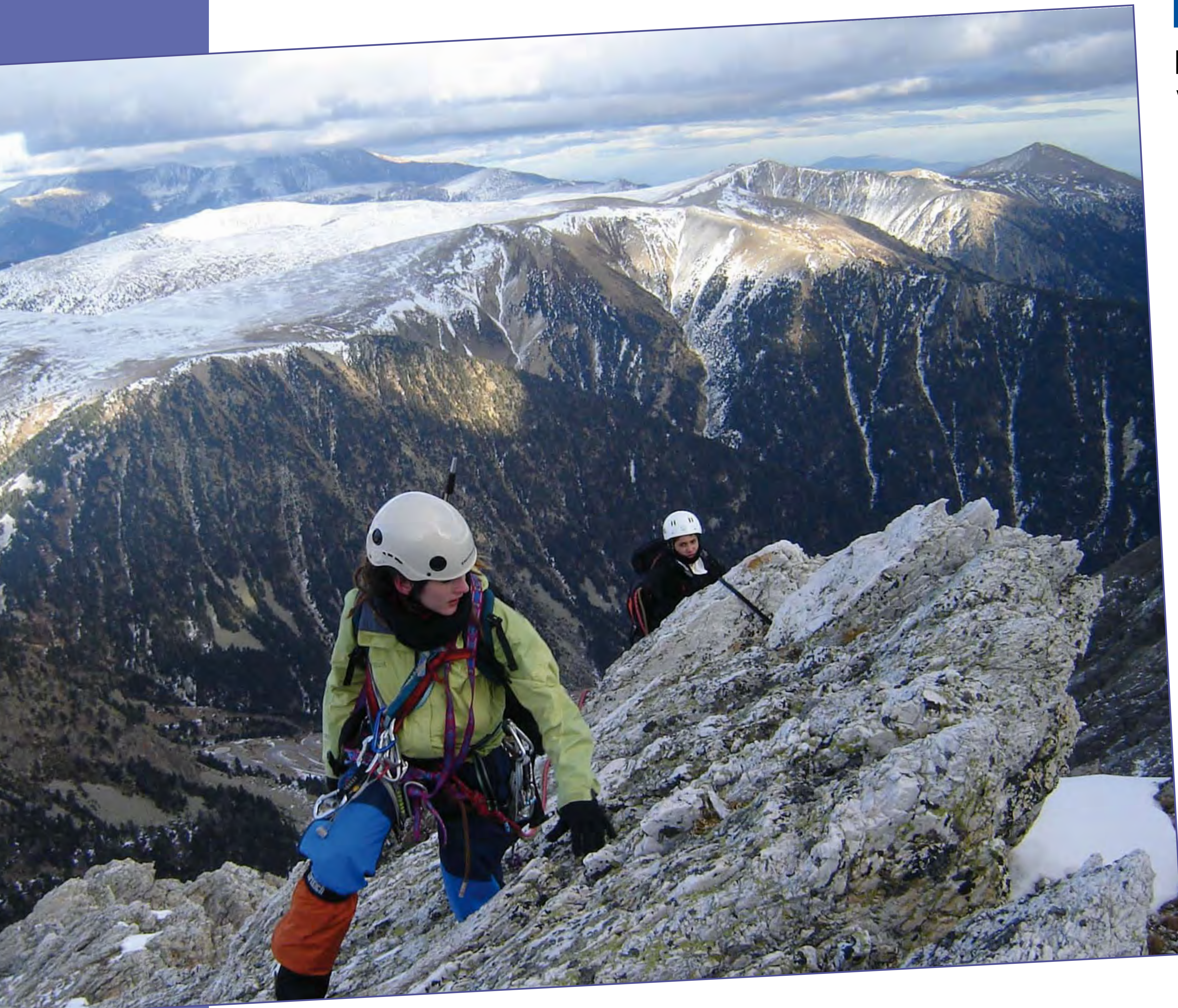


# Dona i esport

## Women and Sport



**D**oing mountain sports has a positive impact on your mental and physical health and helps to improve your life in many different ways. Knowing how the human body functions, the effects and the methodology of the different kinds of these sports could be presented to the public.

**P**eople feel less stressed, more relaxed and sociable. To be more specific, we present the Woman and Mountain Sports programme of the FEEC (Mountaineering and Climbing Federation of Catalonia) which provides mountaineering training for women. Through these courses women become more confident and acquire an improved attitude to life. They become more alive, more positive, get new ideas and breathe clean and healthy pure air.

