5 KM ROUTE
1. Take footpath between WESTIN and BayWa, turn right towards traffic circle.
2. Cross to Pizzeria and run onto Isarring.
3. Pass John F. Kennedy bridge, turn left across pedestrian bridge and left at next crossing.
4. Go right at “Englischer Garten – Südteil” map, right onto road.
5. After bridge – turn left, turn right at the yellow house.
6. Continue along lake to kiosk, turn left and cross bridge.
7. Cross over road and continue along gravel path. Pass map.
8. Turn right at “Bogenhausen” sign, follow bridge to Isarring.
9. Cross Effnerplatz back to WESTIN.

8 KM ROUTE
1. Follow steps 1–8 above.
2. Turn right at second fork (near SOS phone).
3. Keep left along main road, turn left onto footpath after iron bridge.
4. Turn right at iron bridge and go around Monopteros, up the hill.
5. Cross iron bridge on your right towards stone bench.
6. Circle yellow building and continue left towards Chinese Tower.
7. Continue towards playground and pass Rumford House; continue to kiosk.
8. Proceed over iron bridge, follow steps 7–9 above back to WESTIN.

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.