



MBT Walking / Nordic Walking

Masai walking (from 6 people)

The “active walking concept” is based on the MBT, unique footwear. The special constructed sole requires a more active walking technique, which raises the muscular effort and prevents the joints from damage.

Nordic Walking (from 6 people)

The ideal body training is for the whole family. 90 % of the muscles are being used which raises the heart frequency, benefits the metabolism and strengthens the body. Nordic Walking is pure enjoyment - outside in the nature!

	Masai Walking	Nordic Walking
Where	Interlaken-Wilderswil	by arrangement
Meeting point	Alpin Center Sport Shop	
Duration	3 h	4 h
Time	by arrangement	
To bring	sportive clothes	
Price	CHF 49*	CHF 49**

* Incl. MBT-shoes and guide

** Incl. poles and guide

Information and Bookings:

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