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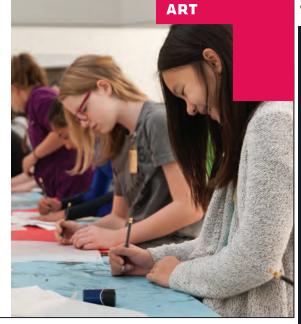
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FRICK
PITTSBURGH
MUSEUMS AND GARDENS





Locals love

Set your sight. Make your move. Repeat. Climbing provides life lessons (and killer back muscles).

o ascendpgh



SIX SUPER BOWL RINGS.
FIVE STANLEY CUP
CHAMPIONSHIPS. FIVE
WORLD SERIES PENNANTS.

It's hard to find fans anywhere who are more passionate than Pittsburghers are about their "black and gold," the colors of all three title-winning professional teams in the City of Champions. We're just as boisterous about our college teams, too.

Heinz Field







Pittsburgh Steelers fans are known as "Steelers Nation" for taking their unwavering support of this special team wherever they go. Steelers football dominates all year round. Die-hard fans start the season early by visiting training camp at St. Vincent College in Latrobe.

Baseball is the all-American pastime and watching the **Pittsburgh Pirates** play at the best MLB ballpark in America adds to the enjoyment. The classic-style PNC Park offers unmatched vistas of Downtown and sometimes the excitement of a home run smacked into the Allegheny River.

When the **Pittsburgh Penguins** bring home the big silver trophy, Pittsburghers across the city jump at the chance for a photo with the Cup. The Pens' media team is known for engaging fans with digital and social innovation.

Sometimes the best seat at a sporting event is during a college ball game. The **University of Pittsburgh Panthers** are national champions, too – nine wins in football and two in basketball. Pitt sponsors 19 Division I varsity sports and is adding varsity women's lacrosse.

Duquesne University's 16 men's and women's varsity teams also compete at the NCAA Division I level. In addition to football and basketball, the Dukes' athletics program includes cross-country, soccer, tennis and track and field. Women also play lacrosse and volleyball and have swimming and rowing teams.

The athletics department at **Robert Morris University (RMU)** places an emphasis on academics, and RMU twice has claimed

the highest overall institutional GPA among student-athletes competing in the NCAA Division I conference. The Colonials' Island Sports Center promotes family fun.

Love soccer? The Pittsburgh Riverhounds pro soccer team plays at Highmark Stadium at Station Square. The Pittsburgh Passion franchise for women's football holds open tryouts all season, no experience necessary. The Steel City Roller Derby is a women's flat track league committed to serious competition — a skater-owned and operated organization that develops its athletes.

Great moments of Pittsburgh sports history are enshrined at the **Western Pennsylvania Sports Museum** in the Senator John Heinz History Center. Pay homage to The Great One at the **Roberto Clemente Museum** at Engine House 25 in Lawrenceville. Also, find home plate for **Forbes Field**, former home of the Pirates, in the University of Pittsburgh's Hillman Library.



It's hard to find fans anywhere who are more passionate than Pittsburghers.





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UPMC HEALTH PLAN

UPMC Health Plan received the highest score in Pennsylvania in the J.D. Power 2016-2018 U.S. Member Health Plan Satisfaction Studies of customers' satisfaction with their commercial health plan. Visit jdpower.com. UPMC is one of only 20 hospitals nationwide to be listed on the U.S. News & World Report Best Hospitals Honor Roll, with national rankings in 14 specialties (August 8, 2017).



With activities that span every interest and experience level, **Venture Outdoors** does the planning so you can focus on enjoying the adventure.

The 24-mile **Three Rivers Heritage Trail** has segments on both banks of Pittsburgh's three rivers with access to city neighborhoods, business districts and local attractions.

From Pittsburgh to Washington, D.C., the **Great Allegheny Passage** soars over valleys and snakes around mountains — a perfect path for hikers and cyclists.

