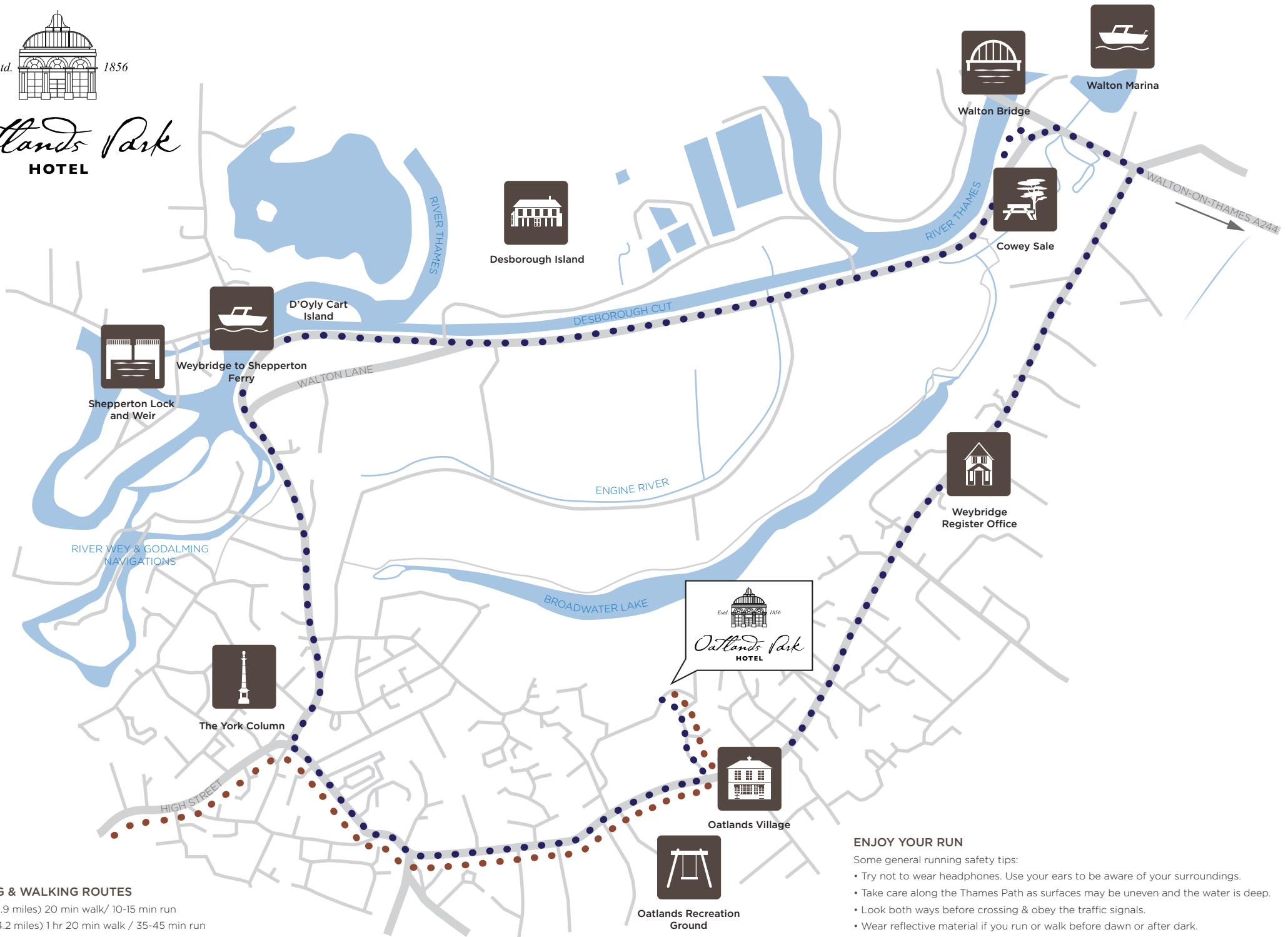


Oatlands Park HOTEL



JOGGING & WALKING ROUTES

Route 1: (0.9 miles) 20 min walk / 10-15 min run

Route 2: (4.2 miles) 1 hr 20 min walk / 35-45 min run

ENJOY YOUR RUN

Some general running safety tips:

- Try not to wear headphones. Use your ears to be aware of your surroundings.
- Take care along the Thames Path as surfaces may be uneven and the water is deep.
- Look both ways before crossing & obey the traffic signals.
- Wear reflective material if you run or walk before dawn or after dark.