

ADVENTURE & SPORT

Helsana Trail



CONTACT

 www.weggis-vitznau.ch

A full body workout in the great outdoors

The [Helsana Trail](#) is a loop tour in the great outdoors, where signposts promote and train personal full-body fitness at regular intervals. The Helsana Trail is open to the public, around the clock. The Helsana Trail is suitable for every fitness level and worthwhile even for very active people who are very active. The trail leads around Vitznau through forest and meadow landscapes, gaining 213 meters in altitude. It is 5.8 km long and can be done running, walking or with Nordic walking sticks. The starting point of the Helsana Trail is the station square of the Rigi Bahnen.