

## **Nordic Walking routes**

1. small route in Graun  
difference in altitude: 8 m  
length: 34,05 km

2. big route in Graun  
difference in altitude: 230 m  
length: 9,8 km

3. big route in Graun  
difference in altitude: 51 m  
length: 5,4 km

4. route Melag  
difference in altitude: 72 m  
length: 4,8 km

5. small route in Reschen  
difference in altitude: 228 m  
length: 7,4 km

6. big route in Reschen  
difference in altitude: 230 m  
length: 9,8 km