



# SWEAT AND SIGHTSEE SIMULTANEOUSLY

est. 2005

Like Frank Sinatra says, "If you can run here, you can run anywhere!" Okay, maybe he didn't say that, but if you really want to experience the streets of New York City, there's no better way to tour and run New York City than on a guided running tour. These active tours will satisfy the runner and tourist in you. Pick a Personalized Tour and customize a route from the Boogie Down Bronx to the Brooklyn Bridge. Go on a Group Tour and see Central Park, Greenwich Village or the Breweries of Brooklyn & Queens. Whichever you choose, you'll never forget weaving through the sights, sounds and smells that make The Big Apple the most vibrant city in the world!

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## **RUNCIERGE - PERSONALIZED RUNNING TOURS**

**BOOK NOW**

The **RUNCIERGE** service will completely customize a tour to the day, time, distance and sights you want to see. City Running Tours offers pickup and drop-off from the Westin, photos and water during the tour. These tours are perfect if you are visiting town while training for a race or business traveler fitting a run in to your busy schedule. Choose to run more/stop less or stop more/run less and City Running Tours will accommodate your request.

The **cost** of a personalized running tour is **\$60 for a run up to 3 miles** and **\$5 for each additional mile** per person.

## **GROUP RUNNING TOURS**

**GROUP RUNNING TOURS** are 4 mile social tours through different neighborhoods of the city, each designed with exciting stops along the route to interest all runners and accommodate all running levels. Think of it as a fun twist on the traditional walking tour! Here at CRT, we say, “why walk when you can run?”

Each of group running tour is led at a casual, conversational pace and no runner is ever left behind. Group size varies from week to week and is dependent on registrations and more than one guide will be provided if necessary to handle group size as well as varied paces. City Running Tours will provide directions to the meeting location for each tour, and runners are responsible for arriving on time. CRT will also provide each participant with a bottle of water.

### **AMERICA’S ROOTS TOUR - \$40    BOOK NOW**

**HIGHLIGHTS INCLUDE:** Wall Street, Fraunces Tavern, African Burial Ground and more!

Explore the roots of America through events that occurred in New York City from the time the city was an early Dutch Settlement, through British Rule, Revolution and the birth of a new Nation. You will see how immigration influenced and made up the very foundation of the city. People from around the world came at different times and for different reasons, but all left and continue to leave their marks on business, politics, food, neighborhood life and the very character of New York. Some stops include the Wall Street, Fraunces Tavern, City Hall, Rhinelander Sugar House, the African Burial Ground, Trinity Church and more.

**OFFERED:** Fridays at 8 am

**DISTANCE:** 4.5 Miles/7K

**TERRAIN:** Street, Sidewalk, Belgian Block

**ELEVATION:** Flat

**TOUR DURATION:** Approx. 1.5 hours

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### **BROOKLYN BRIDGE TOUR - \$40    BOOK NOW**

**HIGHLIGHTS INCLUDE:** Chinatown, the Five Points Area, the bridges and more!

The Brooklyn Bridge is the most iconic landmark in all of New York. At any time of day The Bridge provides great views of Manhattan and Brooklyn and offers a look back at the origins of modern day New York City, when Manhattan and Brooklyn were still separate cities. This short tour covers a lot of landmarks, taking you over the Brooklyn Bridge and back on the Manhattan Bridge, then through

the streets of Chinatown and The Five Point Area, before finishing up downtown in front of City Hall.

**OFFERED:** Fri, Sat & Sun @ 7 am/Mon @ 8 am

**DISTANCE:** 4 Miles/6.4K

**TERRAIN:** Street, Sidewalk, Boardwalk

**ELEVATION:** Hills

**TOUR DURATION:** Approx. 1.5 hours

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### **BROOKLYN BREWERY TOUR - \$45    BOOK NOW**

Join City Running Tours for a guided running tour of one of Brooklyn's most dynamic neighborhoods: **Williamsburg**. This 4.5 mile route, led at a casual pace, explores the overlapping hipster and Hasidic sections of Williamsburg, the rapidly changing waterfront, and legendary landmarks like Peter Luger Steakhouse, The Knitting Factory and McCarren Pool. The run concludes at The Brooklyn Brewery for a tour of the brewery and a pint of Brooklyn's finest!

