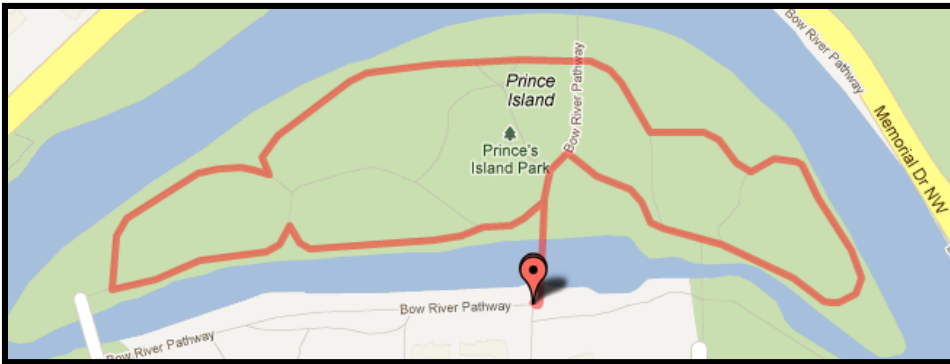


Running and Walking Routes



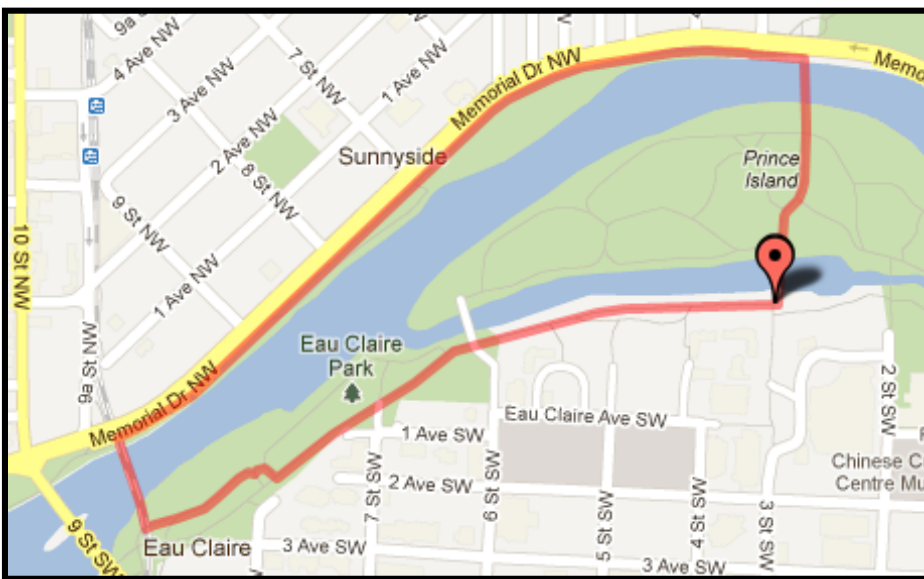
1km Loop

- Starting from the South end of the Prince's Island Park Bridge;
- Run North across the bridge onto the Bow River Pathway;
- Follow the pathway Left at the Y intersect and continue along the North shore of the island;
- Turn Left at the South West point of the island and continue along the South shore;
- Turn Right at the Prince's Island Bridge to return to starting point.



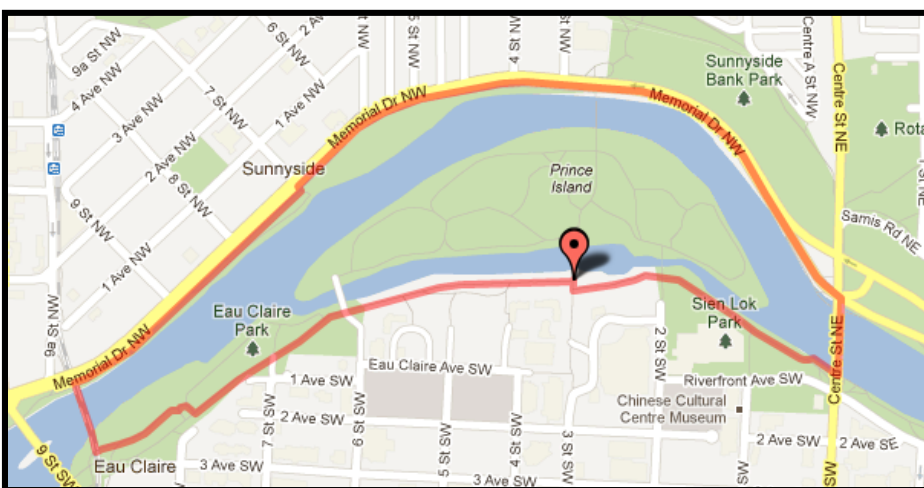
2km Loop

- Starting from the South end of the Prince's Island Park Bridge;
- Run North across the bridge onto the Bow River Pathway and take your first Right;
- Continue along the South shore of the island;
- Follow path as it curves Left to run along the north shore of the island
- Continue along the North shore of the island;
- Turn Left at the South West point of the island and continue along the South shore;
- Turn Right at the Prince's Island Bridge to return to the starting point.



