



Central Park Running Map

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!

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.

centralparknyc.org/running

Map Key

- | | |
|---|---|
| — 6.02-Mile Loop | Visitor Center |
| — 5.14-Mile Lower Loop | Restroom / Closed Winter |
| — 4.92-Mile Upper Loop | Wheelchair Accessible |
| — 4.04-Mile Loop | — Park Drive (shared by pedestrians, bicyclists, and authorized vehicles) |
| — 1.71-Mile Lower Loop | - - - Transverse Road (vehicles only) |
| — 1.66-Mile Bridle Path Loop | — Pedestrian Path (pedestrians only) |
| — 1.58-Mile Reservoir Loop | o / • Drinking Fountain / Closed Winter |
| — 1.42-Mile Upper Loop | • Emergency Call Box or Dial 911 |