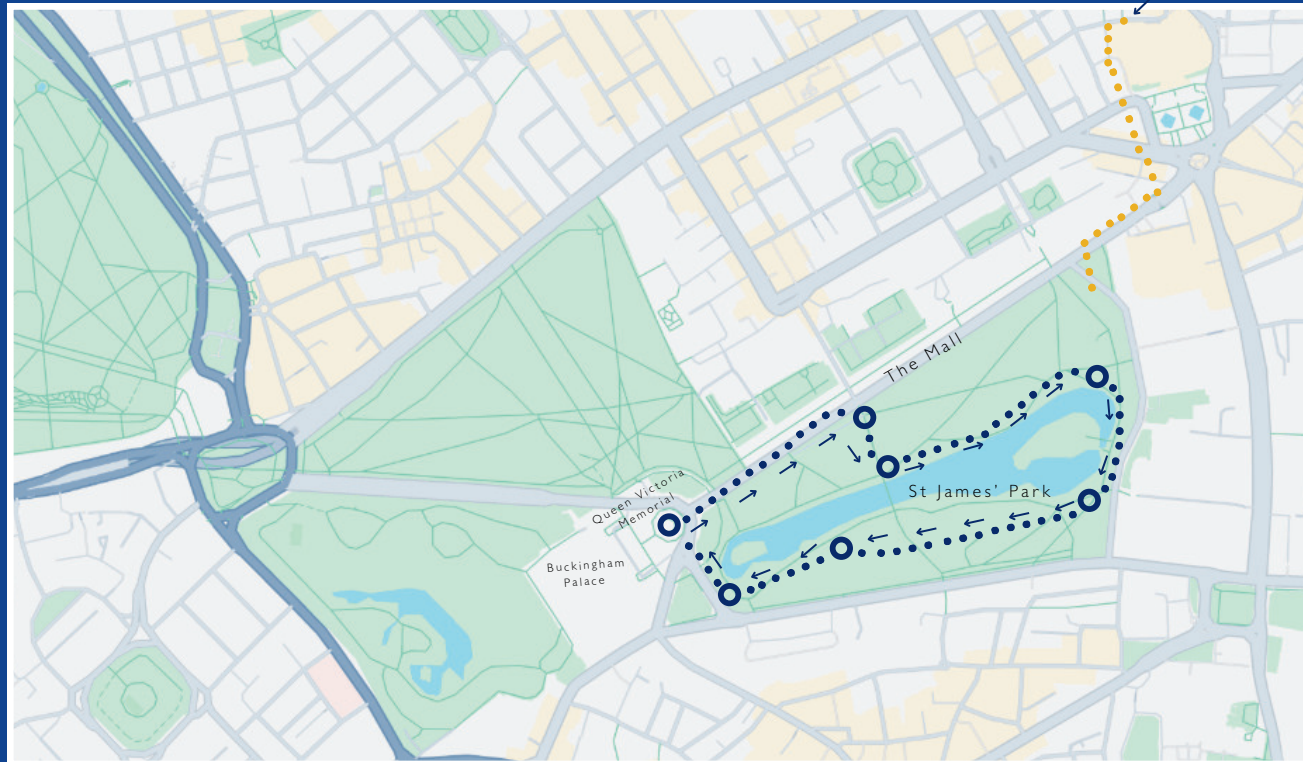


LACE UP

FEEL THE CITY

Explore our suggested
running routes around London

radissonhotels.com/en-us/experience/london-blu



RUNNING ROUTE 1 ST. JAMES' PARK & THE MALL LOOP

Distance: 4.7 km / 2.9 miles

This loop takes you through St. James's Park and along The Mall passing historic landmarks like Buckingham Palace and Horse Guards Parade. With peaceful paths, tree-lined stretches, and lakeside views, it's an ideal route for a relaxed city run with a mix of nature and history.

