

CREATED FOR WESTIN BY

RUNNER'S WORLD MAGAZINE

THE WESTIN GALLERIA
DALLAS

DALLAS, TEXAS

Running isn't the only thing that'll give you sore feet in Dallas. The city features more square footage of retail shopping per capita than any other U.S. city—including the Galleria, one of the best shopping spots in all of Texas.



3-MILE ROUTE

- 1 • Leave the front of the hotel and turn right on the Frontage Road.
- 2 • Turn right on Alpha.
- 3 • Turn left (north) on Noel.
- 4 • Turn right onto Verde Valley Ln.
- 5 • Turn left onto Montfort Dr.
- 6 • Turn Right Belt Line Rd.
- 7 • Run on the sidewalk to your right. It will lead to a path that goes through a small wooded area.
- 8 • The path ends on Winnwood Rd. Turn left.
- 9 • Turn right onto Celestial Rd.
- 10 • Turn left onto Noel Rd. and back to the Westin.

5-MILE ROUTE

- 1 • From front of hotel, turn right on Frontage Road.
- 2 • Turn right on Alpha.
- 3 • Turn left on Noel.
- 4 • Turn left onto Spring Valley Rd.
- 5 • Turn right onto Midway Rd.
- 6 • Turn right onto Belt Line Rd.
- 7 • Turn right onto Montfort Dr.
- 8 • Turn right onto Spring Valley Rd.
- 9 • Turn left onto Noel Rd. and back to the Westin.

LOCAL RUNNING TIPS

PARK PLACE: After trying the two excellent routes mapped out above, consider taking a several-minute drive west to suburban Bachman Lake Park, where you'll always find runners on the 3-mile path that circles the lake.

ANOTHER GREAT OPTION: Head for White Rock Lake, just a few minutes' drive east of the hotel. Hands down, this is Dallas's runner Mecca. You can hop onto the 9.3-mile scenic trail that surrounds the lake at almost any time of day and find runners to run with (Winfrey Point and Big Thicket are popular meeting spots).

STAY HYDRATED: Dallas is steamy for many months of the year. When running, aim to drink about 8 ounces of water or sports drink every 15 to 20 minutes.

WORTH A VISIT: A Dallas running institution for 25 years, Luke's Locker is the running store in town, featuring shoes, gear, training clinics, and group runs that leave from the store (www.lukeslocker.com).

RUN WITH THE LOCALS: Contact the visitor-friendly Cross Country Club of Dallas (www.cccd.org) for weekly group runs and info on running in Dallas.

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.