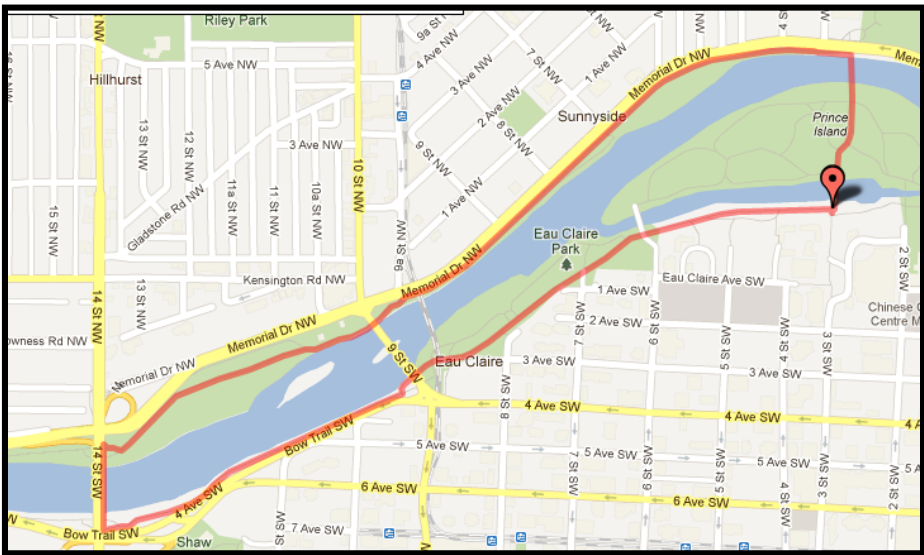
3km Loop

- Starting from the South end of the Prince's Island Park Bridge;
- Run North across the bridge onto the Bow River Pathway;
- Continue on the Bow River Pathway across the Northern bridge;
- Turn Left onto the path that runs along Memorial Dr. NW;
- Turn Left and cross the C-Train Bridge;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.



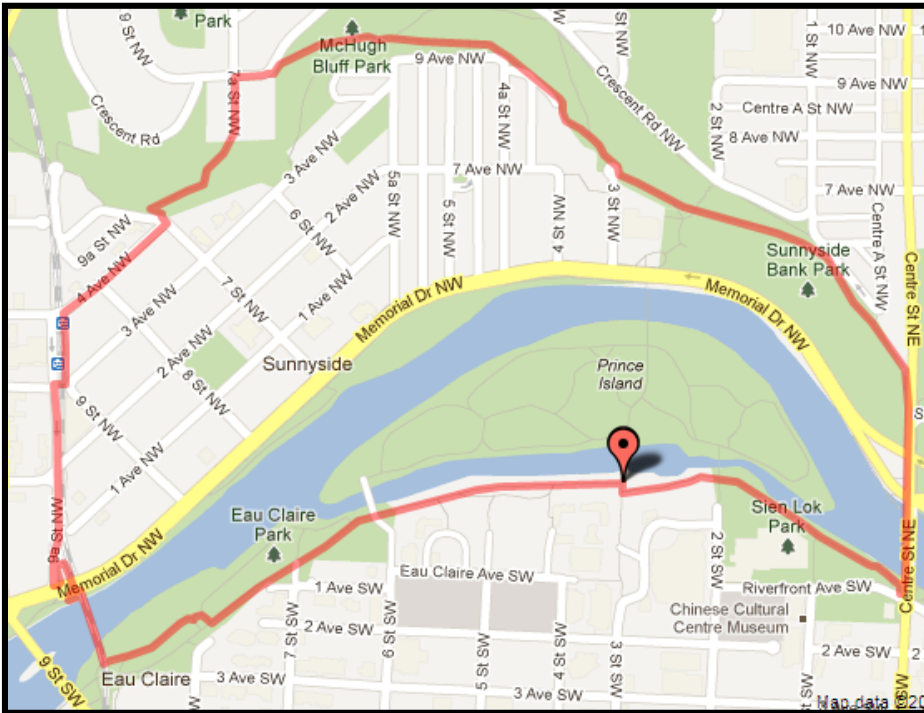
4km Loop

- Starting from the South end of the Prince's Island Park Bridge;
- Run East along the riverside pathway;
- Turn Left and cross the Centre St. Bridge;
- Take your first Left after the bridge to follow the path that runs along Memorial Dr. NW;
- Turn Left and cross the C-train Bridge;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.



