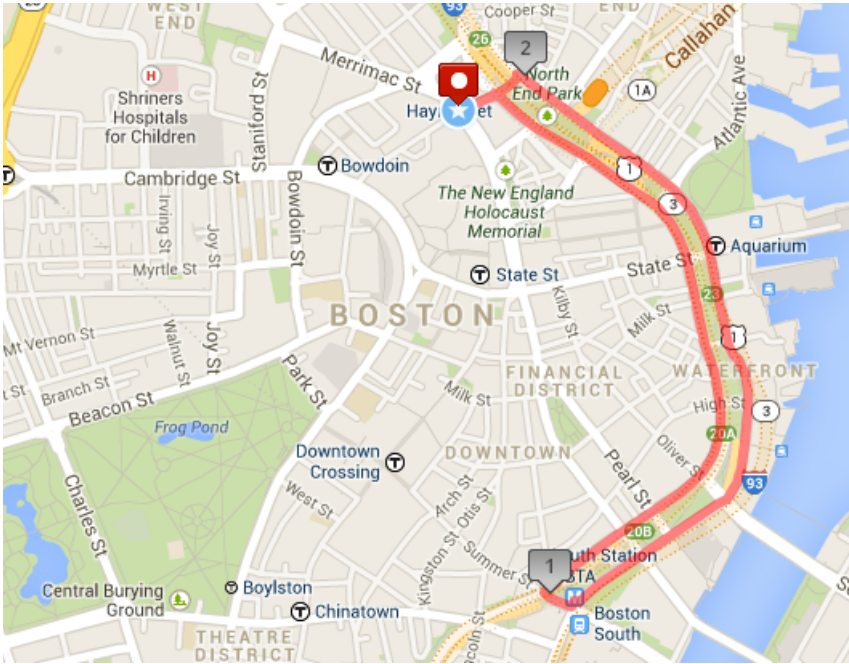
### Commons and Commonwealth Avenue

Start at JFK building. Run up Cambridge St. and continue onto Tremont. Run the outline of the park until reaching Commonwealth Ave. Turn left onto the center path of Commonwealth and continue until reaching the end. Return the way you came until reaching the park again. Finish the perimeter of the park along Beacon and head back using Cambridge St. **Distance: 4.0 mi**



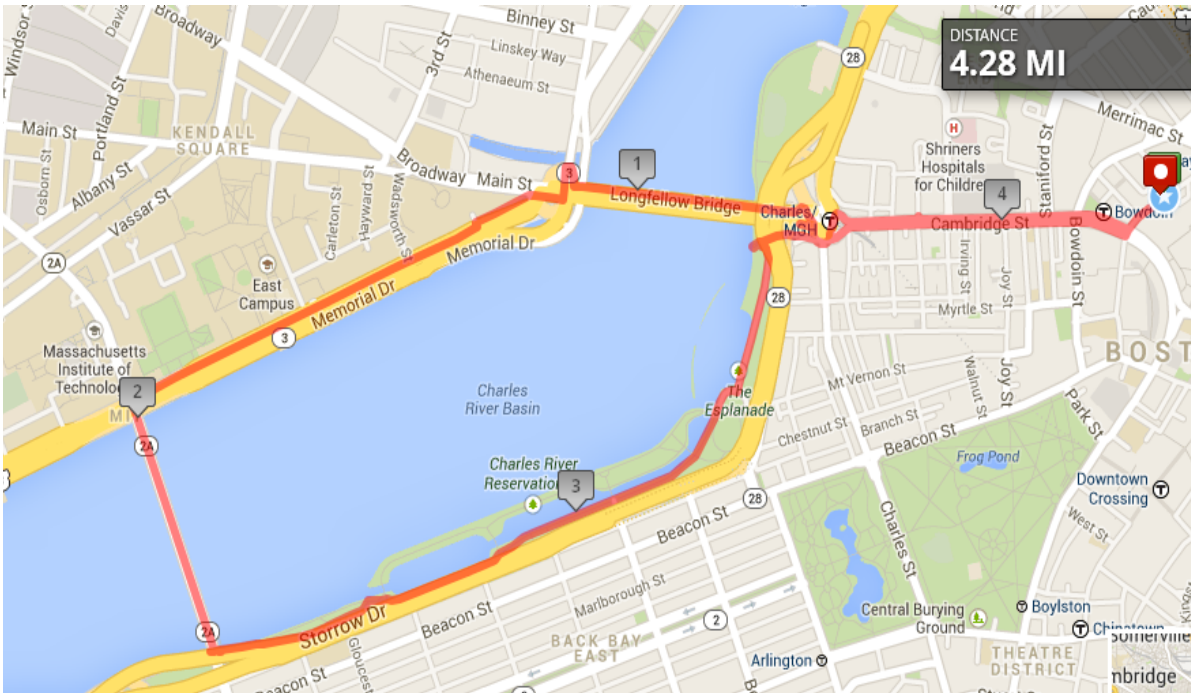
## Greenway

Start at JFK building. Beginning at the park/path in the North End, run/walk the Rose Kennedy Greenway until reaching South Station. Turn around and return the way you came. **Distance: 2.11 mi**



## Esplanade

Start at JFK building. Run on Cambridge St. towards Charles MGH station and cross the Longfellow Bridge. Run along the Cambridge side esplanade until MIT and cross the Massachusetts Ave Bridge back to Boston. Run along the river back towards Charles MGH and return to JFK on Cambridge St. **Distance: 4.28 mi**



### **Beacon HILLS**

Start at JFK, follow Cambridge St and turn left onto Temple St. Snake between Cambridge St. and Derney St/ Myrtle St. using Temple St., Hancock St., Joy St., South Russell St., Irving St., Garden St., Anderson St., and Grove St until Cedar St. and return to JFK on Cambridge St. **Distance: 2.24 mi**

