

**OSB**

# Boston, MA

## Capital City Walks

### 1. Freedom Trail Jan. 1 - Dec. 31, 2025

11 and 6km Walks

### 2. Back Bay Jan. 1 - Dec. 31, 2025

10 and 5km Walks

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#### START/FINISH:

Boston National Historical Park  
Visitor Center

1 Faneuil Hall Square, First Floor

Boston, MA 02109

Tel: 617-242-5642

[www.nps.gov/bost/index.htm](http://www.nps.gov/bost/index.htm)

#### REGISTER ONLINE ONLY:

[my.ava.org](http://my.ava.org)

See NPS website for hours; closed  
New Year's Day, Thanksgiving, and  
Christmas.

Walk daily sunrise to sunset.

Complete event within 30 days of  
initiating online registration.



FT & BB



FT & BB



BB



BB

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**REGISTRATION:** Use the AVA's Online Start Box ([my.ava.org](http://my.ava.org)). Follow the instructions to sign waiver & register. Pay for event and directions using secure online system. Walk directions and insert cards are PDFs that you download and print as needed. **POC does not provide event directions or accept alternate payment methods.** The entire online process should take less than 10 minutes for a first time user.

**AVA SPECIAL PROGRAMS (Both Freedom Trail & Back Bay):** State Capital, Step to the Beat, Walking with America's Veterans, & Washington-Rochambeau National Historic Trail

#### AVA SPECIAL PROGRAMS

**(Freedom Trail only):** A-MAZE-ing  
Labyrinths, Par for the Course

**AVA SPECIAL PROGRAMS (Back Bay only):** Town Halls/City Halls

**AWARD:** The award is a fully embroidered patch featuring the iconic Old State House, built in 1713, and the newer, gold-domed State House, built in 1798. *To purchase*

*award, please send a SASE with check payable to Walk 'n Mass Volkssport Club for \$4.00 to Carol Giesecke (address in OSB packet or at right).*



#### TRAIL DESCRIPTIONS:

Boston, known as "America's Walking City," is steeped in history and tradition. The trails follow downtown city streets and walkways, exploring a plethora of historic sites, monuments, museums, and landmarks.

1. The 11km **Freedom Trail (FT)** walk includes Boston Common, set off for common use in 1634; Paul Revere's home, oldest in Boston (1680); King's Chapel, site of the first Anglican Church in New England (1686); the Old State House (1713); Faneuil Hall, the site of political debates for over 2 centuries; Old North Church, where lanterns warned of the British march on Concord; Bunker Hill Monument, site of the 1775 battle; the Granary Burying Ground, where Samuel Adams, John Hancock, and Mother Goose are buried; the State House built in 1798; the USS Constitution, the oldest commissioned ship in the US Navy (1787); Saint-Gaudens' tribute to the Civil War's first black regiment; the waterfront; and downtown shopping areas.

The 6km Freedom Trail route concentrates on the sites and events in the central Boston area including a portion of the Rose Kennedy Greenway.

**FREEDOM TRAIL RATING:** Both walk routes have an AVA rating of 1B, **difficult for strollers and wheelchairs.**

2. The 10km and 5km **Back Bay (BB)** walks focus on the charming Beacon Hill residential district; the center mall of Commonwealth Avenue, considered one of the world's greatest streets because of its architecture and statues; the sidewalk cafés of Newbury Street; Copley Square; the John Hancock Observatory; the Public Garden with its famous Swan Boats and "Make Way for Ducklings" sculpture; the reflecting pool of the Christian Science Center; and "Cheers" pub. The routes also pass the finish line of the Boston Marathon. A portion of the walk is inside elegant Copley Place and the Prudential Center, where Tiffany's, Neiman Marcus, and Saks Fifth Avenue set the tone.

The 10km Back Bay route continues past Symphony Hall, the Museum of Fine Arts, and the Muddy River.

**BACK BAY RATING:** Both walk routes have an AVA rating of 1A, suitable for strollers and wheelchairs.

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*Please turn page for directions to Start.*

## DRIVING DIRECTIONS TO BOSTON START/FINISH:

**From the North:** Take I-93 South to Exit 17A (Government Center). Bear **RIGHT** at the end of ramp onto Clinton St. (Government Center Parking Garage on right.) Either walking or driving, continue on Clinton Street to the end. **LEFT** onto North Street. **\*\*LEFT** on Congress Street. Visitor Center on the left at 1 Faneuil Hall Square.

**From the South:** Take I-93 North to Exit 17 (Government Center). **\*\*\*LEFT** on North Street to the end. Follow from **\*\*** above.

**From the West:** Follow I-90 (Mass Pike) to I-93 North. I-93 North to Exit 17 (Government Center). Follow from **\*\*\*** above under "From the South" directions.

**PARKING** in Boston is expensive and challenging. Public transportation is recommended. If you do drive, public parking is available at the Government Center Garage at the junction of Merrimac, Congress, and New Sudbury streets (2 blocks north of the Visitor Center); the Dock Square Garage (about 2 blocks east); and the Post Office Square underground garage (about 2 blocks south). Rates may be lower on weekends.

## PUBLIC TRANSIT DIRECTIONS:

Boston has an excellent subway system with several stations near the start (Haymarket on the Orange & Green Lines, Park Street on the Green Line, Government Center on the Green & Blue Lines, and State Street on the Orange & Blue Lines).

For information: [www.mbta.com](http://www.mbta.com)

**From the West (I-95/Rt. 128):** Take Exit 38 (Grove St.). Follow signs for Riverside (Green Line). All day parking is \$6.00. For fare information, see [www.mbta.com](http://www.mbta.com) Hotel Indigo is adjacent to the station.

**From the North:** Park at Wonderland Station (Blue Line) on Rt. 1A in Revere.

**From the South:** Park at Quincy Adams Station (Red Line) at I-93 and Rt. 3 in Quincy. Change to Orange Line at Downtown Crossing.

**From the Northwest:** Park at Alewife Station (Red Line) at the junction of Rts. 2 and 16 in Cambridge. Change to Orange Line at Downtown Crossing.

**By Commuter Rail from the Suburbs:** From North Station, take the Green Line to Haymarket or Park Street. For South Station terminus routes, get off at Back Bay Station & take Orange Line to Haymarket or State Street.

