

CREATED FOR WESTIN BY

# RUNNER'S WORLD MAGAZINE

## THE WESTIN RESORT HILTON HEAD ISLAND

### HILTON HEAD ISLAND, SOUTH CAROLINA

**H**ilton Head is world-renowned for its tennis and golf, but there's way more to do here than just those two. With always-clean air, cooling breezes, and trails all over the place, this is a runner's dream.



#### 3-MILE ROUTE

- 1 • Exit the hotel on Folly Field Rd.
- 2 • Run on the path that runs parallel to the street.
- 3 • Stay on the path, and run to the intersection with Hwy. 278 and cross over Folly Field Rd.
- 4 • Turn right at Coggin's Point Rd. and run toward Port Royal Plantation. Stay on the path as it passes the Port Royal Clubhouse and crosses the road through a tunnel.
- 5 • The path will lead you back to the Westin.

#### 5-MILE ROUTE

- 1 • Follow steps 1-3 above.
- 2 • Run on the path until you reach Union Cemetery Rd.
- 3 • Turn right and continue to Dillon Rd.
- 4 • Turn left at Dillon Rd. and continue to Hwy. 278.
- 5 • Turn left at Hwy. 278 and run south on the path.
- 6 • Turn left at Folly Field road, and continue to the Westin.

### LOCAL RUNNING TIPS

**HEAD FOR THE BEACH:** The best time for beach running is at low tide when there's plenty of hard-packed sand near the water's edge. Take it easy—sand is tougher to run on than asphalt or sidewalks. Wear your running shoes, because running barefoot, especially in loose sand, puts a lot of stress on your feet and lower legs. Also, wear sunscreen, running shades, and a hat with a visor for protection.

**RUN WITH THE LOCALS:** No matter when you're visiting Hilton Head, there's likely a road race going on. These low-key events are a great way to test your fitness and, thanks to accompanying fun runs/walks, you can get your whole family involved. For a complete listing, visit [www.bearfootports.com](http://www.bearfootports.com).



**GO SHORT:** For short runs or power-walks on non-running days, head to Fort Mitchell (built in 1812) or Pinckney Island Wildlife Refuge, both within 3 miles of the hotel. The 4,052-acre refuge features 14 miles of gravel roads and trails and is home to herons, egrets, white ibis, and the occasional bald eagle.

**OTHER LOCAL ACTIVITIES:** For a fun-filled break from your running, Hilton Head offers golf and tennis (of course), plus parasailing, kayaking, and beach volleyball (great for the calves and glutes).

**FREE INFO:** Look for a copy of *Coastal Sport & Wellness Magazine*, which is free at locations all around Hilton Head. The magazine features health and sports news, and info on upcoming events.

DISCLAIMER NOTICE: As a courtesy to our guests the above 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.