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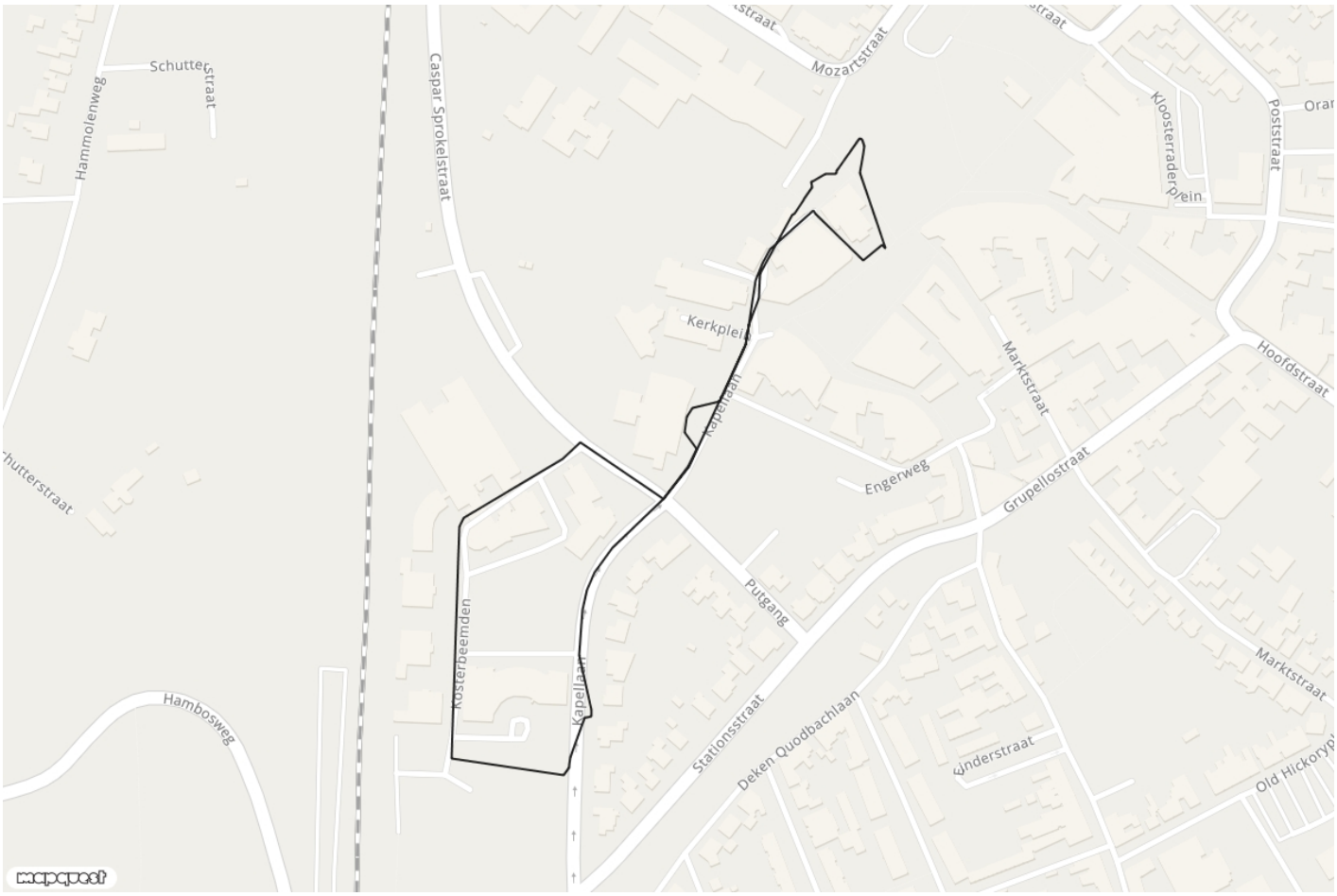
Kwiekbeweegroute in Kerkrade

Walking route
1.3 km

Start- and endpoint
Kapellaan, 6461 EH, Limburg

Level of difficulty
Makkelijk

KWIEK is a walking and exercise route that uses the street furniture in the area. Follow the route and your balance, strength and endurance. Fun to do and good for body and mind. The movement route is indicated with orange-white arrows on the sidewalks and special tiles with assignments . The start and finish are the entrance to care and rehabilitation center Hambos. There is an information board with an overview of the route. The exercise route consists of two loops of approximately one km each. You can run one loop at a time or two in a row.



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