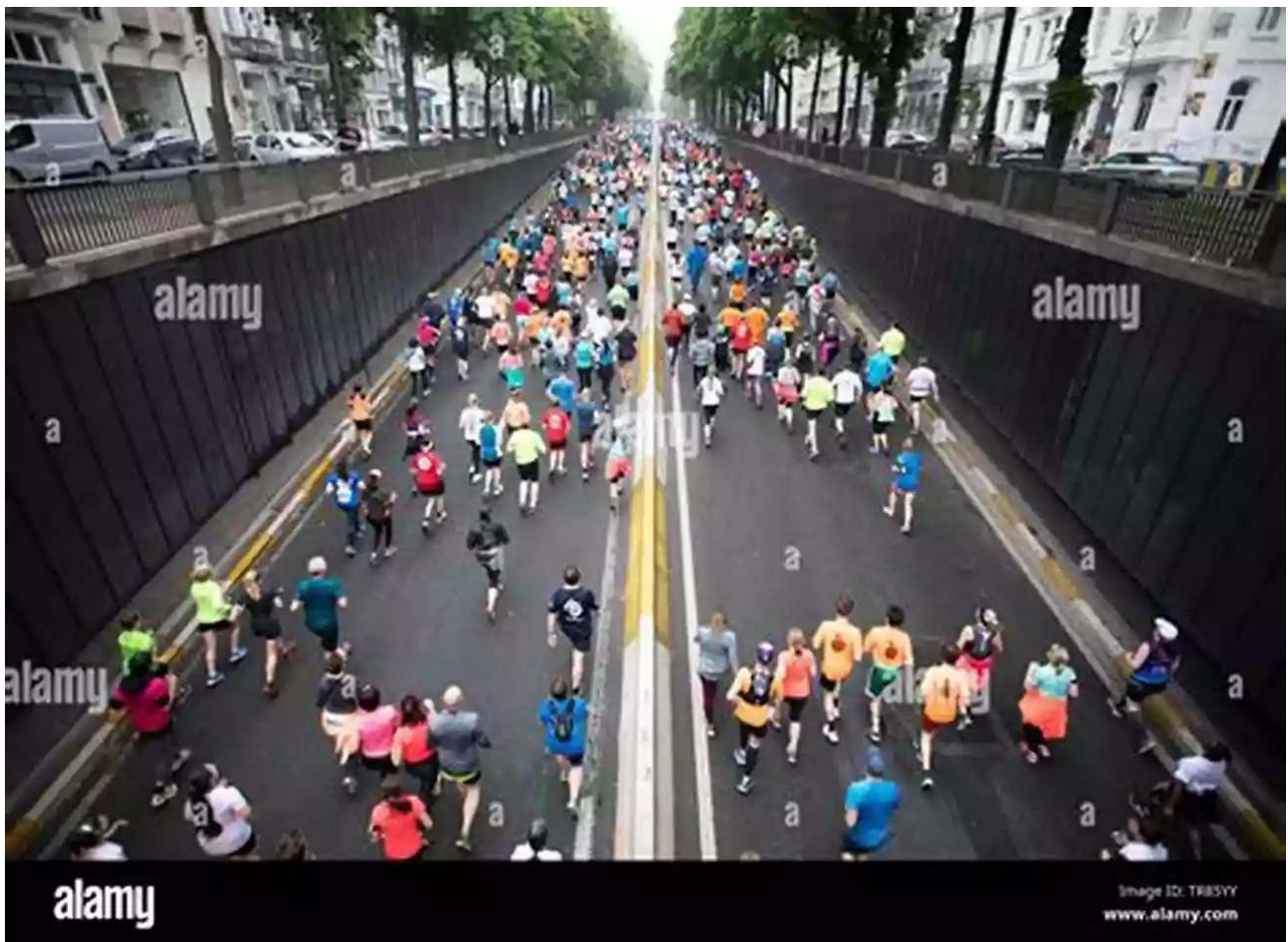


Running Brussels: Discover the Charms of the European Capital Through Running

Brussels, the capital of Belgium and the administrative heart of the European Union, is a charming city that seamlessly blends history, politics, and culture. From its rich architectural heritage to its culinary delights and multicultural atmosphere, Brussels has plenty to offer for both locals and tourists alike. So why not explore this magnificent city through running?



