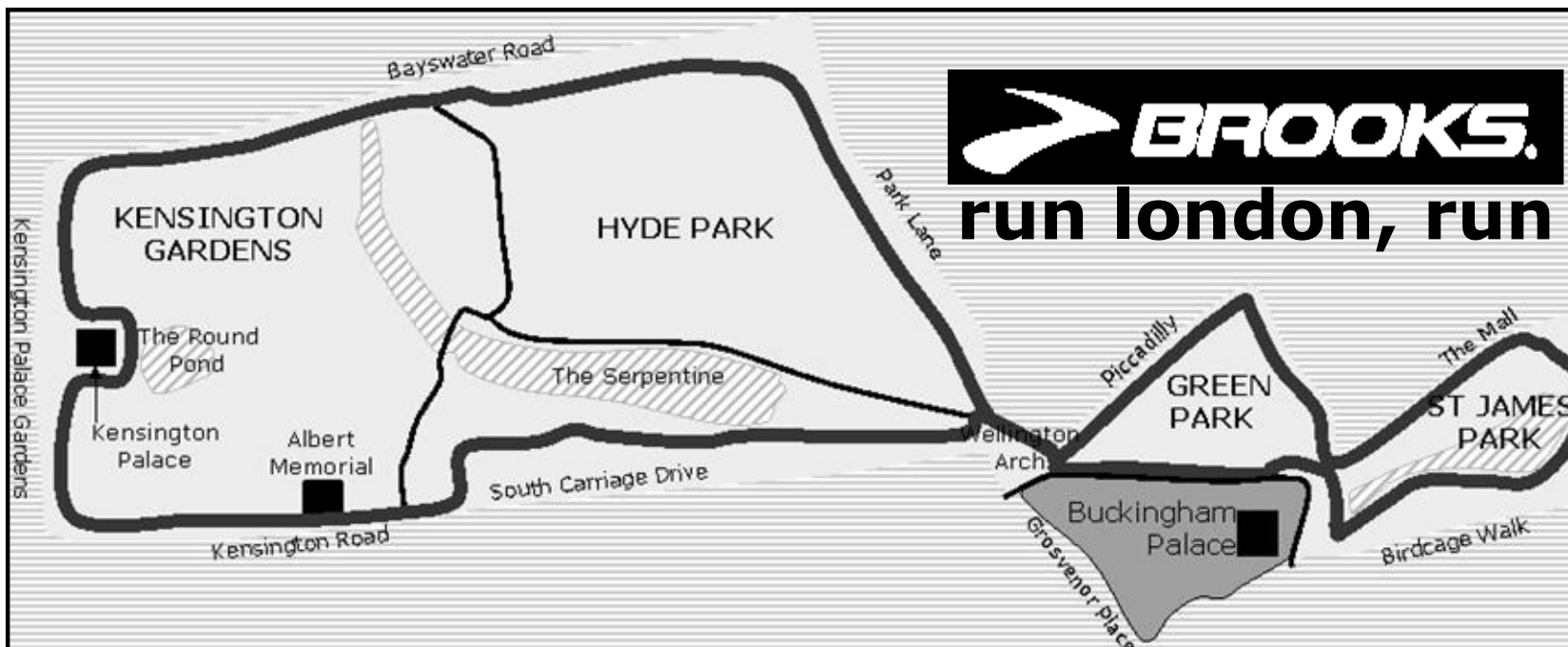


# CITYRUNS

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# L O N D O N >

Hyde Park, Kensington Gardens, Green Park & St James Park



## Route Distances:

►HYDE PK & KENSINGTON GRDS LOOP — 7km / 4.3miles

►GREEN PK & ST JAMES PARK LOOP — 4.3km / 2.7miles

BOTH LOOPS— 11.3km / 7miles

All distances are approximate

## ROUTE DETAIL:

Hyde Pk, Kensington Grds, Green Pk and St James Pk are all great green spaces right in the heart of central London that link up to provide great run routes. All of the routes given are on road/paths making them suitable for all weathers. All the parks are fairly level making it great for beginners, the loop is St James Park is great for the sight seer because you run past Buckingham Palace! The area really is a running Mecca for central London and whatever time of day you are certain to see other runners. Please note that Kensington Gardens closes at dusk however you are able to go round the edge of the park on the perimeter road.

## TRAINING TIP:

Try breaking your running up with some 'Fartlek' - after you have warmed up try running hard for 2mins then jog/walk for 2mins (and admire the view!) do this continuously for a loop, extend the length of the recovery if necessary

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