

Percorsi nella valle del fitness. Muoversi lungo il Sillaro tra cultura, natura e benessere.



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(Mrs. Novella Will)

PERCORSI NELLA VALLE DEL FITNESS. MUOVERSI LUNGO IL SILLARO TRA CULTURA, NATURA E BENESSERE.

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Corso Bacchilega, 2014. Book Condition: new. Imola, 2014; br., pp. 96, ill. col., cm 13,5x21. Nelle pagine di questa pubblicazione vengono proposti 23 itinerari nell'alta valle del Sillaro, percorribili, secondo i casi, in automobile, in Mtb, a cavallo e a piedi. Oltre alla sintetica descrizione dell'itinerario e alla relativa cartografia esplicativa, ogni percorso è preso in esame sotto l'aspetto storico, culturale e del paesaggio e il testo è accompagnato da un corredo di numerose immagini. Gli itinerari presentano una grande varietà, dai più brevi, che possono essere percorsi camminando tranquillamente per un'ora o poco più a quelli più lunghi, che richiedono molte ore di cammino, e che possono essere percorsi in Mtb, a cavallo o in automobile o, meglio, con un fuoristrada. Nelle spiegazioni di ogni itinerario ci sono numerosi riferimenti ai paesi, ai nuclei abitati o agli edifici particolari che si incontrano, così come sono menzionati i principali aspetti naturalistici e geologici del territorio che si sta attraversando. Si tratta, quindi, di una guida che permette di fare la conoscenza di un territorio particolare, quello dell'alta valle del Sillaro, che è confine naturale e storico.



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