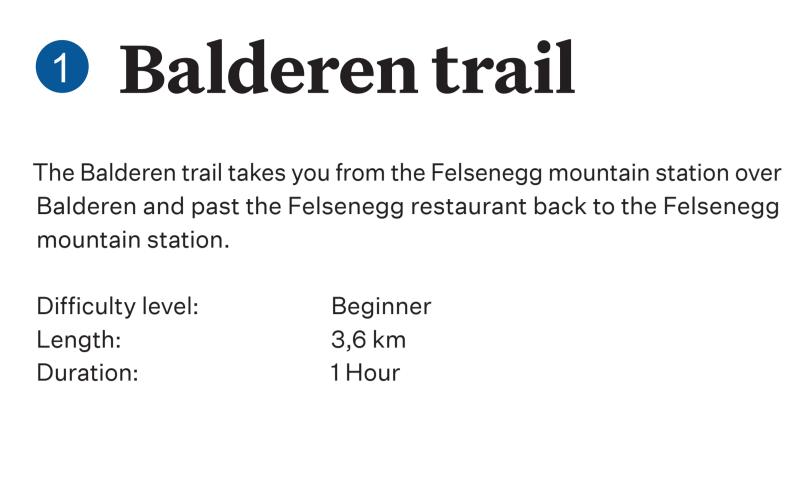
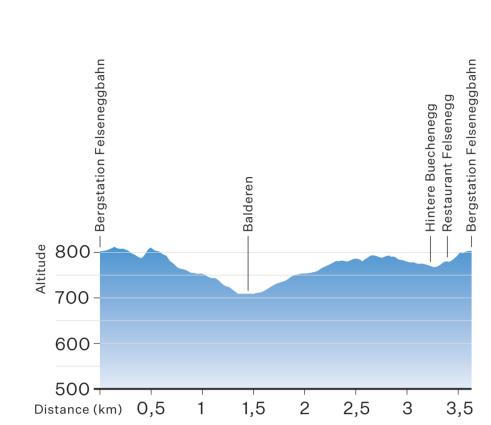
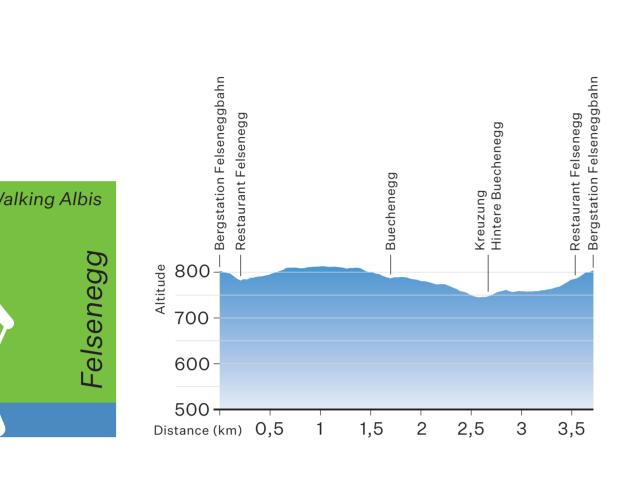
Nordic walking in the Albis region

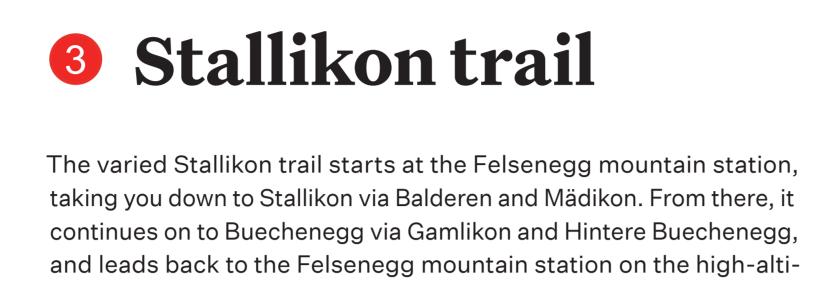


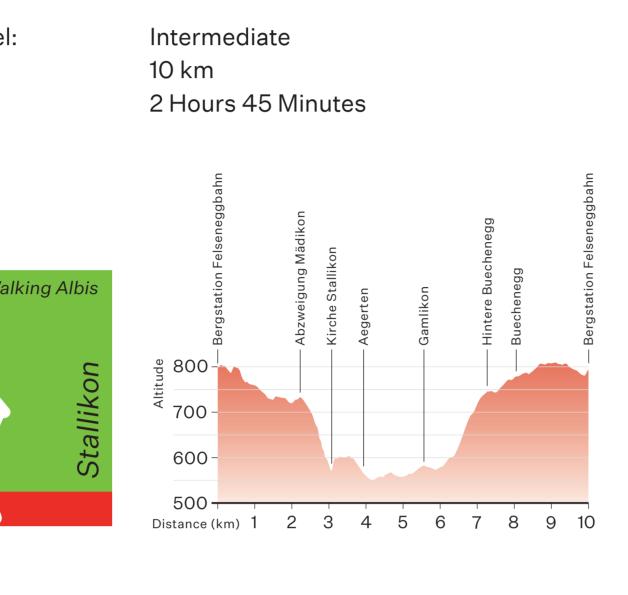


2 Felseneggtrail The starting point for the Felsenegg trail is the Felsenegg mountain station. It takes you to the Felsenegg restaurant and on to Buechenegg, then back to the starting point via Hintere Buechenegg.

