



Erasmus+

EDUCATION FOR SUSTAINABLE DEVELOPMENT

OUTDOOR SPORTS IN PROTECTED AREAS

Outdoor activities refer to leisure pursuits engaged in the outdoors, often in natural or semi-natural settings out of town. The outdoors as a physical or social setting may meet the needs of physical health, self-sufficiency, risk-taking, the building of social ties, and the needs of achievement. The outdoors can be an environment in which people "show what they can do". The contact with nature lowers stress levels, increases the production of serotonin, the happiness hormone and motivates us to continue. Outdoor activities may also be pursued for the purposes of finding peace in nature, enjoying life and relaxing.

Skiing

Skiing can be a means of transport, a recreational activity or a competitive winter sport in which the participant uses skis to glide on snow. Skiing is one of the most popular sports but also very dangerous. People practice this sport when it is winter, because there is a very large place where they can ski. Most popular ski resorts from Romania are Poiana Braşov, Predeal, Râncea, Arieşeni, Vatra Dornei.

A good alternative is snowboarding, also an winter sport, but more engaging.



Motorbiking

Motorbiking is a fun way to travel and a great way to experience something new and memorable. If you want to try it, there have been made special roads for this kind of sport.

Transfăgăraşan road climbs to an altitude of 2,042 metres (6,699 ft), making it the second highest mountain pass in Romania after the Transalpina. It is a winding road, dotted with steep hairpin turns, long S-curves, and sharp descents. It is both an attraction and a challenge for hikers, cyclists, drivers and motorcycle enthusiasts.

Running

Running is one of the most popular sports ever because it doesn't take a lot of time and doesn't need a special training. Running is also associated with a healthy lifestyle. Many people are jogging when they want to lose weight or to have a good mood.

In Romania there are a lot of marathons organized every season where many adults or children participate.



Hiking

Hiking is the preferred term for a long, vigorous walk, usually on trails (footpaths), in the countryside, while the word walking is used for shorter, particularly urban walks. Hiking is a sport that inspires and keeps mind fresh because there is the place where people can have quality time among friends or alone.

The most popular Romanian areas for hiking are the highest peaks from Carpathian Mountains: Moldoveanu (2544 m), Negoiu (2535 m), Parângu Mare (2519), Păpușa (2508 m).

Mountain biking

Mountain biking is the sport of riding bicycles off-road, often over rough terrain, using specially designed mountain bikes. Mountain bikes share similarities with other bikes but incorporate features designed to enhance durability and performance in rough terrain.

Prima evadare (First escape) is the biggest race from Eastern Europe gathering participants from over 30 countries. The competition has one track, 55 km long, held on public roads, forest roads, paths and fields from Ilfov country, in the North of Bucharest. This year had 2400 raiders.