**OFFERED:** 2nd Saturday of the Month @ 11:30 AM

**DISTANCE:** 4.5 Miles/7.24 K

**TERRAIN:** Street, Sidewalk

**ELEVATION:** Flat

**TOUR DURATION:** Approx. 1.5 hours, Beer After

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### **CENTRAL PARK TOUR - \$40    BOOK NOW**

**HIGHLIGHTS INCLUDE:** Strawberry Fields, Bethesda Terrace & Delacorte Theater and more!

"Nature first, second, and third -- architecture after a while," was the motto of the Central Park architects. It's hard to imagine that everything you see while running through Central Park was put there by design, but that's exactly what you'll experience on The Lower Central Park running tour. The lower portion of the park features the most ambitious landscape architecture ever implemented in the United States and magically escorts the viewer out of the city and into a peaceful park surrounding.

**OFFERED:** Sun & Thu @ 7 am/Mon, Wed & Sat @ 8 am

**DISTANCE:** 4 Miles/6.4K

**TERRAIN:** Street, Park Paths

**ELEVATION:** Some moderate hills

**TOUR DURATION:** Approx. 1.5 hours

**CROSSROADS OF THE WORLD TOURS - \$40      BOOK NOW**

**HIGHLIGHTS INCLUDE:** the Theater District, Grand Central Station, Rockefeller Center and more! Perhaps no part of New York City is as well known as the legendary Times Square. Once home to the first newspapers of NYC, this small 10-block district is now home to the annual televised New Year's Eve celebration and the most popular Broadway hits. On this tour you'll also get treated to a trip through Grand Central Station and Rockefeller Center, before returning to the "Great White Way" to learn more about the theaters and secrets of why Times Square has become the "Crossroads of the World"!

**OFFERED:** Sundays at 8 am

**DISTANCE:** 4 Miles/6.4K

**TERRAIN:** Street, Sidewalk

**ELEVATION:** Flat

**TOUR DURATION:** Approx. 1.5 hours

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**CULTURE CLASH TOUR - \$45      BOOK NOW**

**HIGHLIGHTS INCLUDE:** The Bowery, Old St. Patrick's Cathedral, Eldridge Street Synagogue and more!

One of New York's most dynamic neighborhoods, and the first home to many NYC immigrants, the Lower East Side is still teeming with culture and history. This run covers SOHO, Little Italy, Chinatown, The Bowery and the small streets of the Lower East Side, some of which will have you feeling transported to a European town. You'll also get a look at the famous restaurants, music venues and clubs that have made this neighborhood one of the hippest in New York for years.

**Bonus:** You will finish the run with a delicious cup of coffee at a local Village coffee shop, on us!

**OFFERED:** Thursdays at 8 am

**DISTANCE:** 4.5 Miles/7.2K

**TERRAIN:** Street, Sidewalk

**ELEVATION:** Flat

**TOUR DURATION:** Approx. 1.5 hours

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## **ROCKAWAY BREWERY TOUR - \$45    BOOK NOW**

Join City Running Tours for a guided running tour to see Queens' best kept secret: Long Island City. This 4-mile route, led at a casual pace, will feature beautiful views of Manhattan along the Waterfront, the history of the Queensboro Bridge, and stops at cultural landmarks like PS1, Silvercup Studios and Gantry State Park. The run concludes at The Rockaway Brewery for a beer (and some witty conversation) on us!

**OFFERED:** 4th Saturday of the Month @ 11:30 am

**DISTANCE:** 3.1 Miles/5K

**TERRAIN:** Street, Sidewalk

**ELEVATION:** Flat

**TOUR DURATION:** Approx. 1.25 hour

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## **THE VILLAGE TOUR - \$45    BOOK NOW**

**HIGHLIGHTS INCLUDE:** Washington Square Arch, the Stonewall Inn, the High Line and more!

What do Bob Dylan, Ernest Hemingway, The Cosby Show and Carrie Bradshaw all have in common? They all have ties to Manhattan's West Village - the home to NYU's main campus and the neighborhood that inspired the Bohemian and Beat Generations. The West Village Running Tour will take you along quiet, tree-lined streets that seem almost out of place in The Big Apple. Theater, comedy, fine dining and possibly a celebrity sighting - The West Village Running Tour is capped with a breathtaking jaunt along the High Line walking park.

**Bonus:** You will finish the run with a delicious cup of coffee at a local Village coffee shop, on us!

**OFFERED:** Wednesdays at 7 AM

**DISTANCE:** 4 Miles/6.4K

**TERRAIN:** Street, Sidewalk

**ELEVATION:** Flat

**TOUR DURATION:** Approx. 1.5 hours

**HIGHLIGHTS:** Washington Square Arch, the Stonewall Inn & the High Line