

# 18

SPORTS AND LEISURE ACTIVITIES IN THE ENVIRONMENT

## ECOCLIMBING ICE-LAND CLIMBING GAME



### PROGRAMME

When it comes to climbing, it is certainly reductive to only view it as a sport or leisure activity, the activity can have numerous implicit values: introspective explorations, philosophical values and the development of balance and practical senses. Climbing aids the discovery of one's own character and personality through a sensory experience - a fundamental character-building exercise. Climbing can be an educational activity, a sports or leisure activity and a means of preferential communication in order to transmit the value of nature and the importance of natural parks to young and old visitors alike, in search of a new and unexplored harmony with nature.

- Meet with the nature guide in Claut piazza (PN).
- Trip to the crag.  
Simple climbing tests will be carried out at the climbing facility. Everything will be managed with the utmost safety and in the presence of a mountain guide who will provide all the necessary equipment.
- Packed lunch in the surrounding area.

### LENGTH OF TIME

- Full day, adaptable half day  
*Activities will be suspended if it is raining.  
The programme can be modified according to group needs.*

### MATERIALS REQUIRED FOR THE ACTIVITY

- Hiking boots or sturdy trainers and appropriate clothing for a mountain hike.
- Waterproof jacket

