



Hard yards



RUN THE WORLD

TOP SIX GLOBAL RUNNING DESTINATIONS

PENNY COMINS SCOURED THE WORLD TO FIND THE TOP SIX GLOBAL RUNNING DESTINATIONS FOR THE 'ITCHY SOLES' AMONG US.

Packing running shoes, shorts and a top is an easy way to see a new destination with an authentic perspective. Run at dawn and be mesmerised by the rhythm of community tai chi on a local green. Head out at dusk and find monks walking the streets and with their offering bowls. Climb a path to catch a view of the city that no minivan could take you to. Pounding out the miles also means guilt-free gelato and pizza – no holiday weight gains here, thanks. Tour companies have quickly grasped this modern demand and there are now 'running holidays' all over the world that offer a unique travel experience: some are guided in the mountains or involve participation in a local race during the excursion.

Here are six outstanding running destinations around the world.