

# Guided Running Tours Becoming a Hit

Guided running tours are becoming more and more popular. When you are on vacation in any big city, most of the time you want to get to know more about that particular destination. However, as a runner, you don't want to sacrifice those morning runs. If you have a look online, you will see a lot of service providers that will suit your requirements.



These tours cater for both professional as well as amateur runners. There are even fun tours for people who want to do something different, whilst keeping fit at the same time. You can find these tours in paid form as well as those that are free, however, as one can imagine, the paid version will offer you more advantages at the end of the day.

Professionals and amateurs can take to the streets with the help of a proper organized guided running tour. There are many of these around, so it is a good idea to choose something that is best suited to you.

Business people are often travelling from city to the next destination, without much time for pleasure. Many of these people are runners, and would love to get their running shoes on in the morning, but without knowing anything about the area it is not all that possible. This is where the guided running tour comes into play, giving this type of person a chance to enjoy the time there.

First of all you have to start with what you want to see and where you want to go. You will be helped along by your guide, but you must have an idea or a plan beforehand.



The next thing to decide upon is your budget because these tours vary a great deal. You will have to decide the rate per mile and take it from there. If you are on a business trip, you need to schedule this because you obviously can't spend too much time on running, unless you take some time off work.

You have to assess your strength and ability as well because you don't want to end up with a group of runners that are a lot better than you. This will leave you struggling. On the other hand, you also need someone that is going to keep to your pace.

It is difficult to know what the weather is going to be, but you can have a look online. Running into a wind is never pleasant. Plan your trip according to the time of the year because things really heat up in certain countries, such as the Middle East.

You don't have to keep to the exact same speed as your guide. They are just giving you the route to follow, so there is no need to concentrate on the pace. Most people just want to have a relaxing run, whilst having a look at the surroundings at the same time.



Hotels have picked up on the popularity of these tours and are now providing tours themselves, making it easier for clients. You can find out about it at most hotels at the concierge. This is a great way of keeping fit whilst you are on vacation.

It is still possible to arrange this yourself, cutting down on the costs. If you want to do it this way, make sure you have a map and plan your route properly so that you know where you are going. A lot of major cities have pedestrian friendly pavements and this makes life much easier for the average runner.

Some reasons to consider a running tour:

- Unique way to see the sights that accomplishes exercise and exploration all at once
- No forced confinement in a bus or tour van
- Personalize your tour with a customized speed and stops
- Get a great "feel" for the city that is lacking in a bus tour

People who enjoy running tours include:

- Competitive athletes who can't afford to miss training days
- Recreational athletes and runners
- People who just can't sit still during a bus tour
- Individuals of all ages from teens on
- Corporate business groups

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