



Squirrel Hill Urban Coalition

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SCAN TO SHUC'S FOOTLOOSE MAP



SERVING RESIDENTS • INSTITUTIONS • BUSINESSES • VISITORS

PARTNER ORGANIZATIONS



<https://www.uncoverssquirrelhill.com/>



Oakland Transportation
Management Association

<http://www.otma-pgh.org/>



<https://squirrelhillhistory.org/>

SPONSORS



<https://gamesunl.com/>



UPMC Health Plan Medicare Program

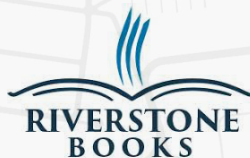
<https://www.upmchealthplan.com/>



412.521.3530

5850 Forbes Ave. | Squirrel Hill, PA 15217

<https://littleshoes.com/>



<https://www.riverstonebookstore.com/>



Uncover Squirrel Hill Members

Eat+Drink

- 1 Aiello Pizza: <https://www.aiellospizza.com/>
- 2 Coffee Tree Rosters: <https://www.uncoverssquirrelhill.com/eat.html>
- 3 Dobra Tea: <https://dobrateapgh.com/>
- 4 Gaby Et Jules: <https://www.gabyetjules.com/>
- 5 Kiin Lao & Thai Eatery: <https://www.kiinpgh.com/>
- 6 Mineo's Pizza House: <https://mineospizza.com/index.html>
- 7 Pastoli's Pizza: <http://www.pastolis.menu/pizza-1>
- 8 T-swirl Crepe: <http://t-swirlcrepe.com/>
- 9 Waffalonia: <https://www.waffalonia.com/>
- 10 Silk Elephant: <https://www.silkelephant.net/>
- 11 IBC/Hidden Harbor: <http://www.independentpgh.com/>

Shop

- 1 Amazing Books + Records: <http://www.amazingbooksandrecords.com/>
- 2 Artist & Craftsman Supply: <https://artistcraftsman.com/>
- 3 Blue Monkey Tea: <https://www.pittsburghcuppa.com/bluemonkeytea.html>
- 4 Chocolate Moose: <https://chocolate-moose-2.myshopify.com/>
- 5 Classic Lines (Riverstone Books): <https://www.riverstonebookstore.com/>
- 6 Evelyn James: <http://pittsburghdecor.com/>
- 7 Games Unlimited: <https://gamesunl.com/>
- 8 Global Market Retail: <https://globalmarketretail.com/>
- 9 Invitations Plus: <https://invitationspluspgh.com/>
- 10 Little's Shoes: <https://littleshoes.com/>
- 11 Orr's Jewelers: <https://www.orrjewelers.com/>
- 12 Ten Thousand Villages: <https://www.tenthousandvillages.com/pittsburgh>

* Source: <https://www.uncoverssquirrelhill.com/>

If you do not wish to keep this copy of "Footloose," please pass it on to a family member or friend – and NOT onto our streets. Thanks!

WALK SQUIRREL HILL!



Highly walkable, welcoming and accessible, Squirrel Hill hosts a striking array of social, educational, and cultural amenities, with a strong business base. Schenley Park, Frick Park and Mellon Park form its borders. Home to many diverse students of Pittsburgh, Carnegie-Mellon, Chatham and other fine universities, as well as long-term residents and newcomers, the neighborhood offers both human vibrancy and natural beauty.

Port Authority of Allegheny County (PAT) transit routes serving Squirrel Hill and various points on this walking map include the following: **61A, 61B, 61C, 61D, 64, 65, 74, & 93**



THE NEIGHBORHOOD WALK

This walk begins at **Highlight 1, Frick Environmental Center (FEC)**, but there are many other possible points of entry along the route.

Distance: 2.60 mi.

Elevation Gain: 205 ft.

Elevation Max.: 1,181 ft.

STREET DIRECTIONS & HIGHLIGHTS(H)

See **“Safety Tips A through I”** inside.

0.00 mi. – From H1, head southwest onto Beechwood Blvd.

0.12 mi. – Continue west on Beechwood Blvd. toward Shaw Ave.

0.42 mi. – Continue west on Beechwood Blvd. toward Philips Avenue (H2)

0.72 mi. – Head south on Beechwood Blvd. to Blue Slide Playground (H3/A). Continue to Forward Ave.

0.88 mi. – Continue on Beechwood **through** traffic signal to **second crosswalk**. Safely cross Beechwood and find path to “Keeping Tabs” Memorial (H4/B).

1.00 mi. – After visiting “Keeping Tabs,” follow path down to Forward and turn left on that sidewalk. Continue along Forward to traffic signal at Tilbury Ave. to cross Forward. Continue west on Forward noting Pittsburgh Allderdice High School (H5/C).