DIRECTIONS:

- Start at the Radisson Blu Hotel, London Leicester Square.
- Exit the hotel and head south towards Trafalgar Square (5-7 minute walk).
- Cross Trafalgar Square, heading towards The Mall.
- Continue running east along The Mall toward the Queen Victoria Memorial, in front of Buckingham Palace.
- Run east along The Mall toward Admiralty Arch.
- Turn right onto Horse Guards Road.
- Follow the edge of St. James's Park.
- Enter the park at the northeast gate.
- Loop around the lake clockwise.
- Exit at the southern end onto Birdcage Walk.
- Run west past Wellington Barracks.
- Turn right onto Buckingham Gate.
- Curve around to re-join The Mall.
- Optional: Detour through Green Park via Constitution Hill.
- Loop up to Piccadilly and return south.
- Finish back at the Queen Victoria Memorial, in front of Buckingham Palace.



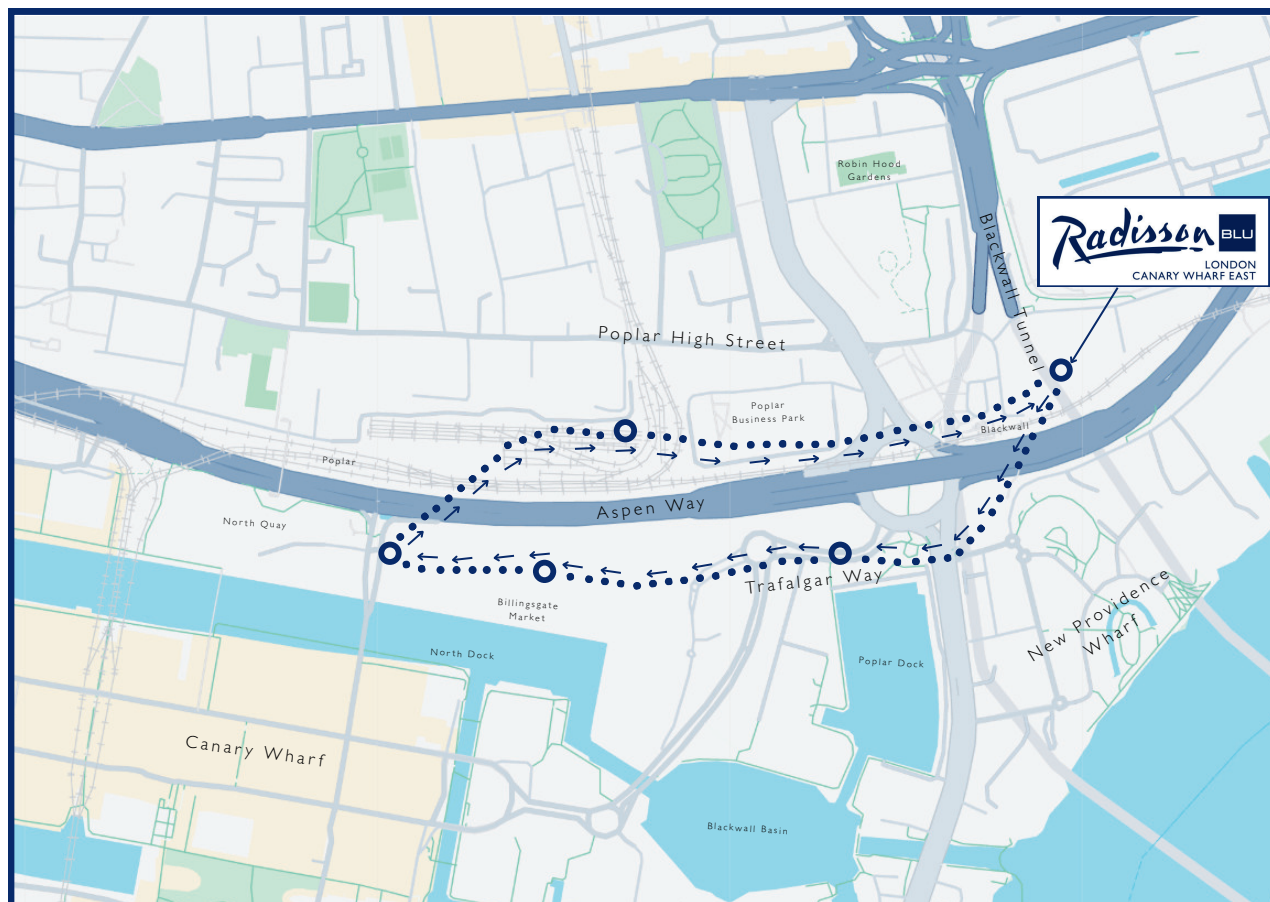
RUNNING ROUTE 2 HYDE PARK & KENSINGTON GARDENS GRAND LOOP

Distance: 5 km / 3.1 miles

A lively and refreshing run that weaves through the heart of Hyde Park and into the quieter surroundings of Kensington Gardens. Beginning near Marble Arch, this 5K route combines well-known London landmarks with peaceful paths, calm waterside stretches along the Serpentine, and spacious avenues ideal for keeping a steady pace. A popular choice for both locals and visitors, it's a great way to experience the variety and charm of two of London's most iconic green spaces.

DIRECTIONS:

- Start at Radisson Blu Hotel, London Marble Arch, just north of Hyde Park's northeast corner.
- Head south to Marble Arch and enter Hyde Park.
- Run west along North Carriage Drive.
- Continue into Kensington Gardens and pass the Italian Gardens.
- Follow the path beside the Long Water, curving south.
- At the bottom of the Serpentine, turn left and head east.
- Pass the Serpentine Bridge and the Diana Memorial Fountain.
- Continue along the southern edge of the park, running parallel to South Carriage Drive.
- At Hyde Park Corner, turn north and follow the eastern path of the park.
- Run back to Marble Arch, then return to the hotel to finish your loop.



RUNNING ROUTE 3 RADISSON BLU TO EAST INDIA DOCK BASIN LOOP

Distance: 3.5 km / 2.2 miles

