

Jogger's Map



www.redcarnationhotels.com

Kensington Gardens & Hyde Park

- █ **Blue Route**
 Kensington Palace Jog: 4 miles - 6.5 kilometres
- █ **Orange Route**
 Round Pond Jog: 3 miles - 5.00 kilometres
- █ **Magenta Route**
 Serpentine Jog: 2 miles - 3.25 kilometres

Helpful Advice

Don't forget to warm up and stretch before starting your jog.

You are running in the middle of a large city and it is the obligation of all of us to take care and avoid unnecessary risks.

Always carry a bottle of water and take a few sips every now and then to keep your body hydrated.

If you are a tourist and new to London please let the Concierge know you are going jogging.



"41"

41 Buckingham Palace Road
 London SW1W 0PS
 Tel: + 44 (0) 20 7300 0041
 Fax: + 44 (0) 20 7300 0141
 E-mail: info41@rchmail.com
 Reservations: book41@rchmail.com

The Milestone Hotel

1 Kensington Court,
 London W8 5DL
 Tel: +44 (0) 20 7917 1000
 Fax: +44 (0) 20 7917 1010
 E-mail: infoms@rchmail.com
 Reservations: bookms@rchmail.com

The Egerton House Hotel

17-19 Egerton Terrace, Knightsbridge
 London SW3 2BX
 Tel: +44 (0) 20 7589 2412
 Fax: +44 (0) 20 7584 6540
 E-mail: infoeg@rchmail.com
 Reservations: bookeg@rchmail.com

The Chesterfield Mayfair

35 Charles Street,
 London W1J 5EB
 Tel: +44 (0) 207 491 2622
 Fax: + 44 (0) 20 7491 4793
 E-mail: infoch@rchmail.com
 Reservations: bookch@rchmail.com

The Rubens at the Palace


39 Buckingham Palace Road
 London SW1W 0PS
 Tel: +44 (0) 20 7834 6600
 Fax: +44 (0) 20 7828 5401
 E-mail: info@rchmail.com
 Reservations: bookrb@rchmail.com


The Montague on the Gardens

15 Montague Street,
 London WC1B 5BJ
 Tel: + 44 (0) 20 7637 1001
 Fax: + 44 (0) 20 7637 2516
 E-mail: info@rchmail.com
 Reservations: bookmt@rchmail.com

Green Park


Blue Route 
 Wellington Jog: 0.75 miles - 1.25 kilometres

Orange Route 
 Green Park Jog: 1.5 miles - 2.5 kilometres

Magenta Route 
 Constitution Jog: 1 miles - 1.5 kilometres

St James's Park

Blue Route 
 Buckingham Palace Jog: 0.7 miles - 1.00 kilometre

Orange Route 
 Churchill Jog: 1 mile - 1.6 kilometres