Why Running in Brussels?

Running is not only a great way to improve your fitness and overall well-being, but it also allows you to discover a city from a unique perspective. Brussels, with

its numerous parks, green spaces, and historic landmarks, offers a perfect backdrop for runners. Whether you are a beginner or an experienced athlete, Brussels has something to offer for every level. The city's well-maintained running trails and paths will take you through scenic routes, enabling you to experience the best of what Brussels has to offer.



Running Brussels (Running the EU Book 5)

by Anne Zouroudi (Kindle Edition)

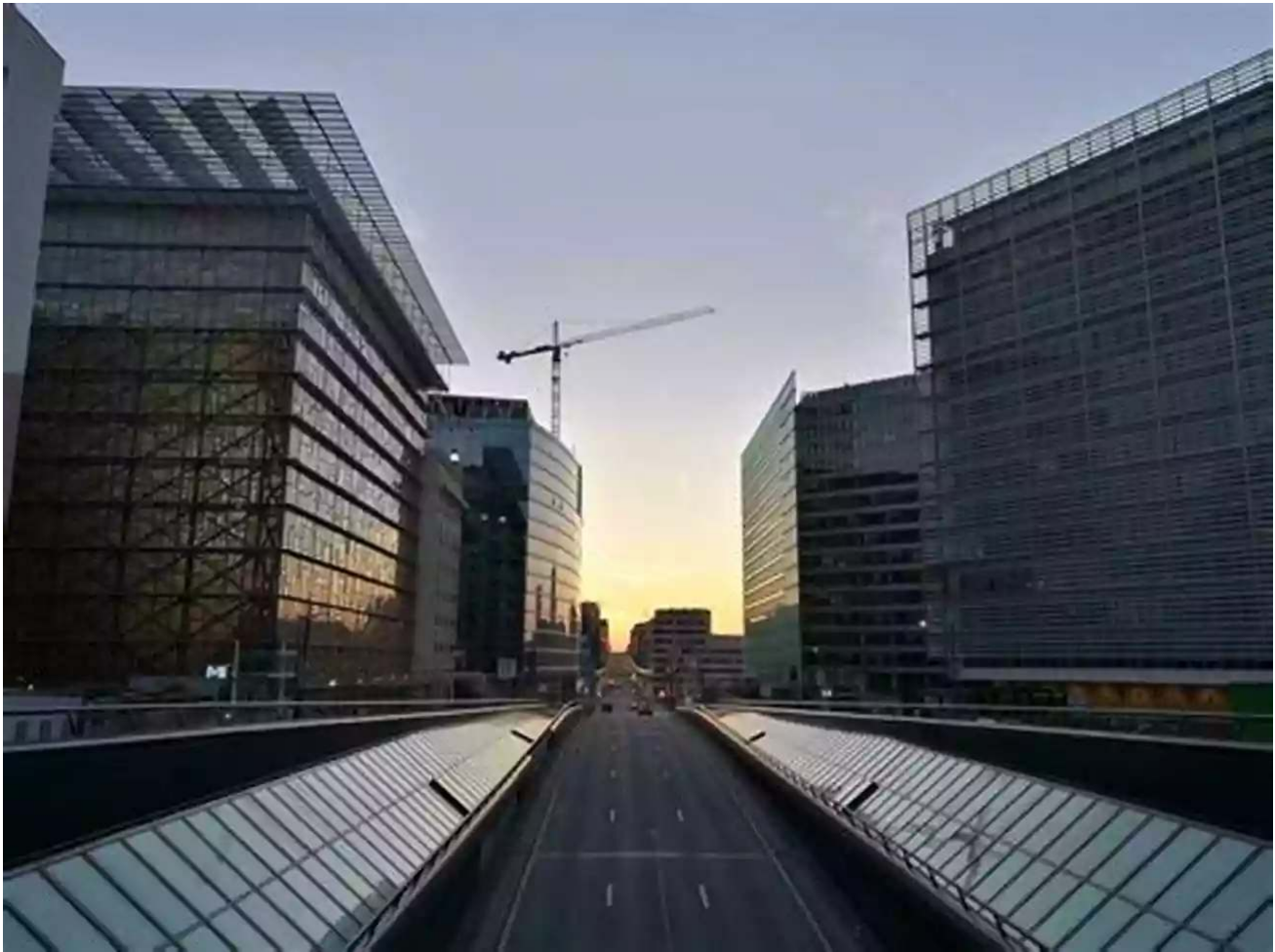
★★★★☆ 4.6 out of 5

Language	: English
File size	: 405 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 13 pages
Lending	: Enabled



Exploring the European District

One of the highlights of running in Brussels is the opportunity to explore the European District. This area is home to most of the European Union institutions and is where the decisions affecting the lives of millions of Europeans are made. Running through the European Quarter, you will pass by notable landmarks such as the European Parliament, the European Commission, and the Council of the European Union. It's an exhilarating feeling to run in the heart of Europe and witness the daily activities that shape the future of the continent.



Discovering Historic Brussels

Running is a fantastic way to discover the rich history and architectural marvels spread across Brussels. Lace up your running shoes and embark on a journey through the narrow cobblestone streets of the historic city center. Marvel at the stunning Grand Place, a UNESCO World Heritage Site and one of the most beautiful squares in the world. Run past the majestic Royal Palace and the picturesque St. Michael and St. Gudula Cathedral. Each step will transport you back in time, allowing you to connect with Brussels' illustrious past.

Enjoying Natural Beauty

