



SPORTS IN GREENWAYS
sigway 

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/01 Pilotings of the Training Programme

SPAIN

In Spain, 28 young people from different regions have participated in 2 pilot activities in Greenways: a trekking route with an acroyoga workshop in the **Fuso's Greenway**, held in Asturias on the 10th March, and a cycling route with an overnight stay in a youth hostel in the **Tajuña's Greenway**, organised in Madrid on the 16th and 17th of March. Many of the young participants highlighted how these activities helped them to get off the screen and make them feel better, by having fun spending time with friends in a natural surrounding. The collaboration and involvement of the Defoin staff, as well as acroyoga instructors, sports technicians, and local organisations such as Matagrama Cycling Club, were the key for a successful implementation of the activity.

AUSTRIA

This past March 20th & 21st, IEC community came together for an unforgettable outdoor adventure along the scenic routes of the **Dampfross and Drahtesel Greenway**. In an inspiring display of vigor and tranquility, participants engaged in invigorating Aerobic Fitness sessions and restorative Yoga-Stretching exercises, all set against the backdrop of nature's unparalleled beauty.

ITALY

On Sunday 24th March morning, Trekkify organised an engaging piloting activity along the historic former **Spoletto-Norcia railway**, involving 37 participants: elderly people for whom the initiative was specially dedicated, together with some of their family members and the Trekkify staff.

Surrounded by beautiful natural landscape, participants undertook a walk along the railway track, discovering hidden treasures in the surroundings guided by the Coaches Luca and Eleonora.

During the activity, participants were privileged to benefit from the expertise of Ira , who led them through the exploration of the variety of wild herbs in the area. They were breathless when they walked out of the first tunnel and crossed the Cortaccione bridge, astonishing at the beauty of the landscape.



GREECE



In Greece, ANCE successfully organised three different piloting activities: two of them took place last December, and the third one last March.

The activities took place along a potential Greenway in the area of **Agioi Anargyroi, Attica**, which starts from the Old Railway Station of Agioi Anargyroi and ends through an inactive railway line at the Antonis Tritsis Environmental Awareness Park.

Within the context of these activities, sessions of photography, capoeira, yoga, parkour, aerobic exercises with combat sports movements, and hiking along the inactive railway line were held.

The variety of sessions and the concept of Greenways excited both the participants and the coaches/instructors, who showed strong interest in similar future activities both in urban and rural settings across the country.

MORE RESULTS ARE AVAILABLE ON THE PROJECT WEBSITE!

- **R4 Sport and physical activity Program**  An adapted sport program to promote sport activities in greenways with adapted activities for women, youth, seniors and families.
- **R5 Guidelines on how to implement the sport programme with different target groups** 



/03 Next Steps

At this stage of the project, the partnership is working intensively to identify the needs of potential Greenways in each participating country, as well as the ways these needs can be addressed.

Towards this end, discussions with relevant stakeholders are expected to take place in partners' countries in the coming period, in order to establish a foundation that will lead to the development of a strategy and guidelines for the transformation of abandoned railway lines into Greenways, which will be utilized for sports and various recreational activities.

The strategy to be developed will target stakeholders, rural municipalities, and other administrative bodies, promoting the need for this transition, which will benefit local communities and their residents in the long-term.

Coming soon...

Have a first and exclusive look at what our friends from Spain have done on the Fuso's Greenway! These are just a part of the full video about potential Greenways that will come out very soon!

