

Jogger's Map



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### 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

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 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  
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## 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

