



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!

Leave Your Mark in Central Park

Celebrate life's important milestones, honor someone special, or commemorate the finish of a race with an engraved 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 in Central Park.

centralparknyc.org/enravegilder

Team Central Park

As an Official Charity Partner, the Central Park Conservancy has a limited number of spaces available for runners in the TCS New York City Marathon and the United Airlines NYC Half. Team Central Park members support the Conservancy's mission to restore, manage, and enhance Central Park. You can participate in these premier races by joining Team Central Park as a runner yourself, or by sponsoring entries for family members, friends, or clients.

centralparknyc.org/marathon

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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 / Closed Winter | | |
| | Emergency Call Boxes or Dial 911 | | |