



BUFFALO
**RUNNER'S
MAP**

DREW BROWN

WILKESON POINTE

ED HEALY

Buffalo is a city on the move - and we want you to move with us! So lace up your sneakers and take to the streets using our Buffalo Runner's Map. Conveniently passing nearby all downtown hotels, our curated routes show off the best sights that Buffalo has to offer. Magnificent architecture, breezy waterfront paths, and Olmsted-designed landscapes are just a jog (or maybe a sprint) away!



Follow 'Buffalo Niagara' on the Strava app for digital routes, turn-by-turn directions, and landmark pins.

Download on mobile at strava.com.



1.800.BUFFALO

VisitBuffaloNiagara.com

[#InTheBUF](https://twitter.com/InTheBUF)

CANALSIDE » 3.3 MILES

A quick jaunt through downtown Buffalo leads you to the Erie Basin Marina. Feel the cool breeze rolling in off Lake Erie as you jog past Canalside, the Naval Park and the mouth of the Buffalo River. If you time it right, you can catch a world-famous Buffalo sunset over the water.

LANDMARKS

- ▶ Erie Basin Marina
- ▶ Buffalo 1833 Lighthouse
- ▶ Buffalo & Erie County Naval & Military Park
- ▶ Explore & More: The Ralph C. Wilson Jr. Children's Museum
- ▶ Canalside
- ▶ HarborCenter
- ▶ Sahlen Field
- ▶ City Hall / Niagara Square



THE 716 » 7.16 MILES

This route is all Buffalo! It's mapped out to correspond with the digits of our area code. You'll see everything on this run - downtown, the Theatre District and the beautiful streets of Richmond, Chapin and Bidwell Parkways, all part of Frederick Law Olmsted's gorgeous park system.

LANDMARKS

- ▶ Lafayette Square / Hotel (@ The Lafayette
- ▶ Buffalo Savings Bank (the Goldome)
- ▶ Shea's Performing Arts Center / Theatre District
- ▶ The oldest tree in Buffalo
- ▶ Forest Lawn Cemetery
- ▶ Chapin Parkway / Bidwell Parkway / Olmsted Park system
- ▶ Symphony Circle
- ▶ Karpeles Manuscript Library
- ▶ Theodore Roosevelt Inaugural National Historic Site
- ▶ The Mansion on Delaware Avenue
- ▶ City Hall / Niagara Square

OUTER HARBOR » 6.34 MILES

The waterfront is one of Buffalo's greatest treasures and you'll get to see nearly all it has to offer on this wonderful 6.3-mile run. From the Naval Park and Canalside, to Silo City along the Buffalo River, and the Lake Erie coastline along the Outer Harbor, this route has it all.

Note: This route requires use of the Queen City Bike Ferry and is only accessible from May 1 - September 30. It costs \$1 each way and is open 12pm-8pm on Monday - Friday and 8am-8pm on Saturday and Sunday.

LANDMARKS

- ▶ Buffalo & Erie County Naval & Military Park
- ▶ Canalside
- ▶ City Hall / Niagara Square
- ▶ Curtiss Hotel
- ▶ Electric Tower
- ▶ Lafayette Square / Hotel @ The Lafayette
- ▶ HarborCenter
- ▶ Mutual Riverfest Park
- ▶ Old First Ward
- ▶ Silo City
- ▶ Outer Harbor / Wilkeson Pointe
- ▶ Queen City Bike Ferry
- ▶ RiverWorks

MEDICAL CAMPUS » 3.68 MILES

Explore Buffalo, new and old, by striding past the rapidly growing Buffalo Niagara Medical Campus and landmarks such as Symphony Circle, City Hall, and the city's oldest home in Allentown - constructed circa 1815.

LANDMARKS

- ▶ Lafayette Square / Hotel @ The Lafayette
- ▶ Electric Tower
- ▶ Buffalo Niagara Medical Campus
- ▶ Karpeles Manuscript Library
- ▶ Symphony Circle (Kleinhans Music Hall / First Presbyterian Church)
- ▶ Allentown
- ▶ The city's oldest house
- ▶ The Mansion on Delaware Avenue
- ▶ City Hall / Niagara Square

KLEINHANS MUSIC HALL



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KLEINHANS MUSIC HALL





Forest Lawn Cemetery

Elmwood Village

Allentown

Chippewa Entertainment District

Buffalo Niagara Medical Campus

LaSalle Park

Erie Basin Marina

Buffalo River

Times Beach Nature Preserve

Wilkeson Pointe

Conway Park

Silo City

Tiffi Nature Preserve



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