

CREATED FOR WESTIN BY

RUNNER'S WORLD MAGAZINE

THE WESTIN GRAND BERLIN

BERLIN, GERMANY

Spread out over a huge expanse (it's five times larger than Paris), and fat with forests in any direction you go—including a vast tract at city center—Berlin is a metropolis of 3.5 million that seems designed for running.

5-K ROUTE

- 1• Go north on Friedrichstrasse St.
- 2• Turn left onto Unter den Linden.
- 3• Go through the Brandenburger Tor.
- 4• Run along the north side of the street Strasse des 17 Juni. Follow until Siegessäule.
- 5• Turn right in the Spreeweg.
- 6• Before Spree River, turn right on John F. Dulles Alle.
- 7• Cross Ytzak Rabin St., turn right, and go to Strasse des 17 Juni.
- 8• Turn left, and head back through the Brandenburger Tor and return to the Westin.

8-K ROUTE

- 1• Follow steps 1-3 above.
- 2• Run along the south side of Strasse des 17 Juni. Follow the street until you reach the Siegessäule.
- 3• Turn left in the Hofjäger-alle.
- 4• At the next intersection, turn left in the Tiergartenstr.



- 5• Follow the path until Entlastungstrasse and turn left.
- 6• This brings you to Strasse des 17 Juni. Turn right and head back through Brandenburger Tor to the Westin.

LOCAL RUNNING TIPS

STAY HYDRATED: Research shows that even when you're slightly dehydrated, your running will suffer. So sip from a water bottle often during the day, and while running, aim for about 8 ounces of water or sports drink every 15 to 20 minutes.

A RUN THROUGH HISTORY: For an unforgettable running adventure, hop on the S-Bahn to Grunewald station (5 miles from the hotel), then jog a half-mile north to Olympiastadion (Olympic Stadium), where you can do laps on the track if there's no event taking place. Finished in 1936 with a capacity of 80,000, the site of the "Jesse Owens Olympics" is Berlin's best remaining example of Nazi architecture.

MORE RUNNING: Another great running option is to head directly west through the Brandenburg Gate to the 525-acre Tiergarten. At one time a royal hunting preserve ("Tier" means "animal"), it's now a public green space whose treasures can be enjoyed over 14 miles of walking/running paths. When you get there, forget mileage. Instead, run for time, and head down any path or toward any monument that looks interesting. Note: Just west of the park's center stands the imposing 233-foot high Siegessäule (Victory Column).

WORTH A VISIT: For shoes, gear, and info on all things running in Berlin, visit Runner's Point (runnerspoint.de), with six locations in Berlin.

WESTIN **WORKOUT**

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.