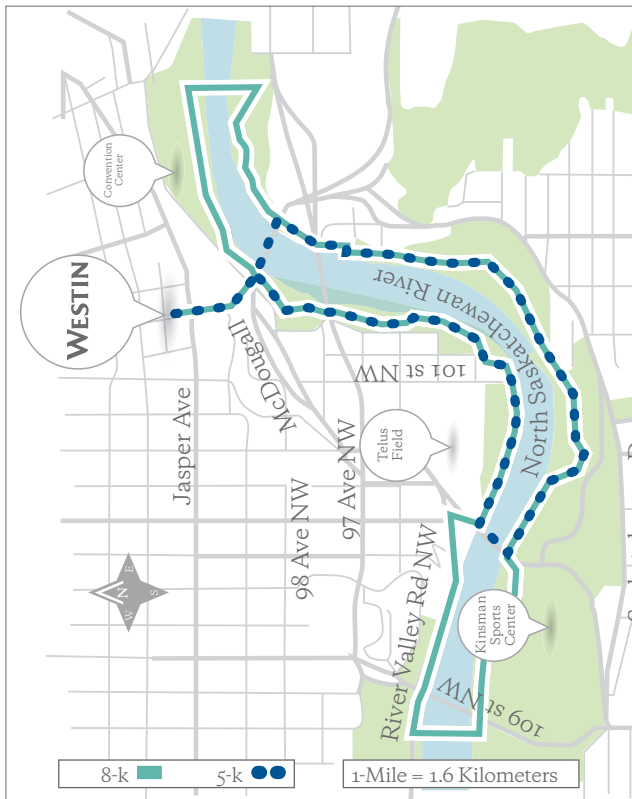


WESTIN *WORKOUT* RUNNING MAP

by new balance 



The Westin Edmonton

780.426.3636
www.westin.com

5k route

1. Turn left on 100 St.
2. Continue to the top of McDougall Hill.
3. Take the stairs down. Turn left; follow the sidewalk to the Low Level Bridge.
4. Cross the bridge, turn left down a set of stairs, and then left again onto the paved trail.
5. Continue until you reach the Walterdale Bridge (105 St.).
6. Cross the bridge, turn right, and follow the trail back.
7. After the Low Level Bridge, turn left up a short set of stairs, then back up the big stairs to the top of McDougall Hill, and return to the hotel.

8k route

1. Follow steps 1-3 above.
2. Just before the bridge, take the short stairs down to the left.
3. Turn left onto the paved trail.
4. When you reach a footbridge, cross over it, and turn right onto the river trail.
5. Keep to the right and stay close to the river as you pass the Kinsmen Sports Centre.
6. At the blue LRT bridge, take the suspended footpath across, then turn right onto the paved trail.
7. After the Low Level Bridge, turn left up a short set of stairs, then back up the big stairs to McDougall Hill, and then return 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.