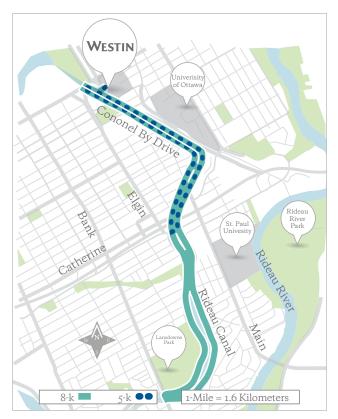
WESTIN WORKOUT RUNNING MAP by new balance



The Westin Ottawa 613.560.7000 www.westin.com

5k route

- Head out the front door of the hotel, cross Colonel By Dr., and turn left, heading south on the Rideau Canal path.
- Run down to Pretoria Bridge. Cross the bridge, and head back, going north, on the west side of the canal.
- 3. Run north until you reach the National Arts Center.
- From there, run up to the street level. Turn right over Sapper's Bridge.
- 5. Turn south at the corner of Colonel By Dr. and Rideau, and you're back at the hotel.

8k route

- 1. Head out the front door of the hotel, cross Colonel By Dr., and turn left, heading south on the Rideau Canal path.
- 2. Run down to Bank St. Bridge.
- 3. Take the stairs up to street level.
- 4. Cross the bridge, take the stairs back down to the canal path
- 5. Run north to the National Arts Center.
- 6. From there, run up to the street level.
- 7. Turn right over Sapper's Bridge.
- 8. Turn south at the corner of Colonel By Dr. and Rideau, and you're back at the hotel.

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.