



# Tann - Jogging tours

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Running strengthens the immune system, increases stamina, strengthens the joints and also makes a lot of fun.

Running is a very effective form of endurance training and easily possible even in the winter months.



### **Tour GREEN:**

Requirement: for comfortable runners

Time: about 45 min.

Vertical drop: about 150 m

Way-numbers: 27

### **Tour BLUE:**

Requirement: for enduring

Time: about 80 min.

Vertical drop: about 170 m

Way-numbers: 27, 9A

### **Tour RED:**

Requirement: for experienced

Time: about 70 min.

Vertical drop: about 150 m

Way-numbers: 27

### **Tour ORANGE:**

Requirement: for demanding

Time: about 1,5 hours

Vertical drop: about 180 m

Way-numbers: 1,9A,27

Reference: Pemmern – Waldhotel\*\*\*\*Tann  
about 800m paved road

### Equipment:

The most important is a suitable running shoe. Except as the shoe size, other characteristics are playing an important role, we recommend a personal consultation. Functional underwear is perceived by many runners as pleasant - normal cotton underwear absorbs the sweat and starts to stick to.