



YOUTH EUROPE SERVICE

FOR EDU-MONT PROJECT

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**SPORTS IN THE MOUNTAINS**

**GUIDELINES**

### **The social-environmental framework**

The mountains are part of scenery and unique beauty, despite the intentions of man, still retain the most primitive and pure nature.

Fortunately men's sensitivity helps to protect the countryside and many zones have been protected by national parks .

But the mountains are not just a nature. The man since its inception follows the instinct of the mountain and became integral part of them. In addition to the flora and fauna, the mountains keep our traditions, culture and folk handed down from year to year, from century to century and forms a large and heritage.

The environmental goods of the territory are very important for the growth of tourism and occupation in beautiful but disadvantaged rural areas.

The preservation of environment and common environmental consciousness could bring a sustainable growth of touristic and educational activities in the mountains

The nice lake and mountains with beautiful landscape are as precious as the historical or artistic monuments.

The mountain areas are perfect for sports activities, supported by environmental education can offer wonderful experience for visitors and also contribute local economy.

When we are talking about sports activities in the mountain we should to remember that those are connected with tourism too. Wrong environmental politic and lack of information and education in that topic could have a destructive impact on this area.

**This guide shows some good practices from Italian territory and some international examples to promote sports, environmental education and tourism in mountain areas.**



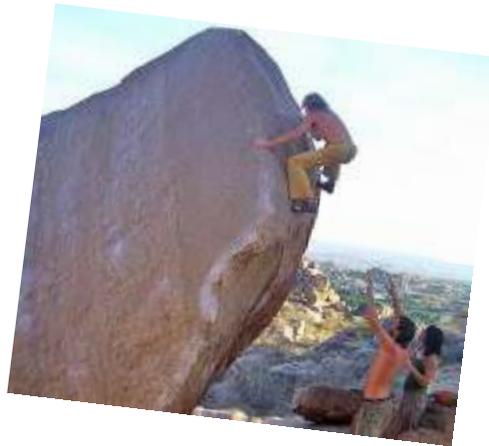
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## BOULDERING

Bouldering is a style of climbing emphasizing power, strength, and dynamics.



- Its focus is on individual moves or short sequences of moves, unlike traditional climbing or sport climbing which generally demand more endurance over longer stretches of rock where the difficulty of individual moves is not as great. Boulder routes are commonly referred to as *problems* (a British appellation) because the nature of the climb is often short, curious, and much like problem solving. Sometimes these problems are eliminates, meaning certain artificial restrictions are imposed. Bouldering is more focused on the technique of climbing instead of undertaking a full bodied climb.
- To reduce the risk of injury from a fall, climbers rarely go higher than 3-5 meters above the ground. Anything over 7 meters is generally considered to be free soloing (or simply 'soloing'), although such climbs might also be termed *high-ball* bouldering problems. For further protection, climbers typically put a bouldering mat (crash pad) on the ground to break their fall. Lastly, climbers often have one or more spotters, who work to direct the climber's body toward the crash pad during a fall, while protecting the climber's head from hazards.

## ORIENTEERING

Orienteering is a family of sports that requires navigational skills using a map and compass

- Foot orienteering
- Mountain bike orienteering
- Ski orienteering



- Orienteering is a family of sports that requires navigational skills using a map and compass to navigate from point to point in diverse and usually unfamiliar terrain. Participants are given a map, usually a specially prepared orienteering map, which they use to find control points. Originally a training exercise in land navigation for military officers, orienteering has developed many variations. Among these, the oldest and the most popular is foot orienteering. For the purposes of this article, foot orienteering serves as a point of departure for discussion of all other variations, but basically any sport that involves racing against a clock and requires navigation using a map is a type of orienteering.
- Orienteering is included in the programs of world sporting events including the World Games.
- Orienteering sports combine significant navigation with a specific method of travel. Because the method of travel determines the needed equipment and tactics, each sport requires specific rules for competition and guidelines for orienteering event logistics and course design.