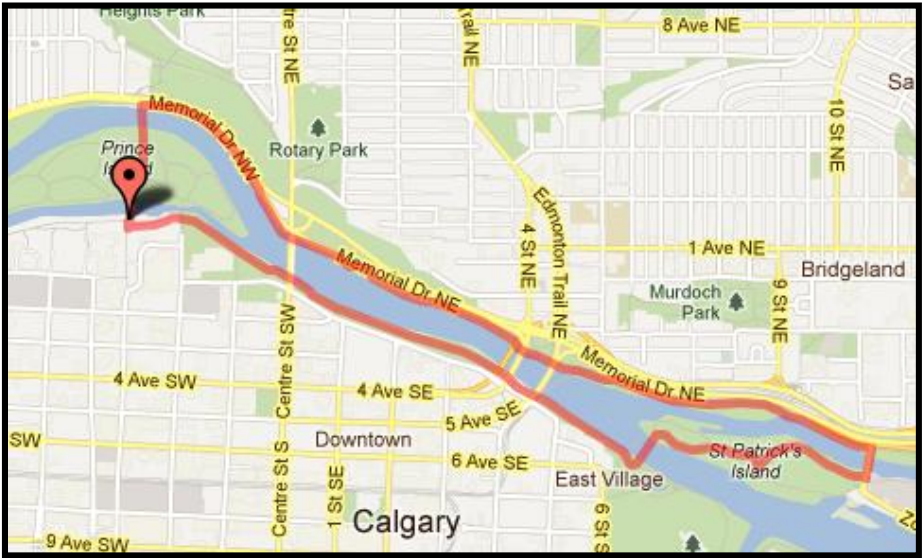
5km Loop1

- Starting from the South end of the Prince's Island Park Bridge;
- Run North across the bridge onto the Bow River Pathway;
- Continue on the Bow River Pathway across the Northern bridge;
- Turn Left onto the Bow River Pathway that runs alongside Memorial Dr.;
- Turn Left and cross the 14th St. Bridge;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.



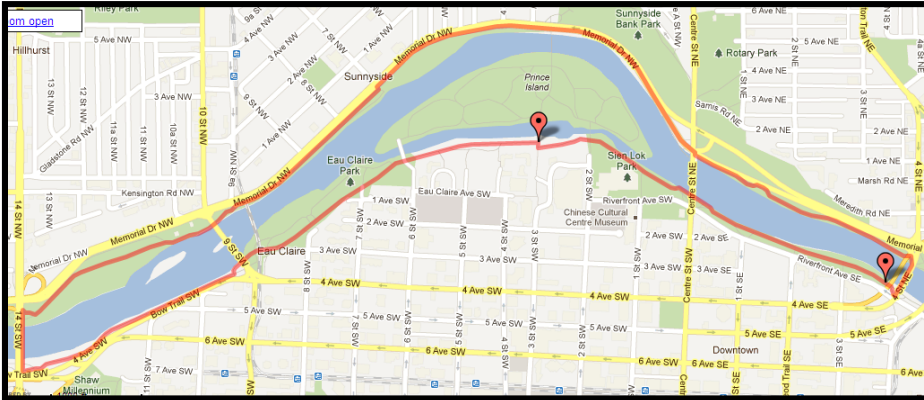
5km Loop2

- Starting from the South end of the Prince's Island Park Bridge;
- Run East along the Riverwalk pathway;
- Turn Left and cross the Centre St. Bridge;
- Cross Memorial Dr. NW and turn left onto the Sunnyside Bank Park pathway;
- Continue along the pathway as it joins 9 St. NW;
- Turn Left onto 7a St. NW and continue as the road ends and the pathway begins;
- Join onto 4 Ave NW and turn Left at 9a St. NW;
- Continue across the C-Train Bridge;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.



