



A BESPOKE WELLNESS JOURNEY

Discover a new way to experience MGM Grand. Curated as part of Restore by MGM, this self-guided wellness circuit invites you to explore the resort through movement, combining light activity with iconic destinations throughout the property.

Designed to take approximately 35 to 45 minutes, this journey encourages you to move at your own pace while incorporating wellness into your stay. Along the way, take in the energy of the resort, focus on your breath, and enjoy moments of mindfulness as you navigate one of Las Vegas' most dynamic destinations.

When you return to where your journey began, pause to appreciate the movement you've accomplished and carry that renewed sense of energy with you throughout the rest of your day.

Turn this card over to begin your journey. We kindly suggest adjusting your pace based on the time of day and the natural flow of guests to ensure a comfortable experience.

restore
— BY MGM

1 MILE LOOP

1. Begin at Front Desk
2. Make your way to The District
3. Continue around the Grand Pool Complex
4. Pass the Grand Garden Arena
5. Turn at KÀ Theatre
6. Continue behind the Studio Tower
7. Walk past Hakkasan
8. Return through the casino to finish back at the Front Desk

 = 1 Mile Loop