3,7 km

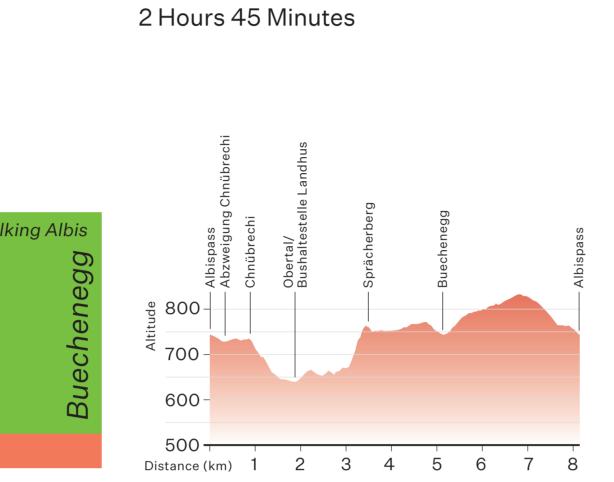






4 Buecheneggtrail

The top of the Albis Pass is the starting point for the Buechenegg trail, which takes you down into the Reppisch valley via Chnübrechi and Habersaat. The ascent to Buechenegg begins at the Landhus bus stop, and the trail leads back to the top of the Albis Pass from Buechenegg.

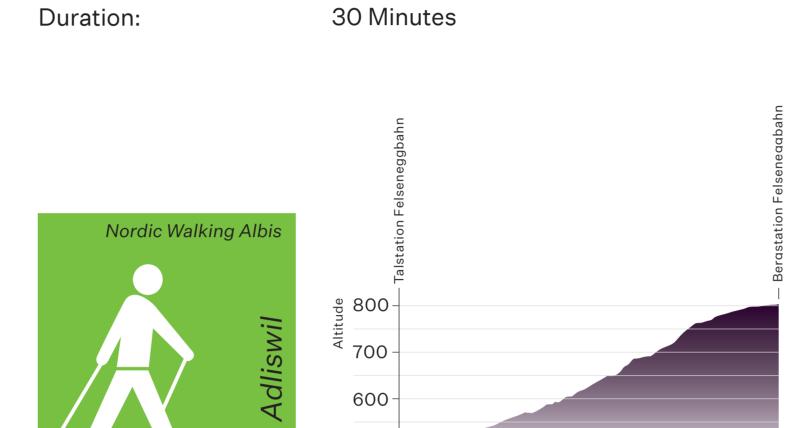


6 Adliswil trail

Difficulty level:

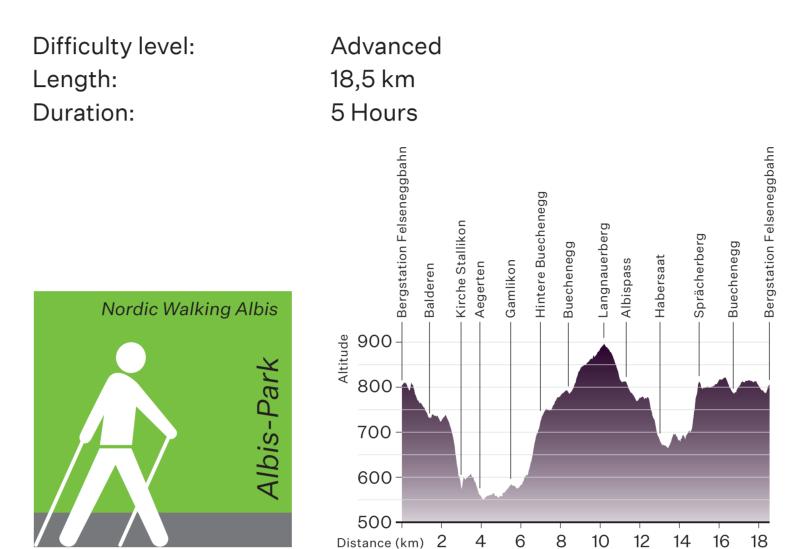
The Adliswil trail may be short, but it's certainly intense. From the Felsenegg valley station to the Felsenegg restaurant and Felsenegg mountain station, you'll climb over 300 metres in

Advanced



6 Albis Park trail

The Felsenegg mountain station or the top of the Albis Pass are the starting points of the longest and most challenging trail, with an altitude of over 750 metres. Along this trail, you get to enjoy the diverse scenery of the Albis and Felsenegg regions while getting



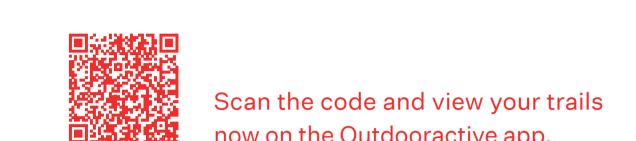
A trail to suit everyone

Enjoy both active and relaxing hiking experiences on the six different Albis trails.

Enjoy nature at any time of year

want – from easy all the way to challenging! Explore the Albis chain and enjoy nature – every season has its own special appeal.

No matter whether you prefer your Nordic walking to be lei- As you walk, be sure to take in the lush green meadows or the vibrant autumn leaves, or enjoy the scent of hay or flowering rapeseed fields. Special points to stop and relax also await you on each trail – you can find out more in the Outdooractive app.



Nordic walking technique

With the right technique, Nordic walking is an effective full-body workout – and it's more fun, too! Here are some essential tips:

