

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.

swissôtel **RESORT**

SOCHI KAMELIA

Swissôtel Resort Sochi Kamelia

89 Kurortny prospekt

Sochi, Russia

Tel: +7 (862) 296 88 01

sochi@swissotel.com

www.swissotel.com/sochi



SWISS
CHOCOLATE.
YOU HAVE TO
EARN IT.

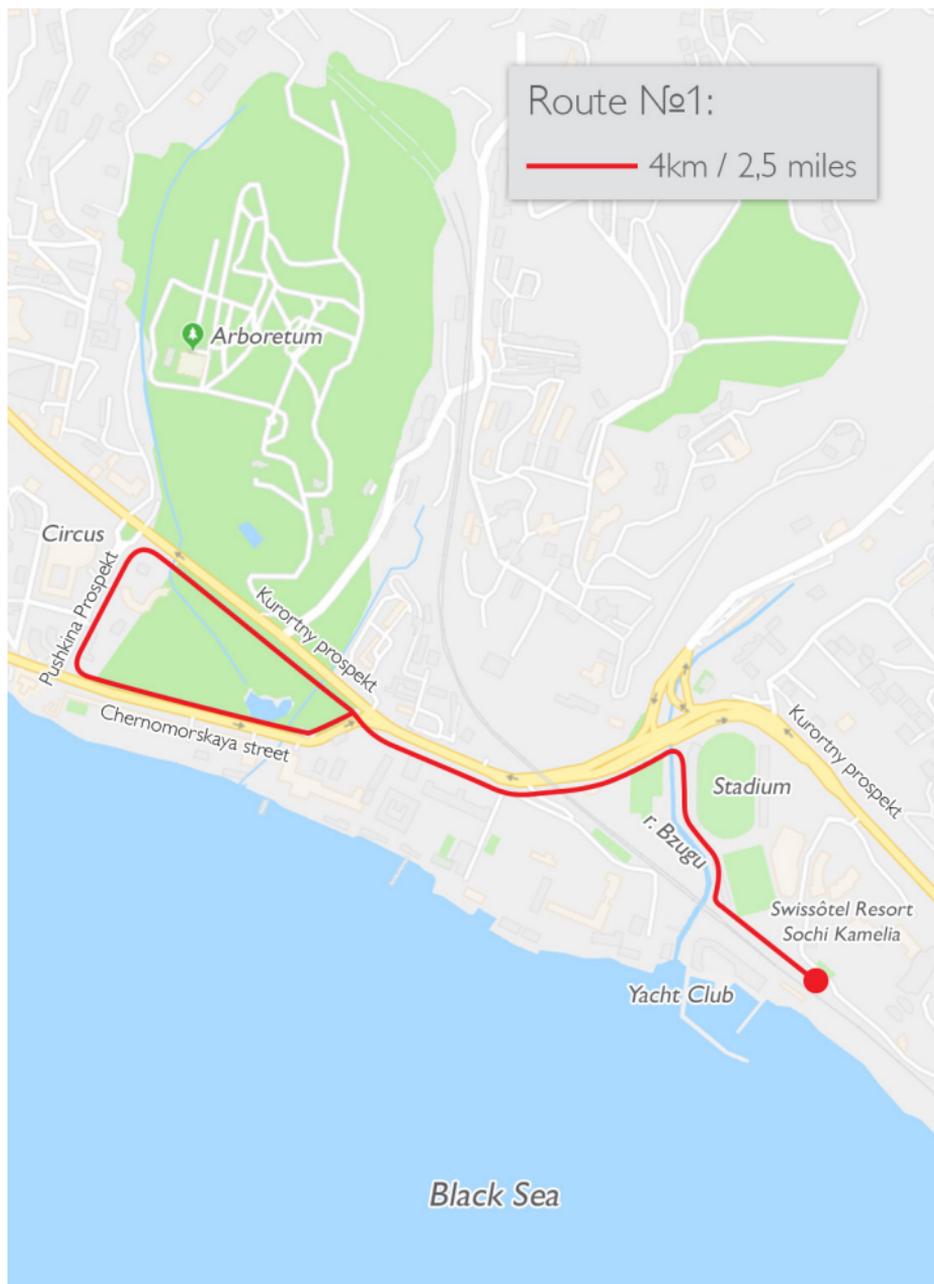


VITALITY

JOGGING ROUTE MAP

Route №1:

— 4km / 2,5 miles



Route №2:

6km / 3,7 miles

