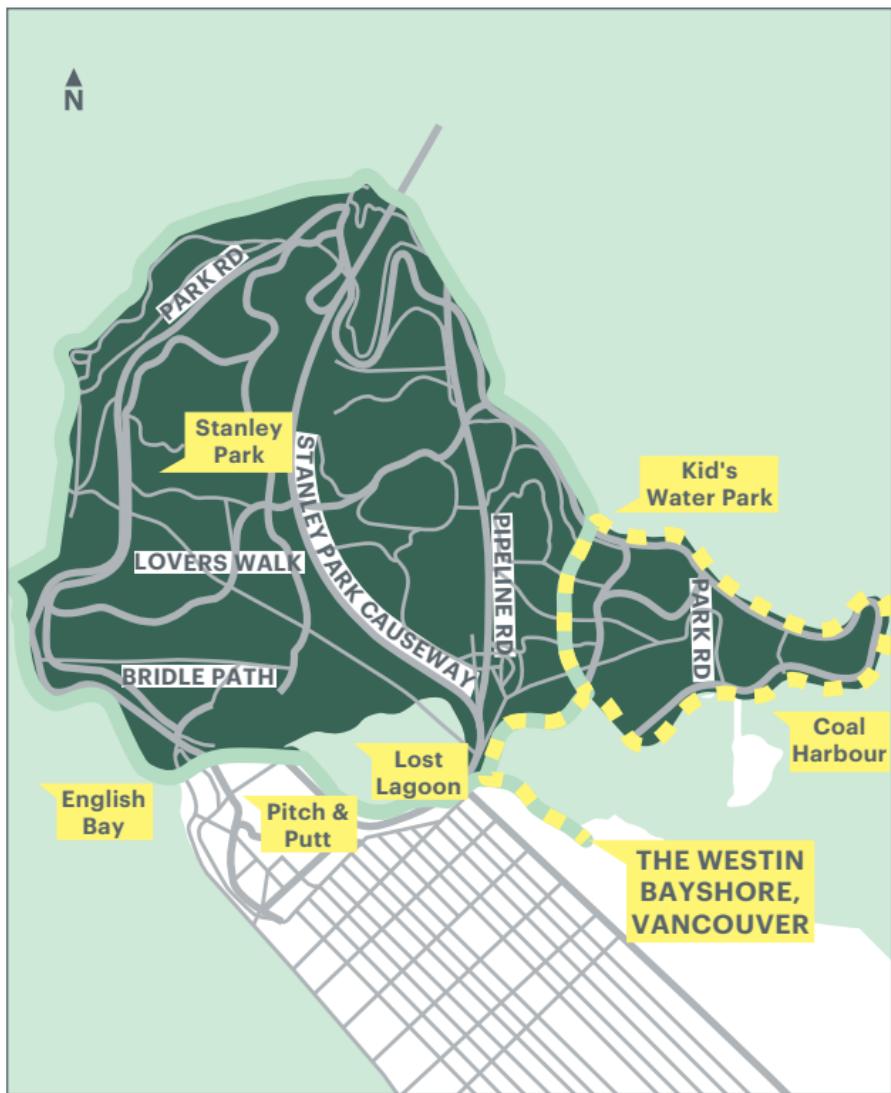


WESTIN WORKOUT

Running Map by new balance



4.8 km 8 km

1 mi = 1.6 km

THE WESTIN BAYSHORE, VANCOUVER

604.682.3377

www.westinbayshore.com

4.8 KM ROUTE

1. Leave the hotel from the west exit.
2. Run south and follow the seawall to Stanley Park.
3. Follow the seawall, which rings the peninsula of Stanley Park, to the right.
4. Stay along the seawall to Kid's Water Park.
5. Go left under Park Dr., and follow the pathway south.
6. Keep going south past the aquarium and rejoin the seawall.
7. Once back on the seawall, turn right, and retrace your steps back to the Westin.

8 KM ROUTE

1. Follow steps 1 & 2 above.
2. Turn left, and go under the main road.
3. From the underpass, follow the pathway, heading west.
4. Keep right until you reach a footbridge. Cross the bridge and turn left, taking the paved path west toward the ocean.
5. After about .5k, you'll reach the ocean and the seawall at Second Beach.
6. Turn right along the seawall, and follow it clockwise around the park.
7. After 4K, you'll reach the Kid's Water Park . Go right under Park Dr. and follow the pathway south.
8. Keep going south past the aquarium and rejoin the seawall.
9. Turn right, following the seawall.
10. After a short distance, you'll reach the footbridge that leads you back to the hotel.
11. Turn left and retrace your steps back to the hotel.

Disclaimer notice: As a courtesy to our guests the attached running/walking course map identifies distances and routes created by using an independent outside mapping source. This map was not created by the hotel. The identified routes are on city public streets and ways. As the hotel has no direct or indirect control over public areas we urge you to use common sense for your own safety and security. The hotel in no way guarantees the safety or condition of the identified routes. Use of this map is at your own risk. Please observe all rules and posted signs and warnings, including traffic signals.