**H**owever, these sports do need to be done in safety, and the way to achieve that is through training and courses.

**T**his programme began in 2006 with the aim of promoting mountain sports among women and telling them about the training options that are on offer. This programme has been funded from the start by the Catalan Sports Council (Consell Català de l'Esport) under its Gender Initiatives and Actions programme, and it is this funding which has made this third year of courses possible.

**T**he training is divided into beginners' and advanced courses which take one or two weekends according to the speciality. And at the end of them, women are encouraged to enrol for our official training system (federative or professional).

**E**arly in 2006, FEEC offered training in climbing, canyoning, mountain skiing, and mountain climbing and alpinism courses with 20 inquiries per speciality. Some disciplines received more than 300 requests and the first figures were very good at nearly 470 pre-enrolments.

**I**n 2007 we offered two new training courses – orienteering and hiking/mountain biking – to add to our seven beginners' courses. We have two in rock climbing, two in orienteering, one in canyoning, one in mountaineering and one in mountain skiing. Each of these courses lasts two weekends. We also run six technical courses taking one weekend and where participants need to demonstrate previous knowledge of the activity or to have done a beginners' course.

**T**he final figures (not counting the 2008 participants) are 612 pre-enrolments from people interested in taking part, and 214 final enrolments accepted (20 per speciality).

**A**t the end of 2007, FEDME (Spanish Mountain and Climbing Federation) created their Women and Mountain Sports Commission, and the FEEC commission joined this action in order to offer all the accumulated experience for future plans.



## Alpinism

This classic activity had previously always been a minority sport among women, but with the FEEC training programme there has been an increase in people wanting to learn it, acquiring security and trust in themselves.

## Canyoning

This consists of descending rivers and gorges using ropes and technical materials. Sometimes you can jump, rappel, slide, etc.

This is a relatively new activity in Spain which is growing year by year and there is considerable interest in it. Women are taught theory and practice, and they are pretty open and predisposed to learn. Why are you afraid of water and abseiling? Feel the wet side of life.



## Hiking/mountain biking

With this activity women can experience the essence of classic hiking with the addition of a new discipline, mountain biking. They learn how to follow a track and find their way. It's good for the human body, as mountain biking helps with back health, strengthening the lumbar region and improving your heart.



## Climbing

Like alpinism, climbing is one of the top activities in which you can experience heights, the courage needed to confront a challenge, confidence in your fellow climbers and the shared search for a solution to a difficult problem. At the end, the desire for freedom appears in the form of activity.

You will gain greater muscle strength, balance, flexibility and coordination, and it is also a good way to lose body fat. By controlling all this and being aware about the dangers, participants will be able to do the sport in safety while they improve their health.



## Mountain running

High mountain racing has a long tradition in Catalonia. The sport consists of running round a high-altitude and non-signposted course with different categories of difficulty (gold, silver and bronze), in teams of 2 or 3 and in the shortest possible time. It combines skills from climbing, rappelling, orienteering, etc. and different degrees of difficulty.

You move your body and so your heart starts beating faster, pumping blood to your muscles and your breath becomes your only ally... allowing you to find yourself in the middle of the mountains.

## Mountain skiing

Mountain skiing is a discipline that combines skiing and winter mountaineering. Skis are used to go across snowy areas of the mountain, through passages, and to climb and descend snow-covered mountains.

Landscapes change a lot when they are covered with snow; life there is somehow frozen, you can listen to the trickle of water flowing below your feet on a sunny day ... feel free to experience all of it!



## Orienteering

This is the basis for some of the sports above. It combines to perfection factors such as concentration, resistance, mind training, etc. The trust in these factors grows up since this knowledge allows people to solve complicated situations.



## Regulated technical walking

This consists of competitive team races, normally in the morning, over between ten and fifteen kilometres. In these races the winner is the team which can best adapt to the speed set by the organisers, which is calculated based on the normal rhythm of walking used in the area.

It is ideal for building friendships and interests between the members of the group and for improving your mind.

**T**he atmosphere surrounding mountain sports is so calm and relaxing that you experience a range of feelings that help you to live more intensely and which enhance diverse aspects of your health. In order to do these sports safely, however, you do need to make sure you are taught by qualified professors.

**S**o why don't you start living a healthy life? We urge you to give it a go and enjoy doing sport. You will be trained and maybe in the future you'll decide to train others with the same interests as you.

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