THE REGENT’S PARK & PRIMROSE HILL RUNNING ROUTES

LIGHT RUNS
THE HUB RUN: 1.35km
AVENUE GARDENS RUN: 1.97km
LAKESIDE RUN: 2.81km
OUTER CIRCLE RUN: 4.45km
PRIMROSE HILL RUN: 1.9km
REGENT’S PARK RUN: 6.36km

ADVANCED RUNS

DISABLED TOILETS
PUBLIC TOILETS AND DRINKING FOUNTAIN
CHILDREN’S TOILETS AND DRINKING FOUNTAIN
VIEWING POINT
‘I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs.’
Jesse Owens (4 Gold medalist at the 1936 Olympics)

YOUR GUIDE TO THE REGENT’S PARK AND PRIMROSE HILL RUNNING ROUTES

Running for fun and fitness can change your life
And where better to do it than in the sanctuary of Central London’s green oasis – through the stunning landscapes of The Regent’s Park and Primrose Hill.

The science bit
Regular exercise will help you live longer – it’s that simple. Running can help protect against cancer, heart disease and obesity. It will also help you live better, particularly if you combine it with a well balanced diet. It will reduce stress and keep you on the ball at work and at play. And research shows it’s the same for all ages. So it’s never too late to feel the benefit.

Our brand new Running Routes
To get you started, keep you motivated and hone your performance we’ve designed some special running routes. With some sweat and dedication on your part, they’ll help you progress from a beginner to advanced runner, adding years to your life along the way.

How to use this map...
The map overleaf divides the running routes into three levels of difficulty:
Light (Avenue Gardens run, 1.97km; The Hub run, 1.35km), Intermediate (Outer Circle run, 4.45km; Lakeside run, 2.81km) and Advanced (Primrose Hill run, 1.9km; The Regent’s Park run, 6.36km).

Each category is designed to improve performance and fitness over time, helping you step up to the next level.

As you move up through the levels, the routes become progressively harder with longer distances and steeper inclines.

If you fancy jogging off-track, you don’t have to stick with our routes. Create your own at www.royalparks.org.uk/runningroutes and find more advice on exercise and healthy eating.

For details of regular running groups ask at the Hub reception or call 0207 935 2458.

The Hub is a Multi-Sport and Community Centre situated in The Regent’s Park. See map for location.