1.40 mi. – Continue west on Forward toward Murray Ave. (H6; H7/D) Turn right onto Murray Ave. and continue north, to Phillips Ave. Use traffic signal to cross Murray to visit O’Connor’s Corner (H8) and then Squirrel Hill Post Office and amenities (H9). Continue north to Forbes Avenue.

1.98 mi. – Turn right, onto Forbes Ave. (H10/E), toward Shady Ave.

2.24 mi. – Continue on Forbes to Beechwood Blvd., Chabad of Squirrel Hill (H11/F & G)

2.39 mi. – Turn right; continue on sidewalk to Beechwood Blvd. and Beacon Street (H). Remaining on sidewalk, carefully cross Beacon, and continue to the high-visibility crosswalk at Shaw Ave. You will see FEC across Beechwood. (H)

2.60 mi. – Use this high-visibility crosswalk to safely cross Beechwood and return to FEC. (I)

HIGHLIGHTS

- H1 Frick Environmental Center (FEC) & Restored Gatehouses
- H2 Pittsburgh Colfax K-8 Public School
- H3 Blue Slide Playground
- H4 Gary & Nancy Tuckfelt “Keeping Tabs” Holocaust Memorial Sculpture
- H5 Pittsburgh Allderdice High School
- H6 Forward/Murray/Pocusset Intersection
- H7 Murray Avenue Business Corridor
- H8 O’Connor’s Corner
- H9 Squirrel Hill Post Office, Historical Mural, & Parklet; Manor Theater
- H10 Forbes/Murray Intersection
- H11 Chabad of Squirrel Hill

* See highlight & details inside



SAFETY TIPS

- A. Beechwood Blvd. between Nicholson St. & English Lane** – An especially busy area near “Blue Slide Playground” (H3) and the access point for several Frick Park venues. Be aware of motorists, recreational and dog walkers, and families with children.
- B. Accessing “Keeping Tabs” Holocaust Memorial sculpture** (H4), at Beechwood and Forward Avenue – Continue through traffic signal to **second crosswalk**. Safely cross Beechwood and find path to the Memorial. After visiting “Keeping Tabs,” follow same path and sidewalk down to Forward Avenue and turn left on **that sidewalk** along Forward to signal light at Tilbury Avenue. Cross Forward but continue west, to Forward/Shady intersection.
- C. Forward/Shady Intersection** – At Taylor Allderdice High School (H5), use traffic signal to cross Shady and navigate this busy intersection. Watch for school students and buses, general pedestrians, and motorists.
- D. Forward/Murray/Pocusset Intersection** (H6) – Use traffic signals at this very busy meeting point of three major streets, the flow from an I-376 exit ramp, and the bottom of a hill.
- E. Forbes/Murray Intersection & Environs** (H10) – A highly active area. Use “scramble” traffic signal phase for maximum safety, watching for buses, motorists and pedestrians.
- F. Forbes & Shady Aves.** – Use the “scramble” traffic signal phase for maximum safety, watching for buses, motorists, and pedestrians.
- G. Forbes Ave. & Beechwood Blvd.** – At “Chabad of Squirrel Hill,” turn right and continue on that sidewalk, along Beechwood.
- H. Beechwood Blvd. & Beacon St.** – Remain on the sidewalk to cross Beacon. Note that cars going west on Beechwood have no stop sign. Cars going north on Beacon and east on Beechwood do have stop signs. Use a gap in the traffic to cross Beacon safely.
- I. Crosswalk at Shaw Ave. & Beechwood Blvd.** – Watch for bicyclists, motorists, and other pedestrians to safely cross Beechwood back to the FEC (H1).

WALK HIGHLIGHT DETAILS (H1-H11)

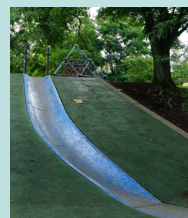
* See QR Code for more information on our website



H1 Frick Environmental Center [FEC] & Restored Gatehouses* – Opened in 2016 after fire destroyed the original nature center on that site. Built by Pittsburgh Parks Conservancy in partnership with the City of Pittsburgh, the Center offers indoor and outdoor educational programs for all ages, has an explanatory nature walk and is a starting point to several delightful hiking/biking trails, including a fenced dog run, through Frick Park, Pittsburgh’s largest.



H2 Pittsburgh Colfax K-8 Public School* – The current structure, designed by architect Edward Stotz, was built in 1911, replacing an 1870 one-story wooden schoolhouse on that site. A City of Pittsburgh Historic Structure, Colfax is also listed on the U.S. National Register of Historic Places. It is one of the most in-demand and academically successful public schools in Pittsburgh.



