

Trekking.Sacile

Path VITA

In the Park of the Livenza, a green oasis of health and wellbeing

The "Paths Vita" are outdoor training circuits. They have variable length, level of difficulty and number of exercises, but they all share the idea that even with a few tools – many of them made of wood – we can benefit and improve strength, endurance, agility and mobility. Their existence and their name also are closely linked to Vita, a Swiss insurance company that took up the idea of a sports group from Zürich and made a first training circuit in the wood, using trunks and branches.

Itinerary

In Sacile the Path Vita has been made in Ronche Street 52, adjacent to the headquarters of the MASCI and is entitled to Baden Powel, founder of the scout movement. It winds through 15 stations distributed in a thick grove of trees of various essences, whose origin is due to the project of planting a tree for each newborn in the Municipality.

The place is served by a comfortable car park located nearby; the beginning of the circuit is adjacent to the entrance to the headquarters of the MASCI, well highlighted by a signboard.

1. Walking time varies with the effort and physical preparation.
2. After a first warm-up stage, the following ones indicate each a different type of exercise, to be performed on the floor or with the help of specific equipment placed along the way.
3. Each station is characterized by the presence of a signboard that explains in detail how to perform the exercise correctly and for how many times, depending on the age and level of preparation.
4. The various stations can be reached by running at low – medium speed, breathing deeply to recover in view of the next work stop.
5. Following the path, from the first to the last signboard, a complete training program, harmoniously involving all body areas, balanced and suitable for everyone, is carried out.

Characteristics of the route

Walking time: 1 hour approximately

Interest: fitness, training, health

Route: circular

Pavement route: 100% dirt patch

On www.visitsacile.it you can find all detailed information about trekking itineraries in Sacile and gps tracks.

IAT Sacile

Ufficio Informazioni ed Accoglienza Turistica

Tel. +39 0434 737292

Email: info@visitsacile.it

www.visitsacile.it



Trekking.Sa(ile

Information and Warnings

The itineraries indicated are easy to follow, they take place partly on dirt roads and, for the rest, along roads and cycle paths with as little motorized traffic as possible. It is therefore recommended, when starting the marked route, to comply with the rules contained in the Highway Code (Legislative Decree no. 285/1992 and subsequent amendments and additions) and to check any temporary limitations. For a pleasant excursion, in addition to choosing the trek according to your preferences, it is important to check the weather forecast and wear shoes suitable for dirt patches, such as light walking boots with sculpted sole, able to hold up even on muddy ground, wet grass, uphill and downhill gradients, and to adapt your clothing and visibility devices according to the route and light conditions. Any responsibility for the routes, if taken independently, is the responsibility of the individual trekker.

