

### Health and wellbeing in European UNESCO Global Geoparks

The theme for Newsletter 16 was decided in a different time – in a different world. The Covid-19 pandemic, resulting from a new Corona virus has completely changed our lives and the way we cooperate. Strict measures have been imposed to avoid the fast spread of the virus and the dramatic consequences of the disease involve society lock-downs and communities in isolation. Health and wellbeing for all – one of the UN SDG's is an important aim for UNESCO Global Geoparks as demonstrated in this Newsletter. But by looking into the future – after the pandemic – we will see a different world with huge challenges. Knowledge, outdoor activities, supporting local communities, sustainable lifestyles – these words will still be important in this different future. We will shoulder our responsibilities by continuing to work together for the benefit of our communities!

EGN Coordinators

Kristin Rangnes and Babbis Fassoulas.

### Hiking



#### Azores UNESCO Global Geopark (Portugal): AZORES WALKING TRAILS - GEA IN MOTION

The uniqueness of the Azores dwells in the fantastic natural and cultural heritage ingrained in the veins of Azoreans. The astonishing landscapes of the archipelago can be explored in a network of 76 official walking trails within the territory of the Azores UNESCO Global Geopark. Each of these trails delivers exceptional elements of geodiversity and biodiversity on every island, both within the coastal areas and in the highlands. These trails offer a different way to experience the Azores Islands, combining exercise, adventure, knowledge, relaxation and fun. Go for a walk and discover our breathtaking landscapes.

More information on: <http://trails.visitazores.com>.

#### GUIDED MOUNTAIN TRIP IN Basque Coast UNESCO Global Geopark (Spain): GEOPARKEA called "Mountains, water and climate change"

The importance of mountains for life on our planet is crucial. Mountains provide us with water, food, clean energy and leisure time. However, mountains are threatened by climate change, land degradation, over exploitation of their resources and natural disasters.

Basque Coast UGG wants to raise awareness about this situation and, at the same time, promote physical exercise among local people. Along the route to the summit, the guides talked about the formation of the mountains, water resources, the consequences of climate change and the role that the mountains can play in our environment. A large group of local people joined the initiative; they also visited a restored old snow storage building on the way up to the mountain.



#### Annual trail run in Katla UNESCO Global Geopark, Iceland

In the midst of the black sandur plains, the palagonite formation Hjórléifshöfði rises like an island in a sea of black sand. The Hjórléifshöfði trail run is a GeoWeek highlight and participants include elite runners as well as beginners. The trail offers stunning views from the coast to the highlands and glaciers. Locals say that supernatural forces influence those who roam about, giving them energy as well as a deep sense of relaxation and connection to nature. The route involves either a 7 km run around the mountain, or an additional route to the summit involving a total of 11 km.



## Enjoy walking around Tamia Volcano – Lanzarote and Chinijo UNESCO Global Geopark (Spain)

Lanzarote and Chinijo Islands UGGp created an event called "Geoparqueando for the family around Tamia Volcano" on December 22, as a healthy activity prior to the enjoyment of the Christmas festivities. During the activity, children and parents also enjoy the walk, accompanied by wonderful sounds of a cello. It was a way for the whole family to get to know this enjoyable, fun Geopark. At the finish the participants knew something more about the geological heritage, the biodiversity, as well as the culture and tradition of the island related to volcanoes. With this event, the Geopark encouraged outdoor enjoyment as a family activity.



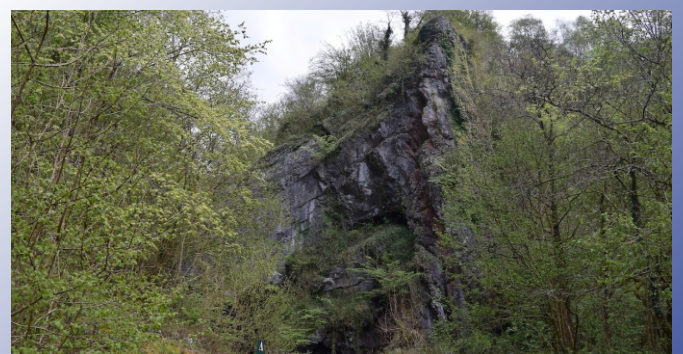
## Trollfjell geo-hiking competition – Trollfjell UNESCO Global Geopark (Norway)

In 2019, Trollfjell UNESCO Global Geopark launched Trollfjell GeoTur- a geo-hiking competition. The aim is to raise awareness of the local geology among residents through a motivating low-threshold activity promoting a healthy lifestyle.

Eighteen interesting geosites were selected including moraine ridges, quarries, oceanic crust, potholes, pebble beaches and lots more. The web portal [www.telltur.no](http://www.telltur.no) was used for registration and included maps and descriptions. Those who registered at a minimum of 5 geosites were rewarded with a first aid kit. In addition, winners of gifts cards were included among all contestants. The activity resulted in 225 hikes by 91 contestants - a number which we aim to exceed in 2020!

## Fforest Fawr UNESCO Global Geopark (UK): Geotrails from work to recreation

During the Industrial Revolution the geological resources of the Fforest Fawr Geopark area were exploited for over 200 years. Coal, silica, limestone and rottenstone, used in metal production, were extracted and transported from mines and quarries along the southern area of the Geopark. Following decades of economic decline these sites, together with elements of the transport system serving the metal industry, were abandoned. Tramways and tracks where men once walked to work, are now included in geotrails with access to upland moors, deep forested valleys, caves and waterfalls. Trails along which people of all ages can now reap the health-giving benefits of physical activity and the appreciation of nature.



