

CREATED FOR WESTIN BY

RUNNER'S WORLD MAGAZINE

THE WESTIN EUROPA & REGINA
VENICE

VENICE, ITALY

The best way to run in Venice? Slowly and easily, so you can keep your senses open to what is around you as you run. In this mysterious city, you don't want to miss a thing.



3.2-K ROUTE

- 1 • Exit the hotel through Campiello (courtyard) Barozzi
- 2 • When you get to the main street (Via XXII Marzo), cross the bridge on your right
- 3 • Run across Salizzada San Marco
- 4 • Run to San Marco Square and then along the water past Riva degli Schiavoni, Riva dei Sette Martiri, and Riva dei Partigiani
- 5 • Cross the bridge that leads you to the Sant'Elena Garden, which is called Parco della Rimembranza (Viale Vittorio Veneto)
- 6 • When you reach the Garden, turn around and retrace your steps back to the Westin

6.4-K ROUTE

- 1 • Do the 3.2-K route twice

LOCAL RUNNING TIPS

REMEMBER THIS: When you run here, just wander. If you come to a quiet street that looks interesting, turn down it and see where it leads. Because of Venice's small size, you can never get too lost. But it's fun to try.

GO EARLY: To beat the crowds, head out early in the morning. This is a magical time in Venice, especially when it's foggy or cloudy. You can feel like you're the only one on the streets. At times, you will be.

STAY HYDRATED: The summer months here can be hot and humid, and research shows that even when you're slightly dehydrated, your running will suffer. So sip from a water bottle often during the day (this is good advice year-round, actually), and while running, aim for about 8 ounces of water or sports drink every 15 to 20 minutes.

DRESS WELL: Always wear synthetic running clothes (not cotton, which retains sweat and chafes your skin), sunglasses, and a breathable hat with a visor.

PLAN ON A RETURN TRIP: Venice Marathon weekend in October is one of the very best times of the year to visit Venice—whether you're watching or running. The well-organized, incredibly scenic race starts on the mainland and finishes next to the Piazza San Marco. This year's race is on 23 October; check out www.venicemarathon.it for all the details.

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.