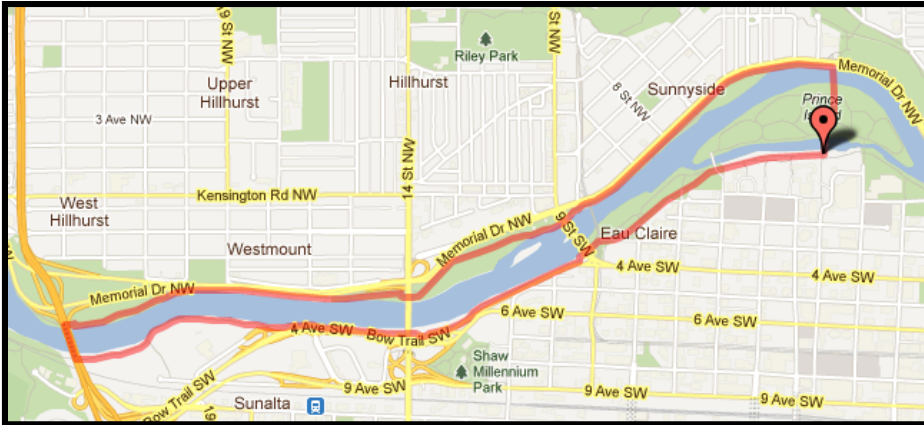
6km Loop

- Starting from the South end of the Prince's Island Park Bridge
- Run East along the Riverwalk pathway;
- Turn Left and cross the bridge to St. Patrick's Island/Centenary Park
- Continue through Centenary Park and cross the 12 St. NE bridge
- Turn Left after the bridge and follow the Bow River Pathway alongside Memorial Dr.
- Cross the bridge North of Prince's Island Park and continue South to return to the starting point



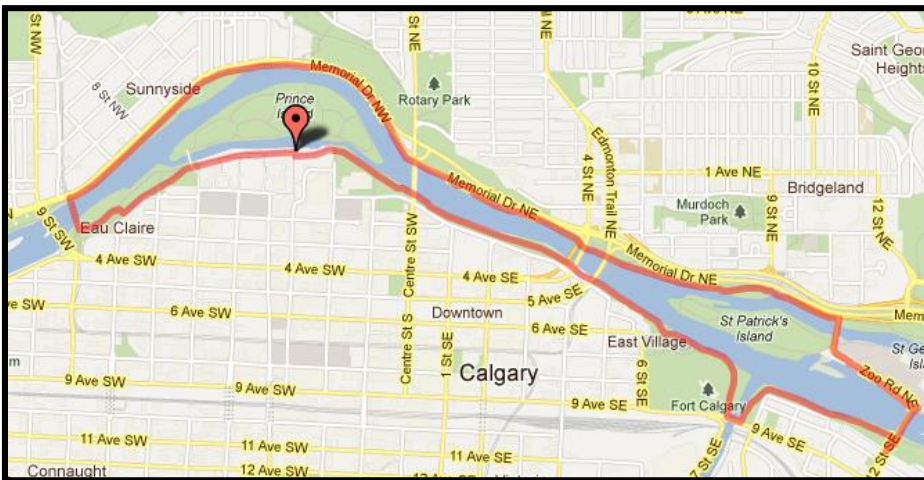
7km Loop

- Starting from the South end of the Prince's Island Park Bridge
- Run East along the Riverwalk pathway;
- Turn Left and cross the Langevin (4th St. NE) bridge
- Turn Left onto the Bow River Pathway that runs alongside Memorial Dr.;
- Turn Left and cross the 14th St. Bridge;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.



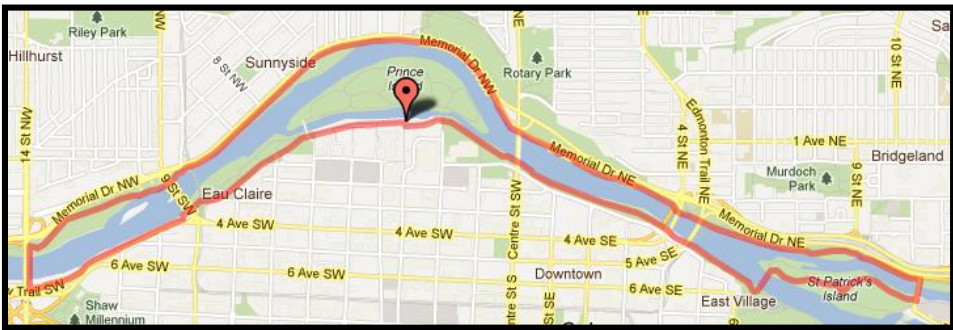
8km Loop

- Starting from the South end of the Prince's Island Park Bridge;
- Run North across the bridge onto the Bow River Pathway;
- Continue on the Bow River Pathway across the Northern bridge;
- Turn Left onto the path that runs along Memorial Dr. NW;
- Turn Left and cross the Crowfoot Bridge;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.



