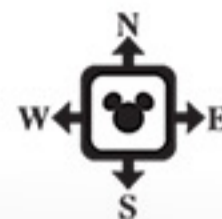




# Jogging Around Disney's Grand Floridian Resort & Spa

Run (approximately 1 mile)



Disney's  
Grand Floridian Resort & Spa

Seven Seas Lagoon

Disney's  
Wedding Pavilion

Disney's  
Polynesian Resort

## 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