





**Suggested Routes**

- ▶ = 0.92 mi (1477 m)
- - -▶ = 0.81 mi (1299 m)
- - -▶ = 0.24 mi (392 m)
- - -▶ = 0.32 mi (507 m)
- - -▶ = 0.77 mi (1236 m)

**Note:** Green route continues beyond the scope of this map (see table on reverse)

## Nutrition & Gear

	<p>Au Bon Pain offers a variety of salads, soups and made-to-order sandwiches.</p>	<p>Hynes Court 617.421.9593 Hours: Mon-Fri: 6am-10pm Sat: 7am-10pm Sun: 7am-7pm</p>
	<p>Lululemon offers yoga inspired athletic apparel and accessories designed for both men and women. They also offer many different classes, including yoga and Pilates.</p>	<p>Newbury Arcade 617.262.2030 Hours: Mon-Sat: 10am-9pm Sun: 11am - 6pm</p>
	<p>Olympia Sports features sports equipment, fitness equipment and apparel, athletic footwear, sports/leisure wear and accessories. Popular brands include Nike, Columbia, Adidas and Reebok</p>	<p>Fashion Court 617.424.6499 Hours: Mon-Sat 10am-9pm Sun: 11am-6pm</p>
	<p>Tossed is an upscale, quick-service restaurant that specializes in made-to-order salads. Also featured on their menu are sandwiches, crepes, melts, soups and smoothies.</p>	<p>Hynes Court 617.424.8677 Hours: Mon-Sat: 11am-9pm Sun: 11am-6pm</p>

**Hours of Operation**  
**Stores: Mon-Sat 10am-9pm, Sun 11am-6pm**  
**Food Court: Mon-Sat 7am-9pm, Sun 9am-7pm**  
 For more information, visit our website at [www.prudentialcenter.com](http://www.prudentialcenter.com) or call 1-800-SHOP-PRU

## Route Information

Inside	Feet	Meters	Miles
Center Court (perimeter)	302	92	0.06
Fashion Court (perimeter)	169	51	0.03
Food Court (perimeter)	697	212	0.13
Hynes Court (perimeter)	197	60	0.04
Boylston Arcade	534	162	0.10
Newbury Arcade	573	175	0.11
Back Bay Arcade	428	130	0.08
Copley Arcade	297	90	0.06
Huntington Arcade	358	109	0.07
Prudential Arcade	208	63	0.04
Belvidere/Wrap Around	419	128	0.08
Bridge Entrance in Copley Mall to Back Bay Station Escalators	638	194	0.12

Outside	Feet	Meters	Miles
South Garden (perimeter)	800	243.84	0.15
Boylston Street	1695	516.64	0.32
Boylston Street (Exeter to Ring)	369	112.47	0.07
Boylston Street (Ring to Dalton)	1325	403.86	0.25
Boylston Street (Boylston entrance to Ring)	573	174.65	0.11
Exeter Street	558	170.08	0.11
Huntington Ave	1124	342.60	0.21
Huntington Ave (Belvidere to Ring)	705	214.88	0.13
Huntington Ave (Ring to Exeter)	419	127.71	0.08
Belvidere Street	830	252.98	0.16
Dalton Street	639	194.77	0.12
Ring Road	764	232.87	0.14

Suggested Routes	Feet	Meters	Miles
<u>Streets:</u> <b>Blue route</b> Dalton – Belvidere – Huntington – Exeter - Boylston	4,846	1477	0.92
<u>Streets:</u> <b>Red route</b> Dalton – Belvidere – Huntington – Ring – Boylston	4,263	1299	0.81
<u>Arcades:</u> <b>Orange route</b> Center Court – Huntington – Belvidere - Prudential	1,287	392	0.24
<u>Arcades:</u> <b>Green route</b> Center Court - Back Bay - Copley Bridge - Bridge entrance to Back Bay escalators	1,665	507	0.32
<u>Arcades:</u> <b>Purple route</b> Huntington-Belvidere-Prudential-Boylston-Newbury-Newbury-Boylston-Back Bay-Back Bay – CenterCourt	4,055	1236	0.77

Comparative Distances	Feet	Meters	Miles
Boylston Entrance to <b>Fenway Park</b> (Yawkey/Brookline)	4752	1448	0.90
Boylston Entrance to <b>Park Street Station</b>	6705	2043	1.27
Boylston Entrance to <b>Harvard Bridge</b> (ramp to Esplanade)	3273	997	0.62
Huntington Entrance to <b>Symphony Hall</b>	1372	418	0.26
Boylston Entrance to <b>Faneuil Hall</b>	9556	2912	1.81
Copley Mall Entrance to <b>Theater District</b> (Dartmouth St. to Tremont/Boylston)	3537	1078	0.67
Huntington Entrance to <b>MFA</b>	4276	1303	0.81
Huntington entrance to <b>Gardner Museum</b>	5649	1722	1.07
Boylston Entrance to <b>Downtown Crossing</b>	6969	2124	1.32

## Resources

**All About Walking**

[www.walking.about.com](http://www.walking.about.com)

**Calorie Counter**

[www.calorielab.com](http://www.calorielab.com)

**Healthy Eating**

[www.foodnetwork.com/healthy-eating](http://www.foodnetwork.com/healthy-eating)

**Local Support**

[www.walkboston.org](http://www.walkboston.org)

**Looking to Step Up Your Fitness Routine?  
Check out Fitcorp in Back Bay Arcade.**