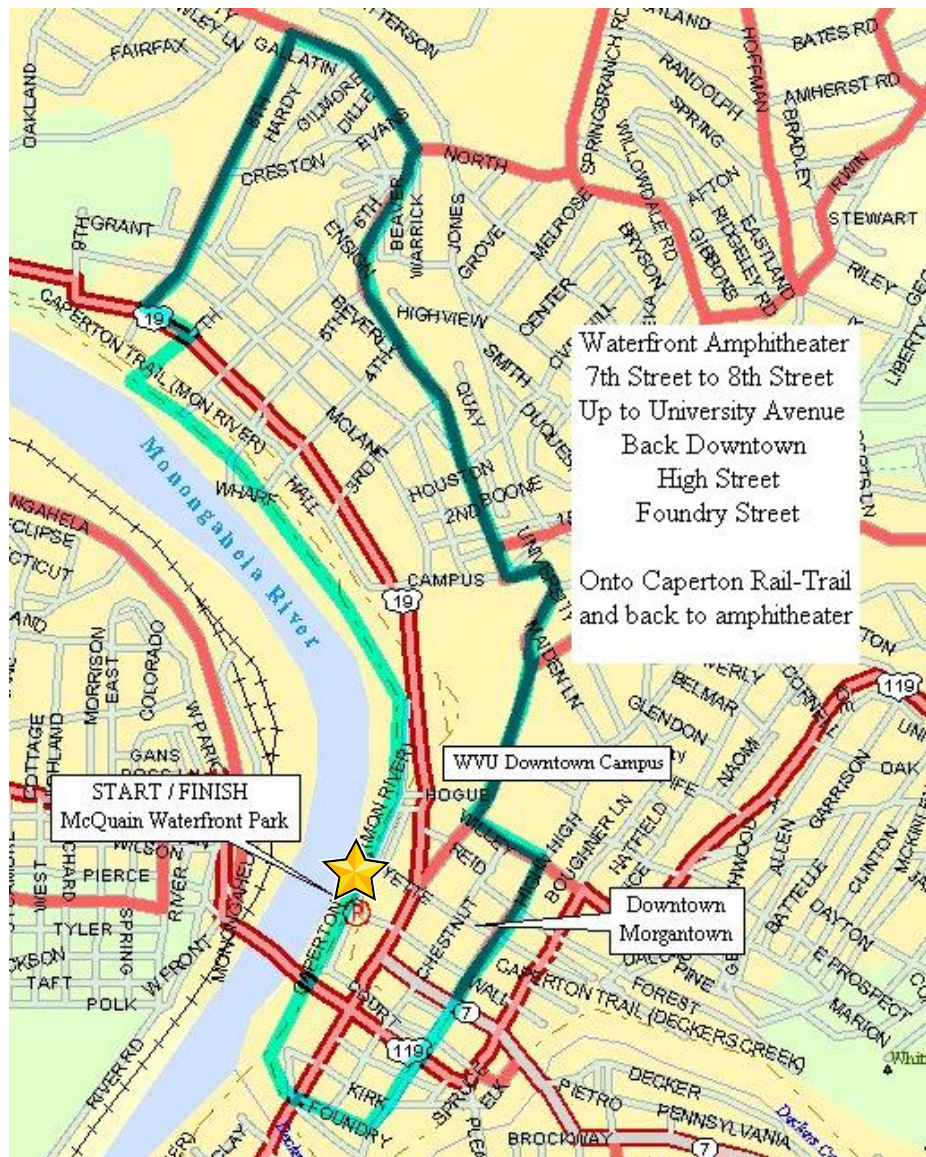


Waterfront to University Avenue and Back

Roughly 3.5 miles



1. Beginning at the Hazel Ruby McQuain Waterfront Park on Caperton Trail and walk towards Star City (passing the Seneca Center).
2. Exit the trail near 7th Street and make your way to 8th Street. 8th is very steep and does NOT have sidewalks. Use Caution!
3. Once to the top of the hill (on 8th Street), go RIGHT on University Avenue.
4. Follow University Avenue sidewalks past the Mountainlair downtown.
5. Veer LEFT onto Willey Street.
6. Go RIGHT on High Street.
7. A RIGHT onto Foundry Street will lead you back to Caperton Trail.