

SKODSBORGRUTEN

Unwind & recharge on SkodsborgRuten

De-stress & recharge on SkodsborgRuten

SkodsborgRuten (the Skodsborg Track) is a 6.6 kilometres theme track through the beautiful, ever-changing, nature in Jægersborg Hegn and Dyrehaven, the two nature reserves which are literally the backyard of Skodsborg Kurhotel & Spa.

We have planned the track so you benefit from exercise and fresh air, while experiencing the highlights of the area and the lovely scenery.

Use SkodsborgRuten to de-stress and recharge, whether you prefer jogging, Nordic walking with poles or a leisurely stroll.

Experience the history & enjoy the nature

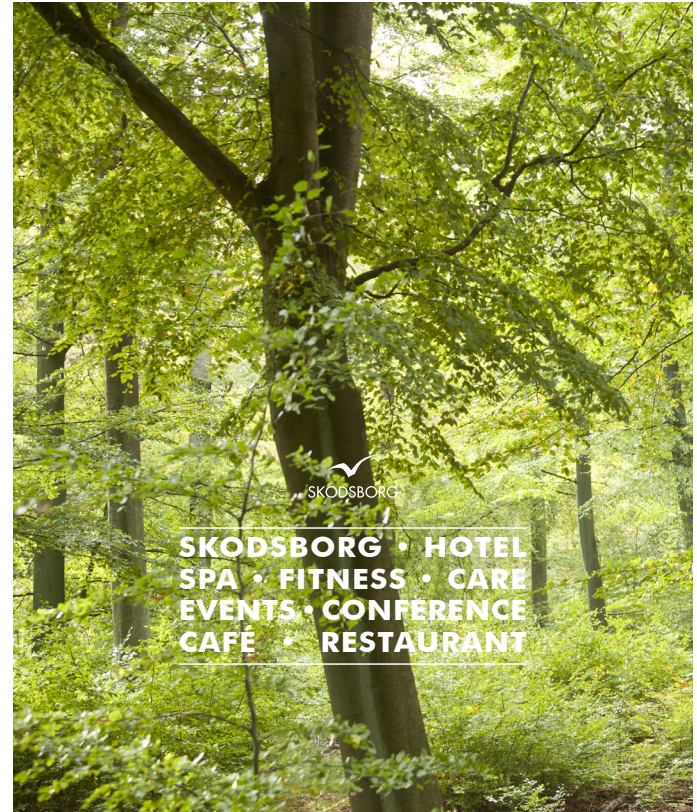
You can enjoy SkodsborgRuten on your own, or you can download our app for your mobile to add an extra dimension to your trip.

We have chosen nine places on SkodsborgRuten, which we find particularly interesting, and via the app you learn about the history of the area or get useful tips for relaxing and reflecting.

Get the SkodsborgRuten app

You can get the free app with navigation, guide and local stories for your mobile in two ways:

- Search for SkodsborgRuten in App Store or Google Play and download it to your smartphone
- Scan the above QR code with your mobile to download the app



SKODSBORGRUTEN

Please note that the guided tour via SkodsborgRuten's app automatically starts at the information board next to Skodsborg Kurhotel & Spa. Should you want to begin your trip somewhere else on the track you can easily scroll to your favoured start position on the map. The SkodsborgRuten app is free but texts, map and audio files are charged with the regular rates for data for your mobile.

Find SkodsborgRuten

SkodsborgRuten has two obvious starting points: Frederik VII's path by Skodsborg Kurhotel & Spa and Stampen in Raadvad. You will find information boards with details about the track at both starting points.

Theme tracks & marathon

SkodsborgRuten has been developed in collaboration between Skodsborg Kurhotel & Spa, Naturstyrelsen and Rudersdal Kommune. The track is one of seven theme track which combined make RudersdalRuten, an adjoining system of tracks totalling 42.195 kilometres (the distance of an official marathon).

Read more about the different theme tracks on Rudersdalruten.dk



**SKODSBORG • HOTEL
SPA • FITNESS • CARE
EVENTS • CONFERENCE
CAFÉ • RESTAURANT**