Healthy Ride, a public bike-sharing system with more than 100 stations, lets you explore Pittsburgh via its riverfront trails and bike lanes in many neighborhoods.

Explore North Park from **Go Ape's** treetop obstacle course, or embark on a high-flying, adrenaline-rushing zip line adventure at **Pittsburgh Zoo & PPG Aquarium**.

Many of *Golf Digest's* best-ranked public courses are in Western Pennsylvania, including Olde Stonewall, Quicksilver Golf Club and Mystic Rock at Nemacolin Woodlands Resort.

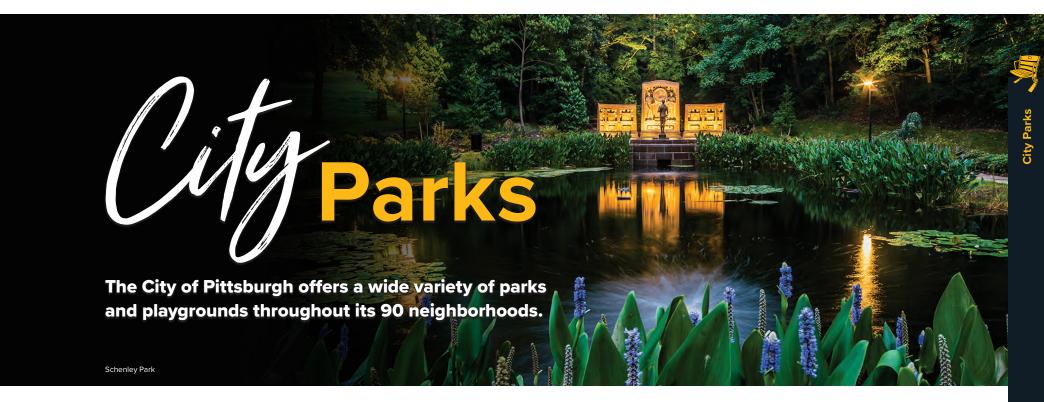
Take to the water to see Pittsburgh from another vantage point. Rent a pontoon from **Boat Pittsburgh** or a paddleboard from **SurfSUP Adventures**. Relax with gear from **Kayak Pittsburgh**, which also offers instruction.

Laurel Highlands River Tours & Outdoor Center has something for everyone: rafting, recreational or whitewater kayaking, rock climbing, mountain biking or zip lining. Novices and experts alike can **fish Pittsburgh's rivers**. Nearby state parks with well-stocked lakes and streams also lure anglers.

Whether you're a spectator or driver, there is non-stop fun with karting, racing or autocross at **Pittsburgh International Race Complex**.

Winter sports include ice skating, cross-country skiing and snowshoeing.

Grab a friend to boost your fun and fitness.



Five regional parks
stretching across the city
provide a picturesque
escape from the hustle and
bustle. Pittsburgh maintains
one of the best urban
forests in the nation with a
tree canopy of nearly 42%.

FRICK PARK, Pittsburgh's largest at 644 acres, is in the city's East End. With its wooded trail systems, Frick Park provides a quiet escape to those who visit. Frick Environmental Center, ballfields, red clay tennis courts, playgrounds and even an off-leash dog area are just a few of the attractions that make Frick Park so popular.

HIGHLAND PARK, with its beautiful Victorian-style entry garden sitting in front of the Historic Reservoir #1, offers beautiful vistas in every direction. Visitors can enjoy all the amenities Highland Park has to offer — 3/4-mile walking loop around the reservoir, Bud Harris cycling track and the Pittsburgh Zoo & PPG Aquarium.

RIVERVIEW PARK is an urban park set among several of Pittsburgh's North Side neighborhoods, serving as home to the Allegheny Observatory. Riverview Park's many trails make this a popular destination for hikers and joggers.