Enjoy a peaceful and scenic riverside run starting directly from the Radisson Blu Hotel, London Canary Wharf East. This short route offers stunning views of the River Thames, a tranquil loop through the East India Dock Basin, and glimpses of the iconic O2 Arena across the water. Perfect for a relaxing jog or mindful walk.

DIRECTIONS:

- Start: Exit Radisson Blu Hotel, London Cary Wharf East onto Fairmont Avenue.
- Turn left and head east on Fairmont Avenue.
- Continue onto New Providence Wharf and follow the path as it curves along the River Thames.
- Enter East India Dock Basin via the riverside path. This area offers a tranquil setting with views of the O2 Arena across the river.
- Loop around the basin, enjoying the natural surroundings and birdlife.
- Retrace your steps back along the riverside path to the hotel.



RUNNING ROUTE 4 REGENT'S PARK PERIMETER LOOP

Distance: 4.3 km / 2.7 miles

A picturesque loop around one of London's most elegant green spaces. This route takes you on a smooth circuit around Regent's Park, featuring open playing fields, peaceful tree-lined paths, historic villas, and the tranquil stretch of Regent's Canal. Ideal for an easy morning jog or a breezy lunchtime run, this perimeter path offers a scenic, mostly flat route perfect for runners of all levels.

DIRECTIONS:

- Start outside the Radisson Blu Hotel, London Euston Square just across from Euston Square Station.
- Head northwest along Euston Road, then turn right up Park Crescent to reach the south-east entrance of Regent's Park.
- Enter the park at Park Crescent and begin running north along the Outer Circle.
- Continue on the eastern edge, enjoying elegant terraces and tree-lined views.
- At the north-east corner, take a left turn and follow the path beside Regent's Canal.
- Enjoy a peaceful stretch with canal and water views, a relaxing contrast to the city buzz.
- At the north-west corner, turn left again to head south down the western edge.
- Pass behind London Zoo, with occasional glimpses of enclosures and gardens.
- Stay on the Outer Circle, and at the south-west corner, turn left to complete the loop.
- Run east along the southern boundary of the park, with views back toward Park Square.
- Exit again at Park Crescent, completing the circuit.



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