



# CENTRAL PARK RUNNING MAP

PRESENTED BY



Official Hospital of  
Central Park Conservancy

Offering both hilly and flat terrain, and a combination of surfaces, Central Park is a runner's paradise. Take this map with you on your next run in the Park or visit our [running guide](#). There are three optimal places to run in Central Park:

## RESERVOIR RUNNING TRACK

A soft surface made of crushed gravel, the Stephanie and Fred Shuman Reservoir Running Track is a 1.58-mile loop offering some of Central Park's best views of the Midtown skyline. Please run only in a counterclockwise direction around the track. Dogs, strollers, and bikes are not allowed on the track at any time.

## BRIDLE PATH

If you're looking for a soft, dirt surface to run on, the bridle path is for you. A 1.66-mile loop surrounds the Reservoir running track. Dogs must always be on-leash on the bridle path.

## PARK DRIVES

Circling the entire Park, the paved drives provide the longest routes. The drives are shared by runners, walkers, skaters, horse carriages, and more, and they can be very congested on weekends and nice days.



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## KEY

- 6.02-mile Loop
- 5.14-mile Lower Loop
- 4.92-mile Upper Loop
- 4.04-mile Loop
- 1.71-mile Lower Loop
- 1.66-mile Bridle Path Loop
- 1.58-mile Reservoir Loop
- 1.42-mile Upper Loop
- Park Drive  
(shared by pedestrians, bicyclists, and authorized vehicles)
- Transverse Road  
(vehicles only)
- Pedestrian Path  
(pedestrians only)
- Bridle Path  
(no bicyclists)
- i Visitor Information
- i Information/Shop
- ♿ Year-round Restroom
- ♿ Seasonal Restroom
- ☎ Emergency Call Box or Dial 911
- o/• Drinking Fountain  
(open year-round / closed in the winter)

**CENTRAL PARK  
CONSERVANCY**

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