



Jogging Around Disney's POP Century 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

--- POP Century Run

If you start at point "B" and run around the 80's/90's loop, then proceed along the lake, go one time around the 50's/60's loop and finish at point "A," the distance is 1.1 miles.

If you run the same route, but finish at point "B," the distance is 1.38 miles.

