

CREATED FOR WESTIN BY

# RUNNER'S

WORLD  
MAGAZINE

**THE WESTIN**  
MISSION HILLS RESORT & SPA  
Rancho Mirage

## MISSION HILLS, CALIFORNIA

Once the first-choice winter retreat for Hollywood stars, Palm Springs today is a prime retirement community for the well-heeled, as well as a hot spot for college spring breakers with plenty of excellent running.



### 3-MILE ROUTE

- 1• Exit the resort's main entrance, and turn right
- 2• Run east along the path to Dinah Shore Dr. and then to Bob Hope Dr.
- 3• Turn Right on Bob Hope Drive
- 4• When you reach Gerald Ford Dr., turn around and retrace your steps back to the resort

### 5-MILE ROUTE

- 1• Follow steps 1-3 above.
- 2• Turn right on Gerald Ford Dr.
- 3• When you reach Inverness Dr., turn around and retrace your steps back to the resort.

## LOCAL RUNNING TIPS

**STAY HYDRATED:** Research shows that even when you're slightly dehydrated, running will feel more difficult. So sip from a water bottle often during the day, and while running, drink about 8 ounces of water or sports drink every 15 to 20 minutes.

**DRESS WISELY:** Wear synthetic running clothes (not cotton, which retains sweat and chafes your skin), sunscreen, sunglasses, and a breathable hat with a brim to protect your eyes.

**TRAILS AND MORE TRAILS:** You'll find endless running and hiking options in the nearby Santa Rosa Mountains, plus cycling paths that snake all through Rancho Mirage. Take in the amazing views along the Bighorn Overlook Trail, which you can reach via a path that starts just behind City Hall.

**HEAD FOR THE CANYONS:** For a truly breathtaking running experience, visit one of the wilderness areas outside of town. You'll find plenty of hiking/running trails in the nearby Andreas, Murray, Palm, and Tahquitz canyons, and while you're there, to take the aerial tramway (ask the concierge for specifics) that climbs 6,000 feet from the desert up into the San Jacinto mountains.

**WORTH A VISIT:** For running shoes, gear, training advice, and info on running in the area, check out the Running Wild specialty running store ([www.runningwildps.com](http://www.runningwildps.com)) in Palm Springs. The store hosts weekly group runs open to visitors.

WESTIN **WORKOUT**  
with Reebok

DISCLAIMER NOTICE: As a courtesy to our guests the above running/walking course map identifies distances and routes created by using an independent outside mapping source. This map was not created by the Hotel. The identified routes are on City public streets and ways. As the Hotel has no direct or indirect control over public areas we urge you to use common sense for your own safety and security. The Hotel in no way guarantees the safety or condition of the identified routes. Use of this map is at your own risk. Please observe all rules and posted signs and warnings, including traffic signals.