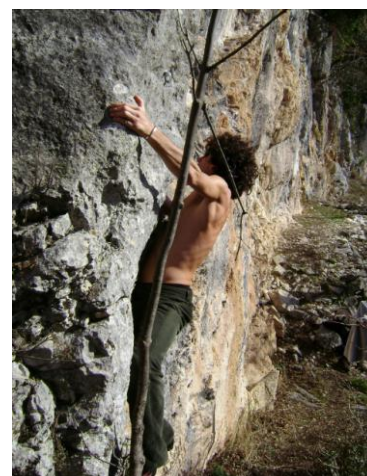


Outdoor sports ... sports in nature.

The walls of St. Augustine offer different perspectives of the fantastic landscape ... the rock ... the sand ... the sea behind and the Pontine Islands in the background. Changes significantly the point of view of the environment and of what we have around us if we are at the top, and it is not difficult to imagine how (if you're not used to it), you can not feel your body rising from the ground. Moving in equilibrium in the vertical presupposes awareness of their own physicality and of his own being and a good use of the sense organs .

Climbing and move the suspension is imperative in the context of motor development and the achievement of the upright human . Considered for a long time a method of training for mountaineering, climbing is today one of the new sports reality that is becoming more and more value and autonomy both in purely sporting in the curative - educational .



The activity of climbing thanks to the artificial walls that are normally used in school gyms , you are taking an important role in the field of didactics , pedagogy and physical rehabilitation. This activity provides motor neurophysiological and motivational stimuli therapeutic to treat neuromuscular dysfunction and orthopedic (joint trauma , spine and scoliosis) as well as neurological dysfunction (sclerosis , paralysis , etc.).



Climbing integrates the motor components such as the mastery of equilibria , the balanced management and coordination of the forces that contribute to the development of personality through the awareness of the dangers and responsibilities related to the act of moving in height.

The possibilities related to the local climbing are very popular in Italy and also in Europanon not only for but always gentle and the concentration of a number of areas and itineraries (about 1000!) In just a few square kilometers and, but also to the beauty of being able to move always in a landscape unique. It is in this environment that Antonio guide those who want to experience this creative discipline and highly integrated nature.



Daily excursion

Departure : 7am during the summer, 8am and 4pm in springtime

Clothing Required Required: Climbing shoes and long trousers

Material made available for climbing: carabiners, rope, harness, shoes, helmet and more

Price : Euros 40,00 per person up to 5 people

Bookings : info@voyagealacarte.it or phone 0039 347 7260433