EMERALD VIEW PARK'S 257 acres overlooking Pittsburgh provide majestic views at every turn. Travel like you live here by riding the Monongahela or Duquesne Incline to visit this perfectly perched park.

attractions are listed on the National Register of
Historic Places and provide a civic oasis for all who visit.
Located between Squirrel Hill and Oakland, Schenley
Park is a daily destination for university students,
businesspeople and outdoor enthusiasts. Schenley
Park has much to offer including Phipps Conservatory
and Botanical Gardens, the Bob O'Connor Golf Course,
the Schenley Oval Sportsplex and the Schenley Park
Westinghouse Memorial.

While visiting Pittsburgh you can also enjoy one of the five community parks — Allegheny Commons Park, Mellon Park, Mellon Square Park, McKinley Park and Sheraden Park.

Additionally, the neighborhoods are surrounded by 171 parks, parklets and playgrounds. Be sure to experience the outdoors in Pittsburgh.



The nine county
parks welcome more than
6 million visitors every year,
with each park displaying
its unique niche. Whether
it's skiing the slopes, hiking
and biking on the trails,
fishing, golfing or attending
an outdoor concert, the
more than 12,000 acres
have something for visitors
of all ages.

ALLEGHENY COUNTY PARKS DEPARTMENT

412-350-2455 • 412-350-7275

542 Forbes Ave. • Rm 211 • Pittsburgh, PA 15219

HOURS: Call or visit website. Allegheny County's nine parks span more than 12,000 acres and offer an array of seasonal and year-round sporting, leisure and entertainment opportunities, including golf, swimming, skiing, ice skating and more.

BOYCE PARK

724-327-0338 • 675 Old Frankstown Rd. • Pittsburgh, PA 15239

HOURS: Park opens daily, 8 a.m.-Sunset. Call or visit website for venue hours. Encompasses 1,096 acres in Monroeville and Plum. Features the only downhill skiing and snow tubing in Allegheny County. Amenities include ballfields, wave pool, trails, skate park, archery range, shelters and nature center.

DEER LAKES PARK

724-265-3520 • 1090 Baileys Run Rd. • Tarentum, PA 15084 HOURS: Park opens daily, 8 a.m.-Sunset. Call or visit website for venue hours. Encompasses 1,180 acres in Frazer and West Deer Townships. Features include fishing lakes, observatory, spray park, shelters, disc golf course, playgrounds, multipurpose field and walking, hiking and jogging trails.

HARRISON HILLS PARK

724-295-3570 • 5200 Freeport Rd. • Natrona Heights, PA 15065

HOURS: Park opens daily, 8 a.m.-Sunset. Call or visit website for venue hours. Encompasses 500 acres in Harrison Township. Features include environmental learning center, shelters, scenic overlook, playgrounds, soccer fields, ponds, birding area, walking, hiking and bridle trails.

HARTWOOD ACRES PARK

412-767-9200 • 200 Hartwood Acres • Pittsburgh, PA 15238
HOURS: Park opens daily, 8 a.m.-Sunset. Call or visit website for venue hours.
Encompasses 629 acres in Hampton and Indiana Townships Features free concepts Sunday

Encompasses 629 acres in Hampton and Indiana Townships. Features free concerts Sunday evenings, June-August. Amenities include mansion tours, teas, off-leash dog area, and cross-country skiing, walking, hiking and bridle trails.

NORTH PARK

724-935-1766 • 303 Pearce Mill Rd. • Allison Park, PA 15101

HOURS: Park opens daily, Dawn-Midnight. Call or visit website for venue

hours. Encompasses 3,075 acres in Hampton, McCandless and Pine. Features 65-acre lake with fishing and kayaking. Amenities include golf course, pool, ice rink, ballfields, nature center, shelters, off-leash dog areas and trails.

ROUND HILL PARK

412-384-4701 • 651 Round Hill Rd. • Elizabeth, PA 15037

HOURS: Park opens daily, 8 a.m.-Sunset. Call or visit website for venue hours. Encompasses 1,101 acres in Elizabeth Township. Features exhibition farm with animals that is open every day of the year. Amenities include soccer fields, shelters, spray park, walking and bridle trails.