H3/A “Blue Slide Playground” * – As another Beechwood Blvd. entrance to Frick Park, this is one of the most popular recreational venues for children (and adults) in Squirrel Hill and the eastern area of Pittsburgh. Adjacent to the slide is a large multi-equipment playground and, above it, a basketball court. This section also includes a baseball field, tennis court, and broad meadows for snow sliding, with access to the additional hiking/biking trails throughout the park.



H4/B Gary & Nancy Tuckfelt “Keeping Tabs” Holocaust Memorial Sculpture* – “Keeping Tabs” is a public art installation at Community Day School, a Jewish day school serving children from age 3 through 8th Grade. Over nearly a decade, CDS Middle School students collected six million aluminum soda pop tabs, memorializing the six million Jewish lives lost in the Holocaust. The sculpture consists of glass blocks, filled with those tabs, assembled into a mazelike Star of David that visitors can walk through.



H5/C Pittsburgh Allderdice High School* - With approximately 1,600 students, Allderdice High School is the largest of Pittsburgh’s public schools. Alumni include Pittsburgh mayors, authors, two Nobel Prize winners, and nominees of the Grammy, Tony, Emmy, and Academy Awards, professional athletes, business leaders, academics, activists, and more.

Scan the QR code to learn more details about highlights.





H6/D Forward/Murray/Pocusset Intersection – The junction point of three key roads, this intersection bring motorists, pedestrians, and bicyclists through a key entrance to the Squirrel Hill neighborhood. Pocusset Street guides visitors into one of the major residential areas, while Forward and Murray Avenues guide them to and through major commercial and service establishments.



H7 Murray Avenue Business Corridor* – Murray Avenue, home to many of Squirrel Hill's shops, restaurants, and other businesses, has been a major business district since 1893. The establishments on Murray reflect the neighborhood's rich ethnic and cultural diversity, including a synagogue, a kosher and a general supermarket, a Peruvian clothing store and restaurants representing a wide range of international cuisines.



H8 O'Connor's Corner parklet at the intersection of Murray and Phillips Avenues was established in honor of the late Pittsburgh City Councilman and Mayor, Bob O'Connor, who could often be found talking to constituents here. The Squirrel Hill Urban Coalition (SHUC) worked for over a decade to create this parklet – space for outdoor dining, socializing, and a connection to public transportation.



H9 Squirrel Hill Post Office, Historical Mural & Parklet; Manor Theater* – Neo-Grecian in architecture and dedicated in 1932, the Post Office contains a marble foyer showing the New Deal mural, "History of Squirrel Hill," recognized as one of the neighborhood's most significant treasures. Outside is a parklet with seating and greenspace developed under SHUC leadership. Across Murray Avenue is the Manor Theater, renovated in 2010-11. Like the Post Office, the Manor has been recognized as a significant neighborhood treasure.

Scan the QR code to learn more details about highlights.



H10/E, F Forbes/Murray Intersection* – As the Squirrel Hill Historical Society notes, this corner "is the heart of Squirrel Hill." Epitomizing the neighborhood's ethno-religious diversity are the nearby Jewish Community Center, the Church of the Redeemer, the Sixth Presbyterian Church, and the annual Lunar New Year parade and activities. Turning East on Forbes (and along both sides of the street) leads to the Squirrel Hill branch of Carnegie Libraries of Pittsburgh, two independent bookstores, coffee, ice cream and bike shops, a games store, and numerous international restaurants. Continuing along Forbes toward Beechwood Boulevard leads to **H11 Chabad of Squirrel Hill**, a Jewish outreach organization whose mission is to educate and inspire Jews of all ages, backgrounds, and affiliations. Staying on **that sidewalk** and turning right onto Beechwood soon offers views of the historic Smithfield and Homewood Cemeteries, popular venues for casual walkers and bicyclists. This sidewalk leads to Shaw Avenue and the **High-Visibility Crosswalk** for safe crossing of Beechwood and returning to FEC (H1).

WHY WALK?

If a daily walk could be put in a pill, it would be one of the most popular prescriptions in the world. Walking can reduce the risk of many diseases - from heart attack and stroke to hip fracture and glaucoma. And of course, walking has significant positive implications for strength, mood and weight loss.

CALORIES BURNED PER HOUR

	110 lbs	125 lbs	150 lbs	175 lbs	200 lbs
Strolling < 2 mph	100 cal	114	136	159	182
Moderate 3 mph	175	199	239	278	318
Brisk 3.5 mph	200	227	273	318	364
Very Brisk 4.5 mph	225	256	307	358	409
Moderate Uphill 3 mph	300	341	409	477	545

* Source: http://www.cdc.gov/healthyweight/physical_activity/index.html