

November 2023



SPORTS IN GREENWAYS  
**sigway**

## /01 Training of sport instructors in Slovakia

Last June, SIGWAY Training activity took place in Ružomberok, Slovakia. Sport instructors from 7 European countries came together to develop innovative Sports Programs tailored to the unique needs of youth, women and seniors.

A highlight of the program was a technical visit to the Cyklokorytnička Greenway. The Greenway is the brainchild of RUŽOMBEROK.BIKE, a civic association dedicated to sustainable recreation and environmentally-friendly transportation.

Participants were guided along the scenic Greenway by Tomáš Gazdarica, the sport officer of the Ružomberok city government. Mr. Gazdarica outlined plans for further expansion of the cycling infrastructure to promote health, community, and carbon-free mobility.

The SIGWAY Training activity showcased cross-border collaboration and local initiatives in promoting citizen mobility. Ružomberok's inspiring Cyklokorytnička Greenway shows how even small cities can think big in providing inclusive and sustainable sports opportunities.

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# /02 NORDIC WALKING IN SLOVAKIA

OTI Slovakia has successfully organised two SIGWAY Nordic walking events in Slovakia! These events have been instrumental in highlighting the significant need to transform abandoned railways into greenways. The innovative sport program offers participants a unique opportunity to walk on potential future greenways while indulging in scenic beauty and sites of historical importance. The first event brought together a group of incredible women who were able to rediscover an abandoned railway near the village Kuchyňa, located in the breathtaking Small Carpathians. The program included a combination of mindfulness practices and Nordic walking, making the experience truly unforgettable. The second event was held in the serene beauty of Greenway Katarínka, which boasts of the ruins of a Franciscan monastery and church dating back to the early 17th century. Walkers were able to enjoy a short ride in a historical carriage along a newly reconstructed railway. We are excited to continue promoting sport events that not only offer a unique experience but also highlight the need for sustainable and innovative transformation of abandoned railways into greenways.

## Katarínka, Slovakia



## Vývrat - Kuchyňa, Slovakia





# /03 TUA GREENWAY IN PORTUGAL

The Associação Desportiva Cultural e Social de Carvalhais (ADCS Carvalhais) will start to develop very soon the SIGWAY Sport Activities in the new Greenway that crosses nearby their headquarters in the village of Carvalhais in Mirandela, Portugal.

The “Tua Greenway”, which is currently in operation in the neighboring Municipality of Macedo de Cavaleiros, can be observed in the photos. Additionally, there is ongoing construction of another section of the greenway in the village of Carvalhais in the Municipality of Mirandela.

To know more about the Greenways in Portugal and in all the SIGWAY partner countries you can check the SIGWAY National Report on this link: <https://www.sigway.eu/3d-flip-book/national-report/>

## Macedo de Cavaleiros, Portugal



## Carvalhais, Portugal





# /04 NEXT STEPS

Innovative sport program will be taking place on greenways across various countries in Europe. From October 23 to April 24, we will be inviting women, seniors, and youth to join our SIGWAY sport events. During these events, participants will have the opportunity to engage in a variety of activities such as Nordic walking, treasure hunts, aerobic exercises, and cycling tours, among others. We value the input of our participants and will be collecting their feedback and suggestions for further improvements. This program is designed to cater to all members of society, ensuring an inclusive and enjoyable experience for everyone.

## Nordic walking workshop at Cyklokorytnička greenway in Slovakia



## PARTNERS

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