SETTLERS CABIN PARK

412-787-2750 • 1225 Greer Rd. • Oakdale, PA 15071

HOURS: Park opens daily, 8 a.m.-Sunset. Call or visit website for venue hours. Encompasses 1,610 acres in Collier, North Fayette and Robinson Townships. Features include historic log cabin, wave pool, dive pool, shelters, tennis courts, playgrounds, walking and hiking trails.

SOUTH PARK

412-835-4810 • 100 Buffalo Dr. • South Park, PA 15129

HOURS: Park opens daily, Dawn-Midnight. Call or visit website for venue hours. Encompasses 2,013 acres in Bethel Park and South Park. Features free concerts Friday evenings, June-August, golf courses, ballfields, wave pool, shelters, skate park, trails, nature center and ice rink.

WHITE OAK PARK

412-678-3774 • 3 Muse Lane • White Oak, PA 15131

HOURS: Park opens daily, 8 a.m.-Sunset. Call or visit website for venue hours.

Encompasses 810 acres in White Oak. Features include multi-purpose athletic field, shelters, wedding garden, playgrounds, off-leash dog area, bocce courts, volleyball courts, horseshoe pits, walking and hiking trails.







9 Parks

12,000 Acres















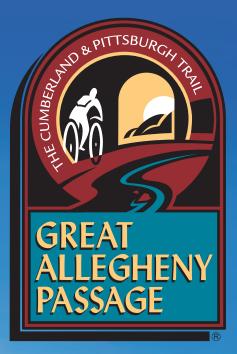
500+ Events



Boyce Park • Deer Lakes Park • Harrison Hills Park • Hartwood Acres Park
North Park • Round Hill Park • Settlers Cabin Park • South Park • White Oak Park





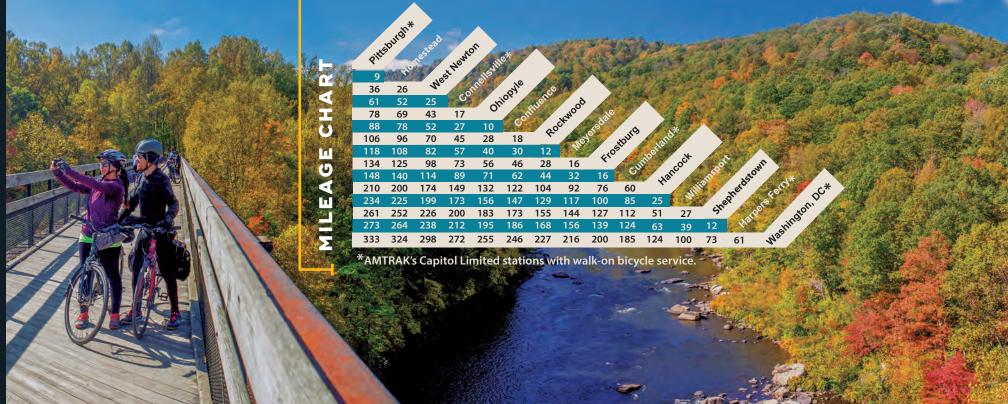


What is the GREAT ALLEGHENY PASSAGE?

From rails to glorious trails, the nearly level Great Allegheny Passage (GAP) traverses 150 miles from Pittsburgh through Ohiopyle State Park and the beautiful Laurel Highlands to Cumberland, Maryland. Built on the abandoned rail lines of the Western Maryland Railway and the Pittsburgh and Lake Erie Railroad, this world-class trail was deemed by *National Geographic* as one of the "Top 10 Fall Trips in the World." Continue the journey along the C&O Canal Towpath to Washington, D.C. for a 333-mile bike trip of a lifetime!

Explore the trail on your own or with a group. Golden Triangle Bike Rental is great for all things GAP. Services range from fully-equipped bike rental packages with shuttle service to trip planning and tours.

