

Hälsans Stig

SÖDERKÖPING



Welcome to "Path to Health" (Hälsans Stig), a pedestrian-friendly pathway in an enjoyable environment. Start your stroll wherever you please and keep track of the distance by counting the kilometers signs along the way. The trail in Söderköping is 4 km.

In 1995 the first Path to Health (Slí na Sláinte) was established on Irland by the Irish Heart Foundation.

The maps covering all Hälsans Stig in Sweden can be found in the website of Riksförbundet HjärtLung: www.hjart-lung.se

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HÄLSANS STIG SÖDERKÖPING WAS INAUGURATED IN 2017



Welcome to Path to Health (Hälsans Stig) in Söderköping!

The ground along this pedestrian-friendly trail is asphalt, paving or hardened gravel surface and there are almost no hills. While wandering the streets and alleys of the medieval town you will pass many tourist attractions.

Söderköping was founded in the beginning of the thirteenth century and had its center where Storån meets Lillån at the Town Hall Square. The **Town hall** was built in 1777 but rests on foundations of the oldest town hall from the first half of the thirteenth century. Today it's notable building and is used by an art gallery and studios and is also available for weddings.

Two of the towns original four medieval churches remains. They are called **Drothem** and **S:t Laurentii** and have interesting medieval inventory preserved.

The path passes **Göta canal** with its old store-houses, locks and lockkeepers cottages. The grand inauguration of the 190 km long building construction took place in 1832 in Mem outside Söderköping.

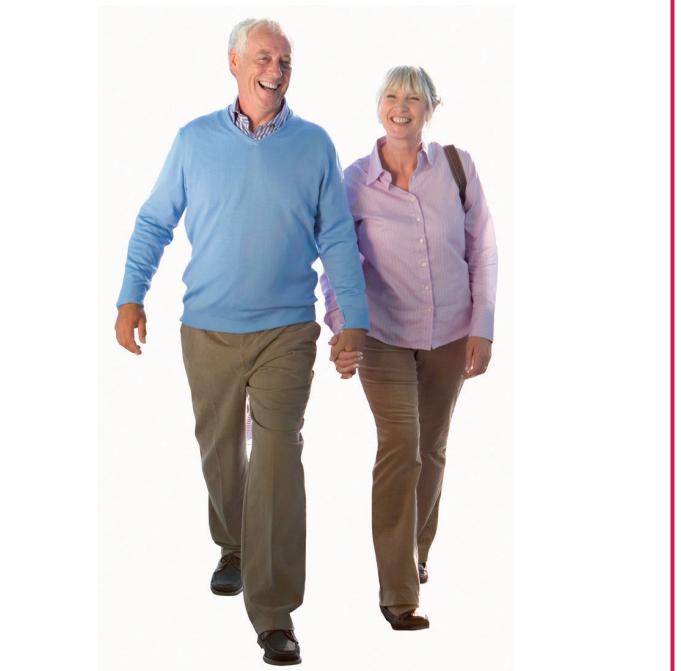
Söderköpings brunn, today a well known hotel and restaurant, started as spa activity in 1719 with well-drinking from the spring of Saint Ragnhild. In 1774 the Brunn Society received royal privileges and the plant was built. The "Castle", which is the main building of the hotel as well as the oldest part, was built in the 1770s.

If you want to learn more about the history of Söderköping and its buildings there are booklets available in the tourist office.



Söderköpings kommun

www.soderkoping.se



Livsstil – en hjärtefråga

Kost, motion, rökning och stress är faktorer som påverkar din hälsa och livskvalitet. Ibland kan små förändringar i din livsstil ge stora resultat. Att regelbundet promenera på Hälsans Stig är första steget mot en sundare livsstil.

Vi erbjuder ett flertal aktiviteter för ett hälsosammare och rikare liv. Motion, både på golv och i vatten, samtalsgrupper, kost, rökvänjning, stresshantering och föreläsningar bland mycket annat. Vi erbjuder också kurser i hjärt-lungräddning. Kom med du också och bli medlem!

Riksförbundet HjärtLung arbetar för att hjärt- och lungsjuka personer och deras anhöriga ska kunna leva ett så bra liv som möjligt. Vi informerar, utbildar och engagerar oss i hälsos- och sjukvårdsfrågor såsom rätten till kvalificerad vård och rehabilitering oberoende av bostadsort, kön och ålder.

Kontakta oss för mer information: Tel: 08-55 606 200, E-post: info@hjart-lung.se



Riksförbundet
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