A FEW WORDS OF EXPLANATION.....

As you follow this path, you will discover a poetic artistic concept of 8 benches marking the beginning and end of each of the 7 km segments of the walk, partly conceived by an artist: Camille Pernet - and an architect: Carlos Lopez - these benches carry a poem composed by Antonio Machado and punctuate the walk from the headquarters of the World Health Organization in the Eco-Vevey Park (Villa La Plagne). Enjoy finding each of these 8 benches: they will show you that walking can be a discovery of one’s own path, and a new rhythm for one’s body, breath and spirit.

“Si tu sais Sion” originated in Switzerland and means “Path to Health” or “Sion.” SII walks exist in 12 countries and are easily recognizable by the km SII sign featuring the “SII person” with the “Heart” and “SII heart” in Switzerland’s National SII walk. Enjoy!

PRACTICAL INFORMATION
- Municipal Information point: www.ville-ge.ch/plan-pietons
- “Plan Piétons” : www.ville-ge.ch/plan-pietons
- “Relais santé” : www.relais-sante.ch
- “Bilan santé” : www.relais-sante.ch/bilan
- “Comité pour la prévention” : www.comiteprevention.ch
- Public transportation (TPG) : www.adp.ch
- Tourist Office: www.prevention.ch/spe.htm
- Taxi phone: +41 (0)22 377 67 93
- Weather report phones: 143

FROM BODY AND HEART
It is a fact: our level of physical activity is too low and our health is the same for it. Lack of physical activity is the first risk factor in cardiovascular incidents. It can also trigger diabetes, cancer of the colon, high blood pressure, heart disease, stroke and osteoporosis, to name but a few. In Switzerland, each year, over 1.6 billion Swiss francs. It is a real health hazard!

There is an easy way out. We all have at hand a simple and harmless means to enable us to improve our health and, at the same time, discover the city in a new light-walking.

Contrary to popular belief, health is not merely the absence of disease, rather, it is a state of complete, physical, mental and social well-being. It depends on several factors, among others: eating habits, exercise, the national economic situation, the individual’s social situation, the state of the urban environment.

This pedestrian route will familiarize you with some of these aspects which all relate directly to health. For example, you will come across institutions whose main concern is to save you, you will visit areas which remind us to us our more natural environment, your attention will focus on the efforts of town planners and architects committed to creating a healthier, healthier environment, you will discover unusual spots... By the end of the walk, we hope you will be convinced that Geneva, with its history, its natural and urban environment, its international organisations and its development, provides the necessary conditions to enjoy health and quality of living.

Healthy?! How about... a walk a day keeps the doctor away!

TO LEARN MORE:
- Mrs. Janet Voûte – World Heart Federation
- Mrs. Therese Junker – Swiss Heart Foundation

THE PEDESTRIAN PLAN COLLECTION
This itinerary is part of the Pedestrian Plan collection of walks conceived by the Planning Office of the City of Geneva.

From site to museum
Geneva on foot – in the heart of its heritage
From quay to runway
Geneva on foot – between travel and nature
From city to city
Geneva on foot – from the lake to the Areas
Walking Chrono
Geneva on foot – nature and technology
From here and after
Geneva on foot – between work and leisure

Inspirations
City of Geneva
City of Geneva – Route de la Tourelle
City of Geneva – Route de la Tourelle
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ARGENTINE NATION

World Organisation (WHO)

All persons and actions that caught our attention.

World Health Organisation (WHO)

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. In this sense, the WHO defines health. A United Nations body founded in 1948, the WHO is concerned with promoting a culture of health and safety across the globe.

World Meteorological Organisation (WMO)

On the other side of the Salut backyard, the World Meteorological Organisation (WMO) was founded in 1950. This international organisation, which is building on two Genoa premises, is responsible for providing a climate science and policy framework to meet mitigation and adaptation needs and, thus, to improve the health and well-being of humankind. The WMO is dedicated to understanding the climate and the environment that we live in and its activities include development and preparation, dissemination of information and training. All of this for our good health!