Amtrak offers walk-on bicycle service for all stops between Pittsburgh and Washington, D.C., aboard the Capitol Limited train.



THE Wait

CUMBERLAND, MD – MILE 0

Rest up at the junction of the Great Allegheny Passage and the C&O Canal Towpath. You'll find numerous lodging options, including nationally branded hotels, B&Bs and campsites. There are plenty of restaurants, stores and bike shops to stock up before pedaling on.

▶ FROSTBURG, MD - MILE 15

Home to comfortable hotels and inns, with tent sites, restaurants, stores and laundromats. The trail runs alongside a railroad track on which the Western Maryland Scenic Railroad operates an old steampowered locomotive en route to Cumberland.

► MEYERSDALE, PA – MILE 32

Home to the Pennsylvania Maple Festival every spring, and with easy access to the spectacular Salisbury and Keystone Viaducts, this lovely town boasts several B&B's, including the charming Levi Deal Mansion.

► ROCKWOOD, PA - MILE 43

A quaint town with a handful of B&Bs, a few restaurants, a market and pub. Check out the Rockwood Mill Shoppes & Opera House.

CONFLUENCE, PA – MILE 60

Being situated near the Youghiogheny Dam makes for a terrific stopover. You'll find several B&Bs, cafes, pubs and a full-service bike shop. Make a reservation because this is a popular destination.

► OHIOPYLE, PA – MILE 71

Pennsylvania's mecca for whitewater, this place becomes packed on weekends with kayakers, rafters and cyclists enjoying the Youghiogheny River. Choose from B&Bs, a small motel or campground, with a handful of dining spots.

CONNELLSVILLE, PA – MILE 88

This lovely town sits where General Braddock crossed the Youghiogheny River en route to Fort Duquesne, an event reenacted every June. Public art adorns the downtown streets and an archway over the GAP next to a hikerbiker campground. Several B&Bs, a hotel, restaurants and a grocery store make this a perfect stop.

WEST NEWTON, PA – MILE 113

The old train station was recreated as the West Newton Visitor's Center. The Trailside Pub and Restaurant overlooks the GAP. Stay overnight at one of the comfortable B&Bs or at nearby hiker-biker campground at Cedar Creek Park. Try the delicious Gingerbread Bakery or Bloom Brew Brewery.

► HOMESTEAD, PA - MILE 140

The Waterfront is an open-air shopping center situated on the Monongahela River on land once occupied by one of the largest steel mills in the country. Ride though the nationally-registered historic district to visit the restored Bost Building, an original Carnegie Library, or any one of several craft breweries or restaurants.

PITTSBURGH, PA – MILE 150

YOU MADE IT! You know you're in the big city when you arrive at the city's South Side with its hotels, restaurants and shops. Cross over the historic Hot Metal Bridge and enjoy a smooth ride into Downtown and Point State Park.

#GAPTRAIL SPECIFICATIONS

LENGTH: 150 miles

SURFACE: Crushed limestone and asphalt

GRADE: Nearly level

14 Major Bridges

9 Visitor Centers

4 Tunnels

10 Trail Towns

WANT MORE INFO? Visit: GAPtrail.org



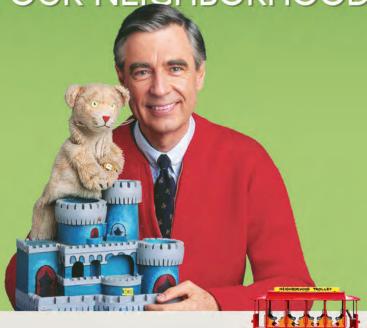
Find scenic trail towns about every 10 miles that provide travelers with all of the basic necessities. The towns listed above should be on your radar when planning to stay overnight.

INSIDER INFO

Want to know where to park, find shuttle services, locate lodging, or access maps? Pick up a copy of TrailGuide or visit GAPtrail.org to plan your trek.



