Nordic Walking Trail Rosenalm

Description

Nordic Walking...is an effective and gentle training of the entire body ...relieves the spine and joints ...strengthens the heart and circulation ...relieves muscle tension in the neck and shoulder area ...strengthens the shoulder, arm and chest musculature ...improves the intake of oxygen ...has a positive effect on the blood pressure, cholesterol and body fat ...is suitable for young and old ...is easy and can be quickly learnt, and simply fun!

The Nordic Walking Trail starts at the Rosenalmbahn/Zillertal Arena top station, at 1.744 m, and leads to Simon's Bergstadl and to the Kreuzjochhütte at 1.905 m, where you can enjoy the sweeping panorama of the Alps and strengthen yourself with food and drink (round trip: 5,4 km). A Power Trail leads on a winding road up to 2.065 m to the panoramic place (round trip: 2,6 km, altitude: 160 m). The panels, designed in the form of oversized Nordic Walking sticks show the correct warm-up, technique, relaxation exercises, and much more!