

# Discover Australia: Top 3 Great Running Tours

Guided running tour is a new and interesting trend in Australian tourism. Many local businesses are now offering guided jogging or running sightseeing tours that allow fitness enthusiasts to stay fit while travelling. This is an eco-friendly, low-budget travel option that works well for travelers who don't want to see a city from bus or car windows. All you need to carry is a pair of running shoes and loose sports clothes, and you are all set for your running tours.

## **Sydney: Scenic Fitness Tours**

Scenic Fitness offers six major running tours that explore various aspects of Sydney ranging from major tourist attractions to hidden beauties. These tours will take you through the golden northern Sydney beaches such as Palm Beach and Whale Beach, over hidden pathways over rocky highlands, and unexplored bays and nautical junkyards. You can also choose trails that cover famous landmarks such as the Sydney Harbor Bridge, Opera House, the Royal Botanical gardens, and the Anzac Bridge.



Scenic Fitness allocates personal guides for each client and allows them to customize their running routes. A typical route varies from 6 km to 10 km and takes between 45 to 90 minutes. For more information, contact Scenic Fitness by email ([info@scenicfitness.com.au](mailto:info@scenicfitness.com.au)) or visit their website <http://www.scenicfitness.com.au/index.htm>.

## **Melbourne: Melbourne Running Tours**

Melbourne Running Tours organizes a medium paced running tour of Melbourne, the cultural capital of Australia. The tour always originates at the north-eastern corner of the Princess Bridge on St. Kilda road. It takes you through the heart of the city, with stops at all the popular destinations such as Luna Park, Queen Victoria Market, through the colorful Federation Square, the Statue of Ted Whitten in Footscray, and the entertaining Chinatown with its exotic arches and interesting aromas.



Priced at \$50 per person, this tour takes around 90 minutes with frequent stops at popular destinations to discuss their history and significance. This leisurely tour is open to professional runners as well as amateurs. You can learn more about the Melbourne Running Tours by visiting their website, <http://www.melbournerrunningtours.com.au/>.

### **Perth: Lazy Runners tours**

Lazy Runners organizes a wonderful running tour in Perth during the popular City 2 Surf marathon. This iconic marathon event offers something for every tourist, from full-fledged marathons for professional runners to 4 km runs for tourists simply looking for some fun and adventure. You can explore the lazy beaches and pathways on foot and challenge yourself by participating in the races.



Lazy Runners City 2 Surf running tour is open to all. It comprises a 6 day stay with accommodation, daily breakfast, post-race party, transportation, race entries, and other facilities. The Lazy Runners running tour package allows you to join a 12 km running training program. You will also have day running tours to Rottnest Island, Fremantle, and Margaret River Wineries.

Since this tour takes place in August it is best if you plan a trip in advance and make reservations for Lazy Runners City 2 Surf running tour. You can get more information at <http://www.lazyrunner.com/city-to-surf-perth-tour>.

With running tours you are sure to get a real feel of Australia and take away some priceless memories.

Date: 2013-01-28

Article link:

<http://www.tourism-review.com/travel-tourism-magazine-australia-best-city-running-tours-article2028>