



THREE-DAY RUNNING ITINERARY IN DARTMOUTH

It's absolutely true that you haven't seen Halifax until you've seen it from both sides! Are you a runner?! Then follow my lead for some of the most beautiful and interesting runs around - whether you want to go for a 5km or 30km plus! It's always nice to keep up your exercise while on vacation, so if you have time, add in one of these runs each day you are here!



DAY 1

6KM EASY RUN RIGHT OFF THE FERRY

9:00AM - 9:15AM

Take the 15-minute ferry from Downtown Halifax to downtown Dartmouth.

9:30AM - 10:00AM

You can start at the Alderney Ferry Terminal, turn right, and follow a paved path right beside the water to the Woodside Ferry Terminal and back.

10:30AM - 12:00PM

Enjoy a post-run refreshment at **King's Wharf** for several shops, cafes and restaurants with a super chic and European feeling.



DAY 2

8KM OVER THE BRIDGE RUN (CAN'T-BEAT VIEWS!)

11:00AM - 12:00PM

Run from the Halifax waterfront, along the trails to the Macdonald Bridge, then continue on the Dartmouth side into the Dartmouth Commons and out along King Street to Ochterloney Street.

12:00PM - 2:00PM

Enjoy a post-run refreshment at one of the cafes, bars, restaurants and shops at the corner of King and Ochterloney Streets.

2:30PM - 2:45PM

Take the 15-minute ferry ride across the harbour back to Downtown Halifax



DAY 3

3KM TO 25 KM RUN AROUND THE LAKE

9:00AM - 9:25AM

Starting at Lake Banook, this run takes you along a waterside path, through a woody park and along a stretch of boardwalk.

9:30AM+

Continue into nearby Shubie Park and add up to 25 km if you want to extend your run!

12:00PM - 1:30PM

Enjoy a post-run refreshment at any of the downtown Dartmouth restaurants!



ITINERARY PROVIDED BY CRYSTAL

Crystal Garrett is the Director of Communications and Marketing for the Downtown Dartmouth Business Commission.

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WHAT IF YOU DON'T LIKE RUNNING?

Take the ferry (\$2.50 well spent!) from Downtown Halifax then visit downtown Dartmouth's unique shops, friendly folks and famous food. It's a very walkable place – the Dartmouth Common is only a 5-minute walk from the ferry terminal, and the harbour views from the gazebo are panoramic.