## FLIGHT OF THE ANGEL - TYROLEAN

- Il Volo dell'angelo, or the Flight of the Angel, is one of Basilicata's most astonishing tourist attractions, and is not for the faint-hearted.
- If you're after a real adventure and experience of an extreme sport, you can take an incredible 1550 m Tyrolean traverse from the peaks of Castelmezzano, in the Gallipoli Cognato National Park, across to the village of Pietrapertosa, which clings to the opposite peak.
- Feel an adrenaline rush unlike any other as you travel at speeds of up to 120kph at heights of up to 888m suspended on a wire between the two mountain top towns.
- The Flight of the Angels is an amazing experience, is the world's fastest zipwire, and offers unparalleled views; the perfect way to really see the stunning mountain scenery.

### Location

The Gallipoli Cognato National Park

- **Location** Castelmezzano, Potenza province, Italy
- **Opening dates/hours** 2010 season - 14th June - 14th September and booking in advance necessary



More information on

[www.volodellangelo.com](http://www.volodellangelo.com)

## WALK IN THE NATURE

Combine sports and educational activities in the mountains.

Nature on canvas - art and Landscape

- This activity is an observation of the nature during a walk and its representation on the canvas. The aims of the project are to stimulate creativity and perception of the features of our territory.
- The countryside and the city landscape give a possibility to know and understand a social heritage and to create a relationship between man and environment.
- An observation of the landscape allows us to understand that the present situation of environment is a consequence of (our) men past actions. The perception of the nature is determined by our cultural consciousness.



More information on:

[http://www.parcogallipolicognato.it/public/web/documenti/arte\\_e\\_paesaggio.pdf](http://www.parcogallipolicognato.it/public/web/documenti/arte_e_paesaggio.pdf)

## ROWING

- On the shores of the Senise Lake a beautiful sports centre was created a few years ago. It has increased the value of the social and economic activities of this area.
- This centre is so well equipped that it can offer football fields, five-a-side football fields, basket, tennis and volleyball fields.
- Beside these traditional sports there are some more exclusive ones, such as rowing, canoe and sailing through very beautiful water courses created on the shores of this artificial lake. Because of this peculiarity the 'Federazione Nazionale dei Canottieri Lucani' (National Federation of Rowing) has chosen the Senise Lake as site for some important national rowing events, hosting athletes from the whole of Italy.
- Regattas are even more evocative because of the beautiful landscape of the 'Parco Nazionale del Pollino' (National Parc of Pollino) and match together sport and nature in a wonderful pair of health and environment.



Location: Senise, Basilicata, Italy  
SPORT ON THE SENISE LAKE



## FELL RUNNING,

**Fell running**, also known as **mountain running** and **hill running**, is the sport of [running](#) and [racing](#), off road, over upland country where the gradient climbed is a significant component of the difficulty.

**Fell races** are organized on the premise that contenders possess mountain [navigation](#) skills and carry adequate survival equipment as prescribed by the organizer.

Modern fell running has common characteristics with [cross country running](#). Courses are often longer, steeper, unmarked when out on the hills (with a few exceptions) and these longer races can demand mountain navigational techniques. Fell running does not involve [rock climbing](#). Nevertheless, cross country seems fast and furious to many fell runners. Fell running also overlaps with [orienteering](#). Courses are again longer but demand different techniques from orienteering. However, fell running does require navigational skills in a wild, mountainous environment, particularly in [determining and choosing between routes](#).

The [Fell Runners Association](#) publishes a calendar of 400 to 500 races per year.

Events:

[www.correrepollino.it](http://www.correrepollino.it)



The start of a mountain running championship in Norway

## ADVENTURE RACING

- **Adventure racing** (also called **expedition racing**) is a combination of two or more endurance disciplines, including orienteering (if an orienteering map is used) and/or navigation (when non-orienteering maps are used), cross-country running, mountain biking, paddling and climbing and related rope skills. An expedition event can span ten days or more while sprints can be completed in a matter of hours. There is typically no dark period during races, irrespective of length; competitors must choose if or when to rest.
- Adventure racing historically required teams to be of a specified size and to include both men and women, but many races no longer restrict team size and include single-sex divisions. Some also include age-based categories.