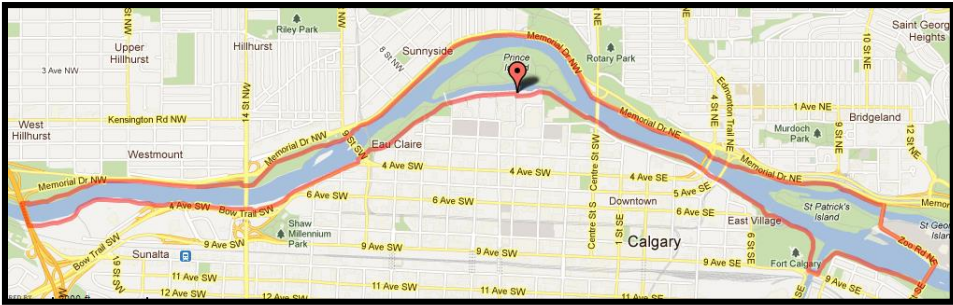
9km Loop

- Starting from the South end of the Prince's Island Park Bridge
- Run East along the Riverwalk pathway;
- Cross the bridge at 9th Ave SE and Continue along the riverside;
- Turn Left and cross the 12th St. SE bridge;
- Continue along Zoo Rd. and turn Right to cross the 12 St. NE bridge;
- Take your first Left after the bridge to follow the path that runs along Memorial Dr.;
- Turn Left and cross the C-train Bridge;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.



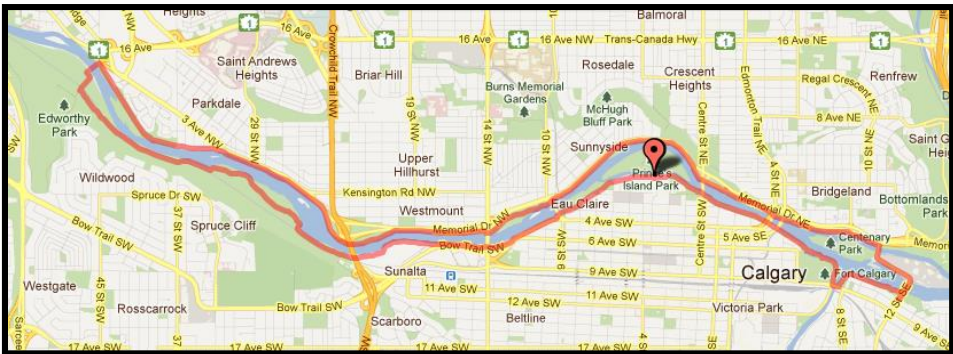
10km Loop

- Starting from the South end of the Prince's Island Park Bridge
- Run East along the Riverwalk pathway;
- Turn Left and cross the bridge to St. Patrick's Island/Centenary Park;
- Continue through Centenary Park and cross the 12 St. NE bridge ;
- Turn Left after the bridge and follow the Bow River Pathway alongside Memorial Dr.;
- Turn Left and cross the 14th St. Bridge;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.



14km Loop

- Starting from the South end of the Prince's Island Park Bridge and run East along the Riverwalk pathway;
- Cross the bridge at 9th Ave SE and Continue along the riverside;
- Turn Left and cross the 12th St. SE bridge;
- Continue along Zoo Rd. and turn Right to cross the 12 St. NE bridge;
- Take your first Left after the bridge to follow the path that runs along Memorial Dr.;
- Turn Left and cross the Crowfoot Bridge;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.



21km Loop (Half Marathon)

- Starting from the South end of the Prince's Island Park Bridge
- Run East along the Riverwalk pathway;
- Cross the bridge at 9th Ave SE and Continue along the riverside;
- Turn Left and cross the 12th St. SE bridge;
- Continue along Zoo Rd. and turn Right to cross the 12 St. NE bridge;
- Take your first Left after the bridge to follow the path that runs along Memorial Dr.;
- Continue along the Bow River Pathway;
- Turn Left to cross the bridge into Edworthy Park;
- Take your first Left after the bridge and follow the pathway along the riverside to return to the starting point.