

# VITALITY WALK OR RUN WITH OUTDOOR ROUTES

- **40 minute – 4km / 2,5 miles**

Get your heart rate up and feel great.

- **60 minute – 6km / 3,7 miles**

For high performers: combine workout with interval training.

- **20 minute – Hotel territory**

Great for a morning stroll to awaken, or an afternoon breath of fresh air.

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SWISS  
CHOCOLATE.  
YOU HAVE TO  
EARN IT.

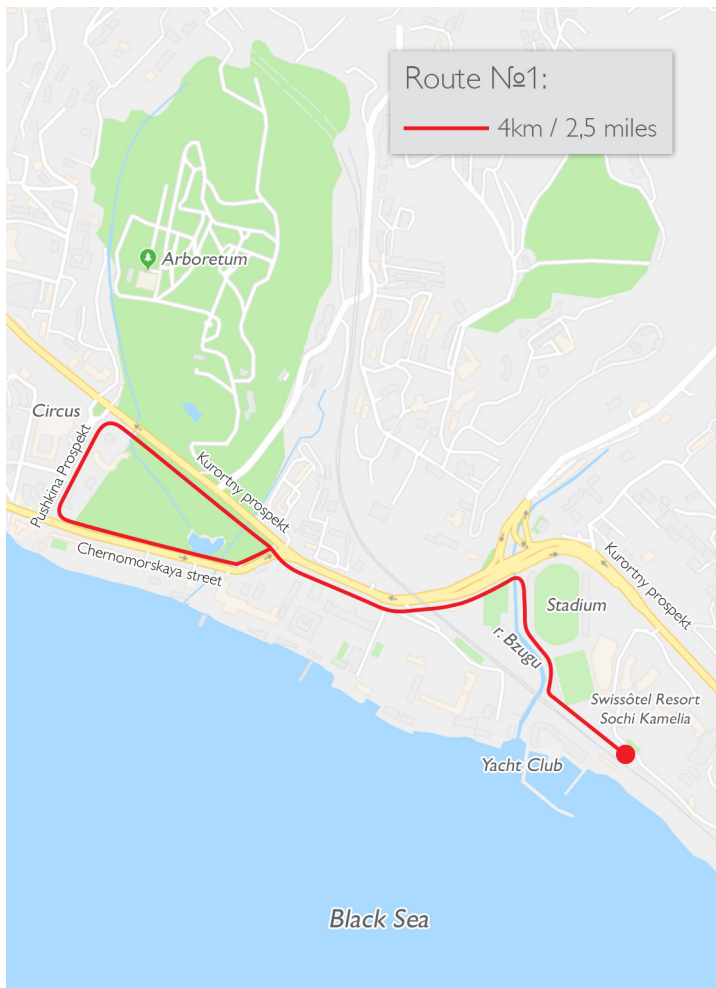


VITALITY

JOGGING ROUTE MAP

## Route №1:

— 4km / 2,5 miles



## Route №2:

6km / 3,7 miles

