

Official Central Park Conservancy 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 and tell us about it!

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Leave Your Mark in Central Park

Celebrate life's important milestones, honor someone special, or commemorate the finish of a 5K run or marathon with a paving stone on Gilder Run. These one-of-a-kind granite stones, located on the steps of beautiful Bridge No. 24, are a unique way to leave your legacy by engraving your name, in stone, in Central Park.

centralparknyc.org/engravgilder

About Central Park Conservancy

Central Park Conservancy is a private nonprofit organization founded in 1980 to restore, manage, and enhance Central Park in partnership with the public, for the enjoyment of all. Central Park Conservancy raises 75% of the annual budget essential to keeping Central Park beautiful.



Map Key

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|--|----------------------|--|----------------------------|
| | 6.02 mile loop | | 1.71 mile lower loop |
| | 5.14 mile lower loop | | 1.66 mile bridle path loop |
| | 4.92 mile upper loop | | 1.58 mile Reservoir loop |
| | 4.04 mile loop | | 1.42 mile upper loop |
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|--|----------------------------------|--|--|
| | Restrooms / Closed Winter | | Park Drive (shared by pedestrians, bicyclists, and vehicles) |
| | Wheelchair Accessible | | Transverse Roads (for vehicles only) |
| | Visitor Centers | | Pedestrian Paths (for pedestrians only) |
| | Drinking Fountains | | |
| | Emergency Call Boxes or Dial 911 | | |