



# Jogging Around Disney's Epcot® Resort Area

## Tracks

- #1 - - - - - Disney's BoardWalk Canal Run (*approximately 7/8 mile*)
- #2 ..... Disney's Yacht and Beach Club Resorts Run (*approximately 1.3 mile*)  
..... Starting from the WALT DISNEY WORLD DOLPHIN and to Disney's Yacht and Beach Club Resorts add 1/4 mile.
- #3 ——— Crescent Lake Run (*approximately .8 miles*)
- #4 ——— Epcot Resorts Blvd. and Buena Vista Drive Run (*approximately 2.4 miles*)

Be creative and combine tracks to increase your distance. Have fun on your run!

## Tips For A Safe Trip

- Use caution when crossing roadways and intersections
- Be alert, jogging/walking trails are shared by our guests using bicycles and golf carts
- Wear light colored clothing during dawn and dusk hours
- Remain on designated jogging/walking trails at all times
- Certain trails close at dusk, please observe where posted
- For your protection please do not feed or handle any wildlife or plants found in our natural environment
- Be sure to drink plenty of water
- Use sunscreen if appropriate
- A stretching or warm up routine may help prevent injuries

