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RUNNER'S WORLD MAGAZINE

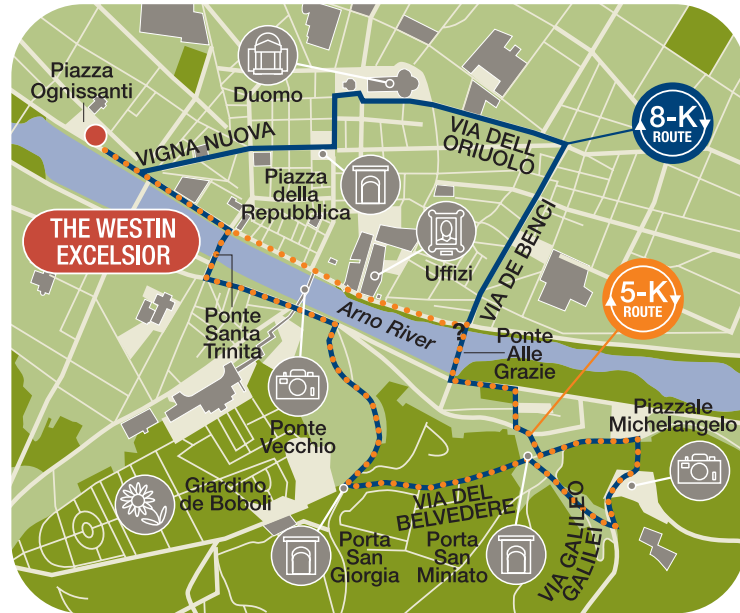
THE WESTIN EXCELSIOR
FLORENCE

FLORENCE, ITALY

Rise before dawn and run through Florence's empty streets. Past Ghiberti's Doors of Paradise, past the sublime Duomo, down toward the Arno River to the Accademia, which holds the marble perfection of the 17-foot-high David.

5-K ROUTE

- 1• Start in Piazza Ognissanti; turn left on the road along the river.
- 2• Make a right onto Ponte Santa Trinita.
- 3• Turn left onto Borgo San Jacopo.
- 4• Continue to Piazza Santa Maria Soprarno. Run up steps (right of Ponte Vecchio).
- 5• Turn left on Costa di San Giorgio.
- 6• Turn left onto Via di Belvedere.
- 7• At end of street, turn right; run up steps.
- 8• Turn left on Via Galileo Galilei.
- 9• Run to left side of piazza. Go down steps to Viale G. Poggi and to Porta San Giorgio.
- 10• Make a left past the church.
- 11• Turn right on Via D. Olmo; run past Piazza Demidof.
- 12• Turn left onto Lungarno Rd. Turn left after the Ponte Alle Grazie, which will lead you back to Piazza Ognissanti.



8-K ROUTE

- 1• Follow steps 1-12 above.
- 2• Run on Via de Benci.
- 3• Turn left at Piazza G. Salvemini; turn right onto Via Dell Oriuolo.
- 4• Run along the Piazza Del Duomo. Turn left onto Via Romo; run to Piazza Della Repubblica.
- 5• Continue straight. Turn left on Via Della Vigna Nuova. Turn right and back to Piazza Ognissanti.

LOCAL RUNNING TIPS

GETTING ORIENTED: The Arno flows east-west and divides Florence into Centro Storico (historic center) to the north and the hillier, Oltrarno to the south.

LOOK FOR YOUR OPENING: Florence's only large green space—and the only place where you can run comfortably any time of day (except for evening)—is Le Cascine. Once a Medici cascina (dairy farm) and now a vast public park that parallels the Arno, Le Cascine is an easy jog one mile west along the Arno from the Ponte Vecchio.

STAY COOL AND HYDRATED: If you're visiting in summer, pack a breathable, mesh singlet or a lightweight t-shirt. It can get very hot, and in Italy, custom dictates that you never run shirtless. What's more, there are very few public drinking fountains in Florence, so hydrate before you head out.

THE SHIRT OFF YOUR BACK: Visit the Podismo T-Shirt Trading Company at Piazzale Donatello 25. Bring along a race T-shirt from home and exchange it for one from an Italian running event. For running gear with a European flair, visit Margrit Hofer's Sport Le Cure (Via Sacchetti 22, near the Piazzale de le Cure).

WESTIN **WORKOUT**
POWERED BY REEBOK

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.