



# Jogging Around Disney's Fort Wilderness Resort

■ ■ ■ ■ ■ Run (approximately 2.5 miles)



## Tips For A Safe Trip

- Use caution when crossing roadways and intersections
- Be alert, jogging/walking trails are shared by our guests using bicycles and golf carts
- Wear light colored clothing during dawn and dusk hours
- Remain on designated jogging/walking trails at all times
- Certain trails close at dusk, please observe where posted
- For your protection please do not feed or handle any wildlife or plants found in our natural environment
- Be sure to drink plenty of water
- Use sunscreen if appropriate
- A stretching or warm up routine may help prevent injuries