



INTERCONTINENTAL.
SYDNEY



JOGGING MAP

SYDNEY JOGGING MAPS

Designed by our Concierge team

Improve your fitness while discovering the beauty of your surrounds with our selection of jogging courses, designed to take you from our hotel to some of the best sights in Sydney.



JOGGING BENEFITS



Jogging at a moderate speed is scientifically proven to improve overall health and wellbeing.



It improves cardiorespiratory and boosts your mood, protecting you from the negative effects of stress. Your body's response to illness is strengthened, boosting your immune system, as well as offering a positive effect on insulin resistance. Jogging also assists with flexibility as you age.



Each of our custom tracks will offer a unique experience from sunrise to sunset and beyond.

ABOUT THE TRACKS

These jogging paths have been curated by our team of local experts to showcase the most diverse range of sights to enjoy in the area. Explore natural beauty, historic architecture, iconic landmarks and a vibrant metropolitan landscape.

Track 1

Circular Quay / The Rocks

Distance - 4.71km

Track 2

Royal Botanic Gardens

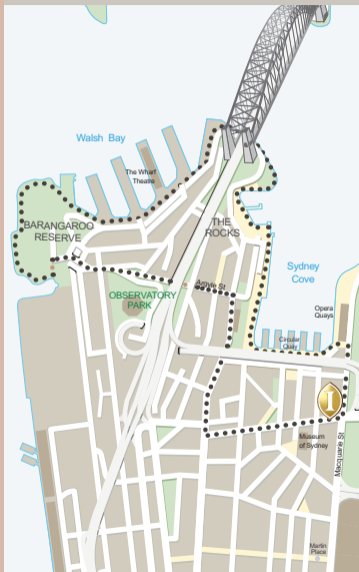
Distance - 4.13km

Track 3

Royal Botanic Gardens / Hyde Park

Distance - 6.7km

JOGGING TRACK 1



JOGGING TRACK 2



JOGGING TRACK 3



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