



Co-funded by  
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Promotion of sports through Nature and sustainable tourism in rural areas

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Sports activities at sea



Sports activities in the mountains



Sports activities in the field



## INTRODUCTION

We are going to develop a sports program, in which we establish activities for sea, countryside and mountains, this program will correspond to 6 weeks, in which we will establish three days of sports activity per week and taking into account the different contexts studied.



WEEK 1

MOUNTAIN ACTIVITY 1

Excursion to the viewpoint A Bailadora in Ares.



## WEEK 1

### SEA ACTIVITY 1

Kayak: Carry out a kayak session in the sea, for those who enjoy nature and the tranquility of paddling. It is important to have a guide to teach the proper techniques and ensure the safety of the participants.



## WEEK 1

### FIELD ACTIVITY 1

Mountain bike: Take a mountain bike route, for cycling lovers. You can choose routes of different levels of difficulty and adapt them to the abilities of the participants.



## WEEK 2

### MOUNTAIN ACTIVITY 2

The context is a suitable and safe place to organize a paragliding session for the participants. This activity offers an incredible panoramic view of the mountain and all the nature of the region.



WEEK 2

SEA ACTIVITY 2

Journey to visit the village of Redes, with an important seafaring tradition



## WEEK 2

### FIELD ACTIVITY 2

Canyoning: Take a canyoning session, for those who enjoy the thrill and challenge of going down waterfalls and rivers. It is important to have an expert guide to ensure the safety of the participants.





## WEEK 3

### MOUNTAIN ACTIVITY 3

Trekking: Take a walk along the mountain trails, enjoying the landscape and nature. You can choose a trail with different levels of difficulty to suit the abilities of the participants



## WEEK 3

### SEA ACTIVITY 3

Snorkeling: Take a snorkeling session, for those who enjoy exploring the underwater world. It is important to have an instructor to teach the proper techniques and ensure the safety of the participants.



## WEEK 3

### FIELD ACTIVITY 3

Sports-cultural activities through the visit of monuments, for example the Monfero Monastery.



## WEEK 4

### MOUNTAIN ACTIVITY 4

Climbing: Carry out a rock climbing session, for those who wish to experience the challenge and excitement of climbing. It is important to have an expert guide to ensure the safety of the participants.



## WEEK 4

### SEA ACTIVITY 4

Surf: Carry out a surf session on the beach, for those who enjoy waves and water sports. It is important to have a qualified instructor to ensure the safety of the participants.



## WEEK 4

### FIELD ACTIVITY 4

Orienteering races are time trials in which you have to reach the finish line on your own, passing a series of controls or beacons. As in all sports, in addition to your legs you have to use your head, but in this one if you rush or don't think calmly, you're lost.



## WEEK 5

### MOUNTAIN ACTIVITY 5

Skydiving. The sensation of jumping into the void with a parachute is unique and worth experiencing even if only once in your life.



## WEEK 5

### SEA ACTIVITY 5

Paddle surf: Carry out a paddle surf session, for those who prefer a calmer and more relaxed water sport. It is important to have an instructor to teach the proper techniques and ensure the safety of the participants.





## WEEK 5

### FIELD ACTIVITY 5

Hiking: Organize a hike through the mountains or nearby trails to enjoy the natural beauty. Make sure the tour is safe and suitable for all participants.



## WEEK 6

### MOUNTAIN ACTIVITY 6

Speleology is an activity that involves the exploration and study of caves. Caving can also be a recreational activity, in which participants can hike, climb, and do other outdoor activities in caves. As an activity, caving requires specialized equipment and technical skills to ensure the safety of explorers and the preservation of caves and their surroundings.



## WEEK 6

### SEA ACTIVITY 6

The surf kit, also known as surf equipment, is the set of tools and accessories necessary for surfing. The basic surf kit includes a surfboard, a surf rope or 'leash', and a bag to transport the board.

In addition, surfers can also use other accessories such as wetsuits (to keep warm in the water), surf wax (to improve adhesion between the body and the board), fins (to improve stability and control in the water). ), and a series of tools such as wrenches to adjust the fins of the board.

The different types of surfboards and accessories in the surf kit are adapted to the sea conditions and the surfer's skills. The choice of the elements of a surf kit will depend on the experience and ability of the surfer, as well as the weather and wave conditions.



## WEEK 6

### FIELD ACTIVITY 6

Camp: Plan a camp in the mountains or near the coast. You can do various activities during the day and enjoy a night under the stars.



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