Wildlife

RELAXATION AND WALKING, AND PROVIDE ENDLESS DISCOVERIES. IN SWITZERLAND, THE LACK OF EXERCISE IS A KEY FACTOR IN CARDIOVASCULAR DISEASES.

WILDBOARD PARK

Design was inspired by the principles of modernism and sanitarianism, and he always set great store by the relationship between architecture and the natural site. On the current site, where he could find the symbiosis he dreamed of Le Corbusier had imagined the Promised Land right in this spot, where he could find the symbiosis he dreamed of. The mansion in the park once belonged to the woman, the Xenopia lays eggs. This is but a sample of the many species that could have been found at this level. The mansion in the park once belonged to the woman, the Xenopia lays eggs. This is but a sample of the many species that could have been found at this level.

WILSON PALACE

WHEN THE LAKESIDE WALKS WERE ENLARGED IN 1857, THE PAVILION WAS DEVELOPED AND REPLACED BY THE ALP GARDEN.

WINDSOR CASTLE

Speaking of movable barriers, can we go anywhere? Did you know that up to the 1660s, a dog – the fancier – was kept in the garden. The fancies disappeared when put into contact with the gnome of an expecting woman. To the fancier, fancy less things! But a sample of the extraordinary things you have already done! The Night of Science, an event organized every year in the first weeks of July by the University of Geneva. This international organisation is located at the heart of the city in a neighbourhood known for its cultural diversity of its citizenship, thus providing a bridge between the local and international spheres of Geneva.

While there had been no thoughts of a full-fledged athletic event, it had seemed necessary to create a setting that would provide a framework for diverse activities.

A city with a rational plan would solve traffic problems. A city with a rational plan would solve traffic problems. A city with a rational plan would solve traffic problems. A city with a rational plan would solve traffic problems.

This isle, formerly Ile des Barques (boating island), is also to be found on your walk, either on foot or on La Bécassine, one of the boats of the public service which takes you across the lake.

When the lakeside walks were enlarged in 1857, the pavilion was developed and replaced by the Alp Garden. The parks and gardens in Geneva are intended for leisure and rest, and they also serve other purposes. The loss of the alpine landscape and the decrease in the urban space have lead to a development of the Alp Garden. The parks and gardens in Geneva are intended for leisure and rest, and they also serve other purposes. The loss of the alpine landscape and the decrease in the urban space have lead to a development of the Alp Garden.

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Mont Royal

The mansion in the park once belonged to the woman, the Xenopia lays eggs. This is but a sample of the many species that could have been found at this level.

Mont-Royal and Mont-Blinom Park

Between the second half of the 19th century and 1915, 60 hectares formed the heart of the city. The majority of the urban area was to be found here. Between the second half of the 19th century and 1915, 60 hectares formed the heart of the city. The majority of the urban area was to be found here. Between the second half of the 19th century and 1915, 60 hectares formed the heart of the city. The majority of the urban area was to be found here.

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Le Plongeon Vila

Only deals in the six weeks before the summer months. If you are interested, you can visit the site, the park and the museum. If you are interested, you can visit the site, the park and the museum. If you are interested, you can visit the site, the park and the museum. If you are interested, you can visit the site, the park and the museum.

Conversatory and Botanical Gardens

The conservatory was originally a 19th-century greenhouse. It has been extensively renovated since, and was reopened in 1978 as the Conservatory in the Botanical Garden of the University of Geneva. Simultaneously, the old conservatory was redeveloped as a new, much larger conservatory.

La Grange

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Le Jeune Palace

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La Grange boasts 330 hectares of parks, 40,000 trees and a pumping station. It is a popular public park and home to the former Prefecture of the League of Nations. The mansion in the park once belonged to the woman, the Xenopia lays eggs. This is but a sample of the many species that could have been found at this level.