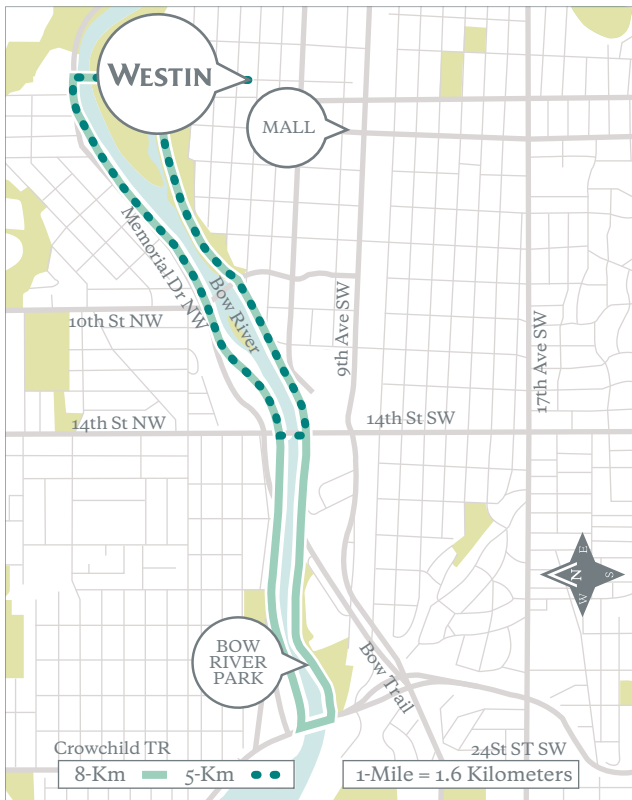


WESTIN *WORKOUT* RUNNING MAP

by new balance 



The Westin Calgary

403.266.1611

westin.com

5km route

1. Exit the hotel on 4th Ave. SW, and turn right onto 3rd St. SW.
2. Run toward the Bow River for three blocks. You'll pass the YMCA on your left.
3. When you reach the river, turn left and run along the path.
4. You'll run under one bridge. At the second bridge (14th St. Bridge), go up to street level and cross the bridge on the sidewalk.
5. Turn right after the bridge to get back to the pathway.
6. Run on the pathway until you reach a set of stairs. Go up and head back to the hotel.

8km route

1. Follow steps 1-3 above.
2. You'll run under two bridges. At the third bridge, there is a pedestrian underpass. Turn right onto the underpass and then make another right after the underpass.
3. Run back on the pathway, under the two bridges. You'll come to a set of stairs that will take you to an overpass. Take these up.
4. Veer right after the overpass.
5. This route is lit for early-morning or evening runners. The pathway is cleared year-round, so the footing is good even in the winter.

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.