



6th ECMP 2026

European Congress of Medical Physics

23-26 September 2026 | Valencia | Spain

**Advancing Healthcare through Physics:
Bridging Science and Patient Care
for a Sustainable Future**

Running in Valencia

A practical guide for congress attendees

Valencia is particularly friendly to runners: the Turia Gardens provide a long, car-free green corridor through the city, while the seafront offers a flat route beside the Mediterranean. The two suggested routes below are out-and-back runs, but you can turn around at any point to adapt the distance to your schedule and fitness. Content courtesy of Francisco Blázquez Molina – Medical Physics Section, Hospital Clínica Benidorm, Alicante.

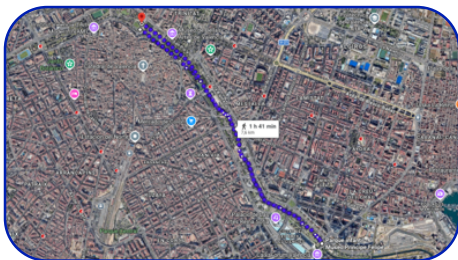
Route 1 – Turia Gardens

Map Route 1

Distance: ≈ 7.5 km (out-and-back) | **From / to:** Torres de Serrano → Ciudad de las Artes y las Ciencias | **Surface:** Mostly paved paths | **Character:** Green, urban, car-free

This route follows the former riverbed of the Turia, now converted into a linear park crossing Valencia, and finishes in front of the Ciudad de las Artes y las Ciencias. It is a convenient option for runners staying near the city centre and offers a continuous route with very few car interactions. Start from the point shown on the map, follow the riverbed path, and turn around at the end of the suggested route – or earlier for a shorter run.

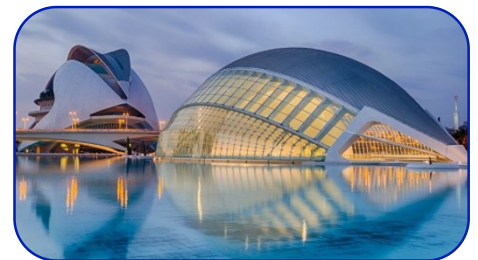
Good for: easy runs, steady runs, short intervals, and runners who prefer shade and an urban park setting. Paths may become busier near entrances, bridges, playgrounds and popular gardens, especially later in the day.



Suggested route – Turia Gardens (≈ 7.6 km shown)



Start – Torres de Serrano



Finish – Ciudad de las Artes y las Ciencias



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Welcome nation



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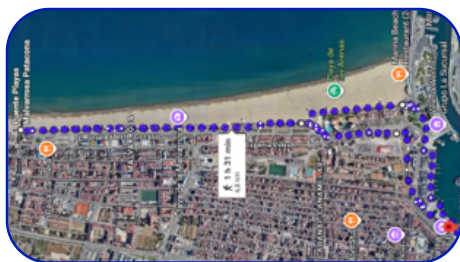
Map Route 2

Route 2 – Marina de Valencia to Malvarrosa

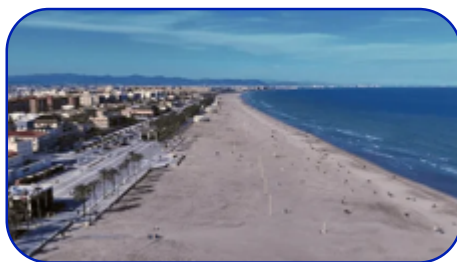
Distance: ≈ 7 km round trip | **From / to:** Tinglado 2, Marina de Valencia → Malvarrosa Beach |
Surface: Flat seafront promenade, paved paths | **Character:** Open, scenic, exposed to sun and

Start at Tinglado 2 in the Marina de Valencia and run along the seafront towards Malvarrosa Beach. Continue along the promenade as far as desired, then return on the same route. The route is naturally flexible: turn around at any point to create a shorter out-and-back run, or use the beach promenade for a relaxed recovery session.

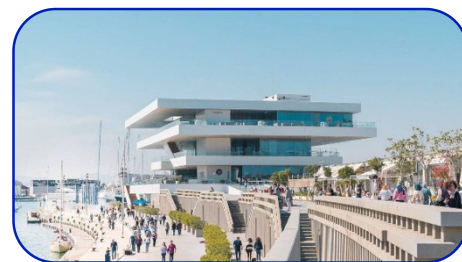
Good for: flat continuous running, relaxed recovery, and runners who enjoy sea views. Expect more pedestrians, cyclists and recreational activity in the afternoon and evening. Check wind and heat exposure, particularly in the warmer part of the day.



Suggested route – Marina de Valencia to Malvarrosa (≈ 6.8 km shown)



Start – Marina de Valencia (Veles e Vents)



Malvarrosa Beach promenade

More running options in Valencia

Turia Gardens 5K Circuit (official). Within the same Turia riverbed park, the city maintains a dedicated, signposted running circuit of approximately 5,731 m, with a specific running lane, purpose-built pavement, lighting and bio-fitness stations along the way – a good option for a shorter, well-marked loop. It runs from the Puente de Nou d'Octubre (by Parque de Cabecera) to Parque Gulliver, near the Puente del Ángel Custodio – passing the Puente de las Artes (km 2) and Puente de las Flores (km 4) along the way. An extension of the circuit towards the Ciudad de las Artes y las Ciencias has been announced by the city; attendees should check on-site signage for the current endpoint.

Valencia Ciudad del Running (VCR). The city's official running platform lists further circuits and routes around Valencia and offers a free mobile app showing the most common running routes, with advice on how to use them, plus the local calendar of races.

More information: valenciaciudaddelrunning.com/en/city/vcr