

WESTIN *WORKOUT*
RUNNING MAP by new balance 



3 mile route

1. Exit the hotel onto M St. and turn left.
2. Go 4 blocks to 28th St. and turn left, crossing Pennsylvania Ave.
3. Descend under the bridge via the paved trail onto Rock Creek Parkway.
4. Turn right onto the paved trail.
5. Follow the trail for 1 mile. You will pass the Watergate Hotel and the J.F.K. Center for the Performing Arts.
6. Stay on the sidewalk when the trail crosses the road (do not cross the road), and go up a big hill. When you reach the top and see the Lincoln Memorial, turn around and return to the hotel.

5 mile route

1. Follow directions above.
2. At the top of the hill, turn right, heading toward Virginia.
3. Run past a set of steps, and turn right one block later to go over the bridge.
4. Go straight for 1 mile, crossing the traffic circle.
5. Turn around when the trail picks up again to your right, by the Arlington National Cemetery.

Disclaimer Notice: As a courtesy to our guests the attached 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.