



Route: Nong Bon Reservoir Loop

Distance: 11km.

Brief description: Flat, and on quiet roads or a grass path apart from a very short stretch down Chaloeprakit Rd.

Getting there: 1) Link this to **BTS Onnut to Nong Bon Reservoir** run and run there. 2) Take the BTS to Udom Suk then aircon van to Rama IX park (12 baht).

GPS cords: 13.688108, 100.658771

What to bring: Money for drinks/transport.

Food/drink: S&P coffee shop inside rama 9 park. Some vendors around the outside of the park.

Let's go! This is a very simple route around Nong Bon Reservoir which you might like to tag on to a long run around the Rama IX park, just to vary your surroundings. The reservoir is very peaceful, you can take a short dirt track out into the middle of the lake and back and otherwise the quiet road, used by cyclists at the weekend, goes almost all the way round; on foot you can complete the circuit by taking a grass path through to the sailing club.

Bangkok Runners organise social runs to different areas of the city as well as regular jogging meets and more structured running sessions. You can find them at: <http://www.meetup.com/Bangkok-Runners/>

