

[routes]



Vuelta del Castillo



- * Distance: 2,090 m
- * Overall ascent/descent: 10 m.
- * Surface: Paved/green area.
- * Description: Route through a park around the Citadel in Pamplona city centre. Both soft terrain and paved areas available to runners. Totally flat. Favourite place for local runners.

Path along the River Arga



- * Distance: 3,180 m
 - * Overall ascent/descent: 5 m.
 - * Surface: Mainly paved.
 - * Description: Route along the nature track on the banks of the River Arga. There are parks, gardens, footbridges and bridges, not to mention all the animal life: turtles, fish, ducks and other birds. Totally flat.
- Be careful in the section called Allotments of La Magdalena because it is not lit at night.

Pamplona city walls



- * Distance: 3,170 m
 - * Overall ascent/descent: 20 m.
 - * Surface: Paved.
 - * Description: Route along a section of the city's defensive walls, passing some beautiful spots and taking in some outstanding views. Route shared with pedestrians. Urban furniture on the route.
- Be careful not to go the wrong way on Calle de Santo Domingo.

[advice]

1. Before running, warm up and do some stretching exercises to prepare your body for physical exertion.
2. Run on the softer ground, earth or grass, on the routes in order to cushion your stride and not strain your legs and calf muscles.
3. Run in a group if possible. It is greater fun and easier to run when you go with other people. You will find people to run with on all the routes.
4. Run with a mobile phone and carry personal ID for your own safety.
5. Drink plenty of water when it is hot. There are drinking fountains on all the routes.
6. Do not stop physical activity abruptly. Slow down gradually and finish off with some stretching exercises.

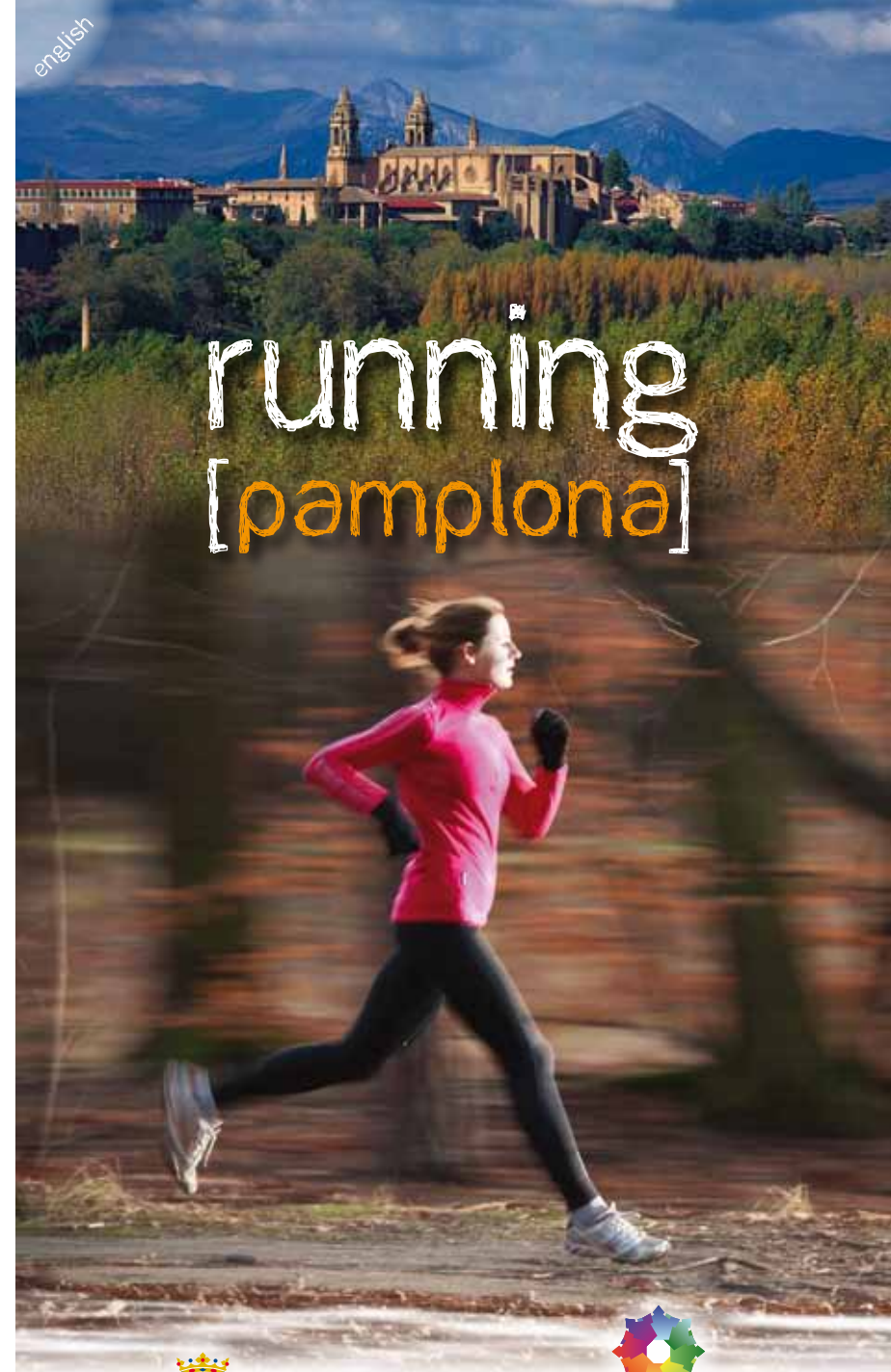


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“Running” is a set of routes through the city that pass by emblematic locations and places of cultural interest or importance in terms of heritage. Those choosing to take up the suggestion, therefore, have the opportunity to combine the healthy pursuit of physical exercise with a tour of some of Pamplona’s most distinctive spots.



-  **Vuelta del Castillo**
-  **Path along the River Arga**
-  **Pamplona city walls**
-  **Links between routes**

-  Drinking fountain
-  Public toilets
-  Tourist information point
-  Outdoor gym
-  Sports Club
-  Area unlit at night
-  Car park
-  Pay car park
-  Pedestrian streets
-  Steep slope
-  Urban elevator