IT'S A BEAUTIFUL DAY IN OUR NEIGHBORHOOD

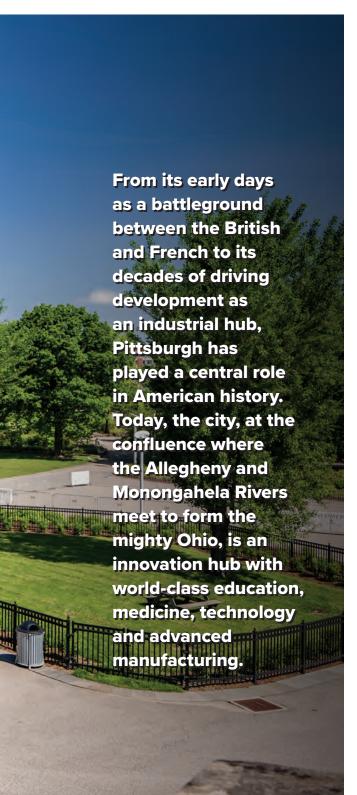


Visit the Neighborhood of Make-Believe and experience the original television set, puppets, and cherished artifacts from Fred Rogers' iconic show, now on display at the Heinz History Center. King Friday XIII's castle, X the Owl's tree, and Mr. McFeely's tricycle will let you make believe you're a kid again. Won't you please, won't you please, please won't you be our neighbor?



I2I2 SMALLMAN STREET | PITTSBURGH, PA I5222 HEINZHISTORYCENTER.ORG





Learn more about life in Western Pennsylvania and its place in American history through exhibitions at the **Senator John Heinz History Center**, a Smithsonian affiliate.

Fort Pitt Museum is located in Pittsburgh's oldest building, the Fort Pitt Block House (established in 1764) in Point State Park. Its exhibits detail the French & Indian War and colonial uprising.

Art and artifacts are on display at **Braddock's Battlefield History Center**. That history comes alive at **Bushy Run Battlefield** and **Fort Ligonier** through reenactments.

Go way back in time at **Meadowcroft Rockshelter and Historic Village**, where an archaeological dig uncovered amazing artifacts from prehistoric life.

Hartwood Acres is a picturesque 629-acre Allegheny County park with a magnificent 16th-century style Tudor mansion. Reservations are recommended for the daily mansion tours.

The lovingly restored **Woodville Plantation**, circa 1780, provides a link to 18th-century life. Its Market Faire and Whiskey Rebellion Day are among many events geared for history enthusiasts.

At the **Rachel Carson Homestead**, explore the life and legacy of the author and conservationist who laid the groundwork for clean air and water legislation and pesticide safety warnings.

Historic Harmony has a big history for a little town, with an Indian settlement, the Harmonists from Germany and the Mennonites. Its museum includes eight properties.

The **Carnegie Museum of Natural History** inspires visitors of all ages to become passionate about science, nature and world cultures. It's also home to a wondrous dinosaur repository.

More than a museum, **Soldiers & Sailors Memorial Hall & Museum** is a memorial and tribute to our armed forces with one-of-a-kind artifacts.

The story of 40 heroes who personified hope, courage and unity on 9/11 is preserved at the **Flight 93 Memorial** in a Shanksville field. Visitors can pay respects at Memorial Groves.

Westmoreland Heritage is a partnership of organizations and businesses committed to showcasing the county's remarkable culture and history.

EVENT SHOWCASEHistory & Landmarks

- THROUGH FALL Pittsburgh, Virginia Fort Pitt Museum heinzhistorycenter.org/fort-pitt
- MAY 25 Memorial Day Celebration Soldiers & Sailors Memorial Hall & Museum soldiersandsailorshall.org
- JUNE 20
 23rd Annual Atlatl Competition
 Meadowcroft Rockshelter and Historic Village heinzhistorycenter.org/meadowcroft
- DEC. 6
 Open House
 Nationality Rooms
 University of Pittsburgh
 nationalityrooms.pitt.edu





Amazing chilecture



Locals / Love

One of the great beauties of architecture is that each time, it is like life starting all over again.



