

Leggere Trekking EBook Gratuito PDF/EPUB/mobi - Michele Dalla Palma



leggere Trekking EBook gratuito PDF/EPUB/mobi Michele Dalla Palma , L'escursionismo a piedi è il miglior modo per conoscere il mondo, vicino e lontano. Il viaggio lento del camminatore permette di avvicinare ambienti naturali e culture umane in modo armonico, non impattante. Dai sentieri sulla montagna alle grandi traversate lungo antichi percorsi, una vacanza a piedi è un'esperienza entusiasmante e profondamente istruttiva. Oltre al rispetto per l'ambiente, l'escursionista impara a non inquinare o compromettere il territorio che lo ospita, apprende nozioni di orientamento, scopre i segreti della natura, interpreta il tempo atmosferico, capisce come valutare le proprie forze - e quelle dei compagni - rispetto ai tempi di percorrenza e alle difficoltà del percorso e acquisisce la capacità di scegliere le giuste attrezzature per i diversi terreni e ambienti. Questo volume si propone al lettore sia come un manuale in cui

trovare tutto ciò che è necessario conoscere per affrontare il mondo a piedi, nei diversi climi e territori, in tutte le stagioni, sia come una guida a colori dei migliori itinerari e delle mete più belle in Italia e nel mondo.

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