Brussels is known for its lush green spaces and beautifully maintained parks. Running through these natural havens provides a refreshing break from the hustle and bustle of the city. The Bois de la Cambre, a sprawling beech forest located in the southern part of Brussels, offers a tranquil escape for runners. Meanwhile, the iconic Cinquantenaire Park features manicured lawns, stunning fountains, and a triumphal arch. These natural retreats provide the perfect opportunity to exercise amidst scenic surroundings.



Fueling Up on Delicious Treats

After a rewarding run, indulge in some of Brussels' gastronomic delights. The city is famous for its mouthwatering Belgian chocolates, waffles, and delicious fries. Treat yourself to a well-deserved post-run snack and experience the true flavors of Belgium. Don't forget to sample some traditional Belgian beer, another

specialty of the region. Running in Brussels is not only about exercise; it's a chance to savor the culinary pleasures that this vibrant city has to offer.

Running in Brussels offers a unique way to discover the European capital. Whether you are eager to explore the political hub of the EU, dive into Brussels' history, appreciate its natural beauty, or simply indulge in its culinary delights, running provides an immersive experience. So lace up your running shoes, hit the streets, and let Brussels reveal its hidden gems as you jog along its paths. The sights, smells, and sounds of this extraordinary city will make you fall in love with running and Brussels all over again.



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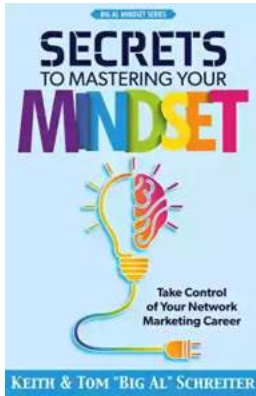


'Running Brussels' is a runners – or walkers – brief guide with two proposals of where to run in the capital of Belgium and of the European Union. It is for natives, residents, visitors and tourists alike.

There is a 4-5 km run - 'shorty' - and a 8-10 km run - 'longy' - for the double capital. 'Running Brussels' furthermore includes a personal to the city by the

author and presents the etymology of its name. The 'shorty' and 'longy' routes are indicated on an easy-to-read and easy-to-memorise map.

With this mini-guide, running, walking or experiencing Brussels is a piece of cake!



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