Visionary architects of yesterday and today have built Pittsburgh, guiding its transformation from an industrial city to a powerhouse in advanced manufacturing, technology and green building.

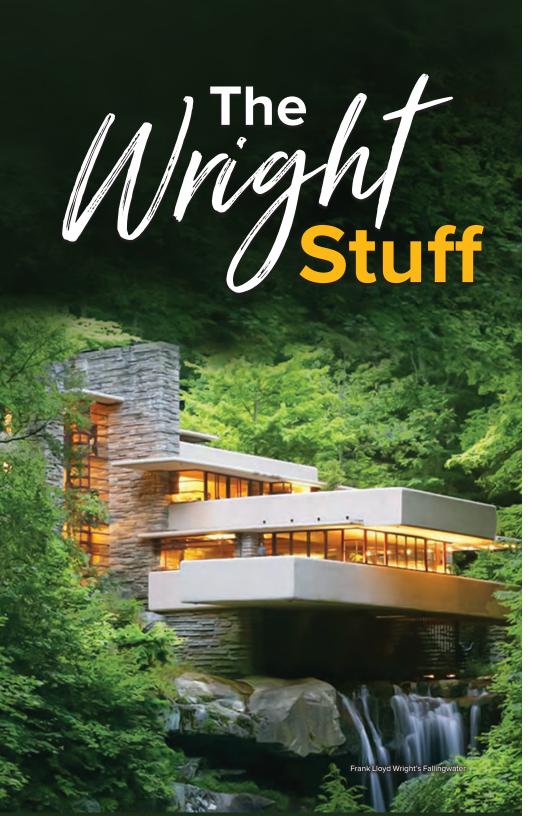
Careful restorations have preserved the stunning beauty of 19th century mansions and Pittsburgh's churches, theaters and skyscrapers. Among the many exceptional buildings, old and new, are:

- H.H. Richardson's Allegheny County Courthouse
- The University of Pittsburgh's Cathedral of Learning
- **Union Trust Building**
- **PPG Place**
- Benedum Center for the Performing Arts
- August Wilson African American **Cultural Center**

Courtesy of the Pittsburgh History & Landmarks Foundation (PHLF), take a Downtown walking tour to learn more about landmark buildings and significant urban spaces, or download guides to five free PHLF self-quided walking tours. The City of Pittsburgh gives behind-the-scenes tours of its City-County Building, designed by renowned architects Henry Hornbostel and Edward Lee. In Oakland, the city's "second downtown," explore the wonders of Phipps Conservatory and Botanical **Gardens**, including a 14-room glasshouse.

Visit during October and Doors Open Pittsburgh will open select, otherwise private, buildings.

Cathedral of Learning, Heinz Chapel



Frank Lloyd Wright believed the mission of an architect is "to help people understand how to make life more beautiful [and] the world a better one for living in." In the Laurel Highlands, 50 miles from Pittsburgh, his homes are open to the public.

Fallingwater, named to the UNESCO World Heritage List, which represents the first modern architecture designations in the U.S., was a daring architectural triumph when Wright designed the cantilevered home over a waterfall for the Kaufmann family of Pittsburgh.

Nearby, Wright's House on **Kentuck Knob** seamlessly integrates architecture and sculpture into the beautiful landscape. The small, one-story Usonian house has a kitchen as its core.

The natural light-filled **Duncan House** is one of four Wrightdesigned homes offering overnight
lodging. It was dismantled from
its original location in Illinois and
moved to Polymath Park Resort.

The Genius of Frank Lloyd Wright



The beautiful Laurel Highlands is the perfect setting for two outstanding examples of Frank Lloyd Wright's architecture. Reservations for each house, located about 90 minutes southeast of Pittsburgh, are encouraged.

Fallingwater.org 724-329-8501 KentuckKnob.com 724-329-1901