## ROPE BRIDGE - PONTE TIBETANO DI CASTESATACENO

- A rope bridge between two National Parks of Basilicata region, is a rope bridge in the bond that symbolically link the Pollino National Park with the Lucan Apennines National Park.
- **PONTE TIBETANO DI CASTESATACENO** is a first rope bridge in south of Italy and is a new initiative to promote tourism in Basilicata Region.
- There are two types of routs to chose -touristic and advanced one.  
The first one prepared to income families needs and second one to satisfy more adventures visitors.



This picture is an example of rope bridge

Location: Castelsaraceno, Basilicata, Italy

Institution:

National Park of Lucano-Val d'Agri-Lagonegrese( Parco dell'Appennino Lucano-Val d'Agri-Lagonegrese)

National Park of Pollino (Parco Nazionale del Pollino )

More information on:

[http://www.parcoappenninolucano.it/index.php?option=com\\_content&view=article&id=442:un-ponte-tibetano-tra-i-due-parchi-nazionali-lucani&catid=1:latest-news&Itemid=167](http://www.parcoappenninolucano.it/index.php?option=com_content&view=article&id=442:un-ponte-tibetano-tra-i-due-parchi-nazionali-lucani&catid=1:latest-news&Itemid=167)



## PARAGLIDING

- **Paragliding** is a recreational and competitive flying sport. A paraglide is a free-flying, foot-launched aircraft. The pilot sits in a harness suspended below a fabric wing, whose shape is formed by its suspension lines and the pressure of air entering vents in the front of the wing.
- The pilot is loosely and comfortably buckled into a harness which offers support in both the standing and sitting position. Modern harnesses are designed to be as comfortable as a lounge chair in the sitting position.
- Most pilots use variometers, radios, and, increasingly, GPS units when flying.
- As with all aircraft, launching and landing are done into wind (though in mountain flying, it is possible to launch in nil wind and glide out to the first thermal).
- **Safety** is directly influenced by the pilot's mental attitude, experience, skill, reaction time, active nature of the air and whether or not the paraglider is flying at an altitude where the emergency reserve parachute might possibly have time to open in the event of an unrecoverable collapse or spiral dive. Incidents of any nature that happen in an altitude that does not allow to recover or deploy the reserve parachute (as while start and landing) are the most likely situations to cause severe or fatal injuries.  
Given that equipment failure of properly certified paragliding equipment can be considered a non-issue, it is accurate to say that paragliding can be a very safe sport. The individual pilot is the ultimate indicator of his or her personal safety level.
- **Learning to fly**  
Most popular paragliding regions have a number of schools, generally registered with and/or organized by national associations. Certification systems vary widely between countries, though around 10 days instruction to basic certification is standard.



- **Rafting or white water rafting** is a challenging recreational outdoor activity using an inflatable raft to navigate a river or other bodies of water. This is usually done on white water or different degrees of rough water, in order to thrill and excite the raft passengers. The development of this activity as a leisure sport has become popular since the mid-1970s. It is considered an extreme sport, as it can be dangerous.
- Rafts come in a few different forms. In Europe, the most common is the symmetrical raft steered with a paddle at the stern. Other types are the asymmetrical, rudder-controlled raft and the symmetrical raft with central helm (oars). Rafts are usually propelled with ordinary paddles and typically hold 4 to 12 persons. In Russia, rafts are often handmade and are often a catamaran style with two inflatable tubes attached to a frame. Pairs of paddlers navigate on these rafts. Catamaran style rafts have become popular in the western United States as well, but are typically rowed instead of paddled.
- Risks in white water rafting stem from both environmental dangers and from improper behavior.
- Like most outdoor sports, rafting in general has become safer over the years. Expertise in the sport has increased, and equipment has become more specialized and increased in quality
- **Environmental issues**  
Rafting contributes to the economy of many regions which in turn may contribute to the protection of rivers from hydroelectric power generation, diversion for irrigation, and other development. Additionally, white water rafting trips can promote environmentalism. By experiencing firsthand the beauty of a river, individuals who would otherwise be indifferent to environmental issues may gain a strong desire to protect and preserve that area because of their positive outdoor experience.





## MOUNTAIN BIKE

A **mountain bike** or **mountain bicycle** (abbreviated **MTB** or **ATB** (all-terrain bicycle)) is a bicycle created for off-road cycling. This activity includes traversing of rocks and washouts, and steep declines, on dirt trails, logging roads, and other unpaved environments — activities usually called mountain biking.

