



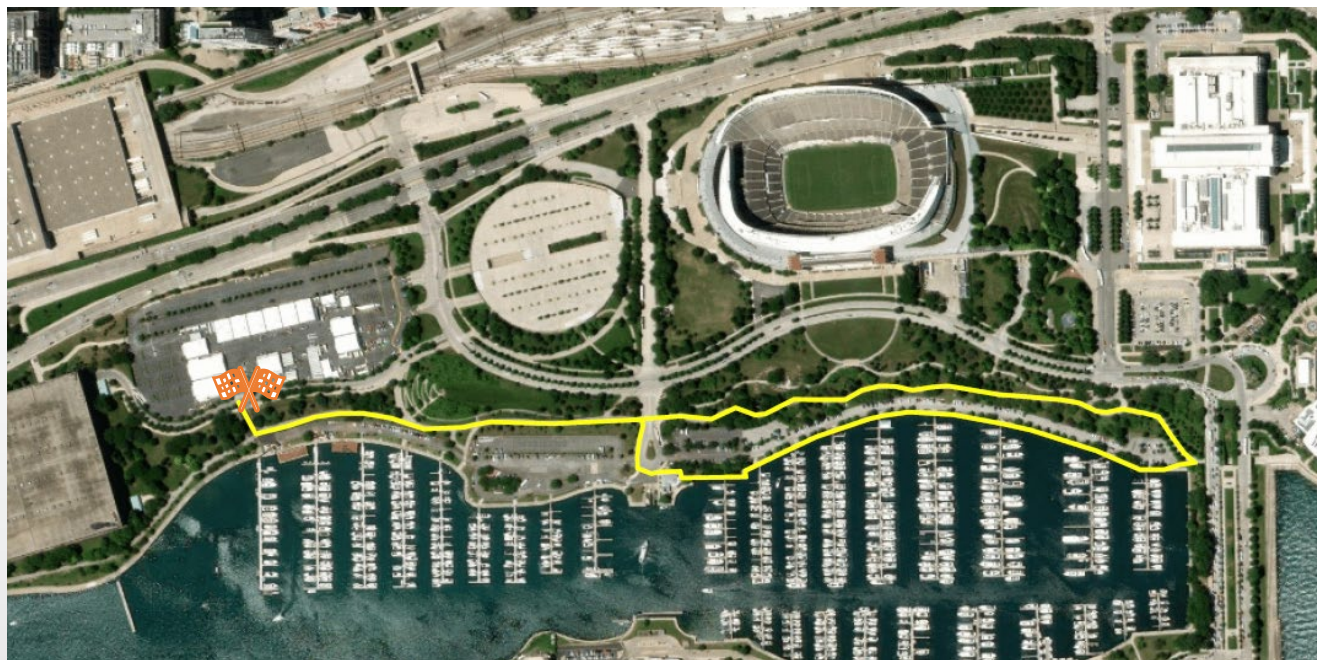
American Heart Association®

Heart Walk®

2025 Chicago Heart Walk

September 19, 2025

Soldier Field – 1 mile Route Map



1 mile Route Directions

- Begin in Soldier Field south parking lot
- Exit lot from NE corner and cross Fort Dearborn Dr at crosswalk to join lakefront path (174ft)
- Follow upper (bike) path north and cross harbor cul-de-sac at Waldron (1,400ft)
- Continue following path north to the Solidarity Dr underpass (3,600ft)
- Make a U-turn onto lower (walking) path and follow path south until Waldron Dr (2,000ft)
- Walk around cul-de-sac to rejoin the upper path headed south (185ft)
- Continue south and cross Fort Dearborn at same location as start (1,400ft)
- Finish in NE corner of south lot (174ft)

Please contact us with any questions:

312-476-6625



American Heart Association®
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2025 Chicago Heart Walk

September 19, 2025

Soldier Field - 3 mile Route Map



3 mile Route Directions

- Begin in Soldier Field south parking lot
- Exit lot from NE corner and cross Fort Dearborn Dr at crosswalk to join lakefront path (174ft)
- Follow upper (bike) path north and cross harbor cul-de-sac at Waldron (1,400ft)
- Continue following path north to the Solidarity Dr underpass (3,600ft)
- Continue in a north to west circular path around the Shedd Aquarium and join lower lakefront path (1,800ft)
- Follow path north to Queen's Landing (2,700ft)
- U-turn onto middle path and follow south and make a circular turn headed west and south around the Shedd Aquarium and follow path under the Solidarity underpass (4,500ft)
- Continue walking onto the lower (walking) path and follow path south until Waldron Dr (2,000ft)
- Walk around cul-de-sac to rejoin the upper path headed south (180ft)
- Continue south and cross Fort Dearborn at same location as start (1,400ft)
- Finish in NE corner of south lot (174ft)

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