

WESTIN *WORKOUT*
RUNNING MAP by new balance 



The Westin Lake Mary, Orlando North

407.531.3555
westin.com

3 mile route

Exit the hotel and turn left (north) onto the Seminole Wekiva Trail that runs parallel to International Parkway. Mile markers are located on the ground and are white and green in color. The hotel is located at mile marker 10. Travel north on the trail, being mindful of the mileage markers. At mile marker 11.5, return to The Westin Lake Mary, Orlando North

5 mile route

Exit the hotel and turn right (south) onto the Seminole Wekiva Trail that runs parallel to International Parkway. At the traffic light, use caution to cross both International Parkway and to cross H.E.Thomas Jr. Parkway. The Seminole Wekiva Trail continues south along International Parkway to the 2nd traffic light, Lake Mary Boulevard. At this point (2.5 miles), turn around and travel north back to The Westin Lake Mary, Orlando North.

Disclaimer Notice: As a courtesy to our guests the attached running/walking course map identifies distances and routes created by using an independent outside mapping source. This map was not created by the Hotel. The identified routes are on City public streets and ways. As the Hotel has no direct or indirect control over public areas we urge you to use common sense for your own safety and security. The Hotel in no way guarantees the safety or condition of the identified routes. Use of this map is at your own risk. Please observe all rules and posted signs and warnings, including traffic signals.