The Union Cycliste Internationale (UCI) recognised the sport of **mountain bike racing** relatively late in 1990,



### **There are many types of mountain bike races.**

**Cross-country** - Cross-country (XC) racing is held on a varied terrain circuit, it is normally around 6-8 kilometers (km) and is always a massed-start race. Professional level races are longer in distance, around 50 km.

**Short track Cross-country** - Short Track Cross Country (XCC). A very short XC style event of about 800m in length but generally about 1 minute 30 seconds in winning time. A short, sharp exciting event to watch and participate in.

**Downhill** - Downhill (DH) racing is a time trial event. Riders start at intervals that can vary from 30 seconds to three minutes—depending on the stage of the competition - and the rider with the lowest time wins. As the name of this discipline implies, DH races are held in steep, downhill terrain, resulting in higher speed than in cross-country racing. The terrain is also significantly rougher than in cross-country racing. The bike is specialized and has a long travel suspension and powerful disc brakes.

**Freeride** - Freeride (FR) competitions are not so much a race as they are a competition of skill. Courses contain varying cliffs, drops, obstacles, and ramps. There are usually a large number of ways in which to complete the course, and scoring is dependent on the competitor's choice of routes, the fluidity of riding and tricks performed (style), and sometimes also the time in which the course is completed.

**Dual Slalom/Dual** - Dual Slalom (DS) is a ski-inspired event which pits two riders against each other on two identical man-made tracks side-by-side with the same jumps and berms, with a rider on each track, and the first across the line wins. The contest has a knock-out format. Dual (DL) events are similar, only two riders share the same course/track. So dual is a contact sport.



**Four cross** - (4X, also known as 'mountain cross' or 'biker cross') inspired by the dual format and by BMX racing, this event pits four riders on the same course from starting gates to finish. There can only be one winner per event, so the races can quickly eliminate riders making the progression faster for a day's events.

**Marathon** - Marathon (XCM) is perhaps the toughest form of mountain biking because riders often have to cover more than 80 km in one race on mountainous terrain. The distances usually vary from 60 km to 100 km. Races often exceed 100 km, but are then termed Ultra-Marathons.

**Enduro** - Enduro (ND) is a relatively new format which appears to have taken some inspiration from both car rally and motorbike enduro racing. Mountain bike enduro is essentially the competitive side of the mountain biking format often referred to today as "All-Mountain". It is a stage-race format where the winner is the rider who accumulates the lowest combined time from the various timed sections.

**Stage Races** - Stage Races consist of several races - 'stages' - ridden consecutively, usually over a period of several days. A stage is usually similar in length and structure to a Marathon mountain bike race. The competitor with the lowest cumulative time to complete all the stages is declared the overall, or General Classification (GC), winner. Stage races may also have other classifications and awards, such as individual stage winners.

**Bike trials** - Slow negotiation of man-made and natural obstacles where setting a foot down constitutes a penalty.

**Dirt jumping** - Dirt jumping (DJ), similar to free ride, it is a competition of skill, differing that it involves the rider to jump off mounds of dirt to perform the best tricks with the best style. It differs to freeriding that the jumps are usually much larger and designed to lift the rider higher into the air and the bicycle is different to its counterpart.

**Mountain bike orienteering** (MTB-O or MTBO) is an orienteering sport on a mountain bike where navigation is done along trails and tracks. The major focus becomes route choice while navigating at bike speed. Special equipment used is a map holder attached to the handlebar of the bike. The sport is governed by International Orienteering Federation.





## PROMOTION OF SPORTS ACTIVITIES IN MOUNTAINS

### Examples

#### Sport event

- To promote a landscape and sports activities we need to show potential of the territory. One of the possibility is the organization of a sport event.
- All sports activities should be well promoted by internet, local and specialized press and local institutions (schools, associations, publick institutions, National Parks...). Only the synergy of different partners (public and private) and experiences could offer a good final results.
- Another important thing is to keep the interests of the tourists by dissemination of information and active collaboration with tour operators and local government.

#### The goals of the event

- This kind of event proposed in collaboration with National Parks, sports associations and media could be a sort of advertisement for local landscape.
- The event is going to build an interest around the National Park (or another proper place to practice those sports) and marketing is going to attract the people.
- Proposed sports are practic into the wild nature and with low ecological impact.
- Sports event can be also a different way of living tourism.



## ITALY

### **Example from Monte Catria, in the Marche region (Italy).**

In 2009 a sport association for amateurs called "Ski & Bike" was founded thanks to some inhabitants of some close villages who love the mountain.

During the winter the park is used by those who love ski and in the summer by those who love biking. There are two tracks for the two extreme sports of DH and FR. There are mtb tours and there is also a school for children that organizes mtb tours.

<http://www.asmontecatria.com>

<http://www.catriapark.com/ltinerari.htm>

## ROMANIA

Examples from Romania of different sports in the mountain area

<http://bucovinaguides.ro/>



### Sleigh

a light vehicle on runners, usually open and generally horse-drawn, used especially for transporting persons over snow or ice.



### Atv, off road

<http://www.inimabucovinei.ro/ro/poze-pensiune/paintball-mountain-bike-si-atv>

### Horse Riding

the sport of sitting on the back of a horse while controlling its movements.

Equestrian travel is a way to practice a fascinating sport and at the same time a way to interact



with the locals and with the local nature and culture. Our equestrian tours, which can be from one up to six days long, are tailored for small groups (2 to 8 persons), both for beginners and for good riders. The group should be homogenous and decide from the beginning the desired level of difficulty.

<http://www.goromaniatours.com/active-adventures/horseriding-tour-romania.html>

### **Snowmobile**

A snowmobile, also known in some places as a snowmachine,[1] or sled,[2] [3] is a land vehicle for winter travel on snow. Designed to be operated on snow and ice, they require no road or trail. Design variations enable some machines to operate in deep snow or forests; most are used on open terrain, including frozen lakes, or driven on paths or trails. Usually designed to accommodate a driver and one passenger, their use is much like a motorcycles and an all-terrain vehicle (ATVs) intended for winter use on snow-covered ground and frozen ponds and waterways. They have no enclosure except for a windshield and their engine normally drives a continuous track or tracks at the rear; skis at the front provide directional control.

Early snowmobiles used rubber tracks, but modern snowmobiles typically have tracks made of a Kevlar composite. Originally snowmobiles were typically powered by two-stroke gasoline/petrol internal combustion engines. Four-stroke engines are becoming more and more common in snowmobiles, primarily to address environmental complaints.

Originally intended as a winter utility vehicle to be used where other vehicles cannot go, they appealed to hunters and workers transporting personnel and material across snow-covered land, frozen lakes and rivers. In the latter part of the 20th century, they have been put to use for recreational purposes as well. People who ride them commonly are known as snowmobilers. The contemporary types of recreational riding forms are known as snowcross/racing, trail riding, freestyle, mountain climbing, boondocking, carving, ditchbanging and grass drags. Summertime activities for snowmobile enthusiasts include drag racing on grass, asphalt strips, or even across water.

<http://www.mtur.ro/video/25539/snowmobile-fun-la-vatra-dornei-pensiunea-poiana-izvoarelor.html>

### **Survival**

A military procedure used by the British special forces obliges to abandon the wounded person in situations of survival and moving the rest of the team to its objectives, opposite the myth 'do not leave your fellows behind'.

Do you want to know why?

You can surpass survival situations which seem unbearable for the ordinary people, without being a Rambo. It is enough to be realistic, to have the best-suited mental attitude and to put into practice those managerial and decision making skills you use on a daily basis.



You will be able to:

- analyze the situations and take calm, coherent decisions
- influence in a positive manner the group you are part of
- assess the place and situation you got into
- you will know the way the rescuers think and act, and get the basics of first aid
- provide water, shelter, heat, food, avoid dangerous wild animals
- overtake obstacles: verticals, rivers, swamps
- you will know how a non-functional 4x4 becomes an instrument of survival and comfort

More info at: <http://www.outdoor-events.ro/en/categories/supravietuire/tabere-de-supravietuire/survival-vara.html>



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