## Cycling



## Cycling as a means of Transportation in the Kula-Salihli UNESCO Global Geopark (Turkey)

The Kula and the Salihli Districts are the two most important settlements of the Kula-Salihli Geopark. In both districts, bicycles are an important means of transportation for the local people. In April 2019, a cycling festival was organised in the Geopark area. This event which involved the participation of cyclists from different regions of Turkey, aroused the interest of the local people. During the festival, cyclists pedalled along three different cycling routes, and in the evenings, they rested by taking advantage of the thermal waters of the Kurşunlu Hot Springs, which is one of the most important sites in the Geopark and is also a centre for health tourism.

## Geopark in Winter: Sierras Subbéticas UNESCO Global Geopark (Spain)

It is wintertime and Sierras Subbéticas UNESCO Global Geopark is celebrating its second edition of "Geopark in Winter", a programme devoted to promote geo-education, geotourism and a healthy lifestyle in the territory. Every weekend in February and March, the locally active tourism companies, together with the Geopark's technical assistance and coordination, offer outdoor environmental education activities at low cost, including geo-routes, geo-biking and geocaching events. This programme provides a stimulus for the local tourism sector and a wonderful opportunity to highlight and promote the outstanding geological heritage of Sierras Subbéticas.





### Safety comes first in Beigua UNESCO Global Geopark (Italy)

Hiking is a passion, but enthusiasm sometimes leads to underestimating the hidden dangers. Beigua Geopark promotes awareness campaigns aimed at all visitors, even the most experienced ones, who sometimes forget the dangers due to an excess of confidence.

In the Geopark's Information Points hikers can find a poster highlighting the main safety rules faced on mountain trails including: how to prepare backpacks, indispensable equipment, suitable clothing, evaluation of one's technical skills and physical aptitudes, how to behave in cases of unforeseen events. Moreover, the Geopark periodically hosts initiatives in collaboration with the local Alpine Rescue Team to learn how to react correctly in emergency situations.



### Information & exchange in Harz. Braunschweigerland. Ostfalen UNESCO Global Geopark (Germany)

Recently, representatives of the Danish Odsherred UNESCO Global Geopark visited the Geopark region. A first joint project, a new Geopark information panel, was presented. The texts are in German and Danish. The geologist from the Danish Geopark, Jakob Walløe Hansen, prepared the Danish translation. The panel provides information about the geological development of the Lutter Basin in the northern foreland of the Harz Mountains together with its regional history. To get better acquainted with the largest UNESCO Global Geopark in Germany, the guests visited several sites, e. g. the Tin Figurines Museum in Goslar, an official Geopark Information Centre and the Tourist Information Centre in Wernigerode. The partnership agreement will be signed on the return visit to Denmark in 2020.

### Crossborder cooperation: Establishment of the EGTC Geopark Karawanken/Karavanke (Austria/Slovenia)

Since 27 November 2019 the cross-border Geopark Karawanken/Karavanke was formally designated as an EGTC (European Grouping for Territorial Cooperation) Geopark Karawanken/Karavanke. EGTCs are a European entity created to foster trans-border, trans-national and inter-regional cooperation. The new organisational structure of the Geopark Karawanken/Karavanke has several advantages, for example facilitating cross-border cooperation, the potential for gaining strategic projects during the next EU programming period, retaining the the best example of cross-border cooperation between municipalities on the border between Austria and Slovenia. At the same time cooperation in the Geopark Karawanken/Karavanke is also expected in other areas for example transport and mobility, protection against natural disasters. Since 27 November 2019 the EGTC Geopark Karawanken/Karavanke is the first EGTC on the Austrian-Slovenian border as well as the first EGTC with its official centre in Austria.

Photo: Urosh Grabner.



## Forest discovery ●●●●●

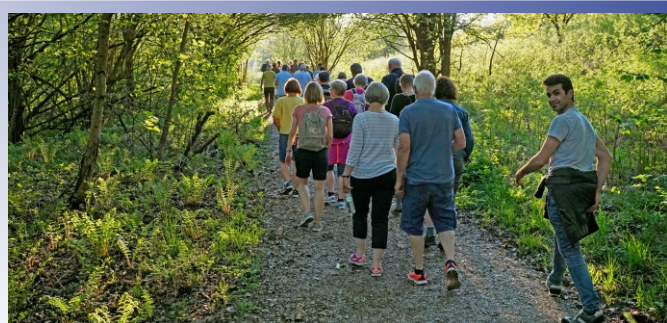


### Health, wellbeing and forest discovery: The Youth Camping grounds of Bergstrasse -Odenwald UNESCO Global Geopark (Germany)

The 20 Youth Camping grounds of the Geopark offer an authentic stay in nature – furnished with basic sanitary facilities without dispensable and unnecessary comfort. They are organised and managed by our groundkeepers, who care for the maintenance and equipment of the idyllic sites in a pristine natural environment. Combined with natural lakes and campfires, and adventure-based educational activities provided by the Geopark's Rangers, the children return home with unforgettable memories and experiences. The ground keepers are part of the Geoparks' stakeholder network. Regular meetings and exchanges ensure the continuity and the quality of this offer, which supports the health and wellbeing of the visitors and contributes to awareness building and the protection of our environment.

### Bird songs in Gea Norvegica Geopark (Norway)

In May every year we organise a special trekking event along one of our trails. Two Geopark guides provide geological information combined with the cultural history of the area along the trekking route. But most important are the observations of birds and their songs through the different habitats around Lake Kverndammen. This tour is becoming increasingly popular, people are enjoying nature, walking and learning. May and June are busy months for the birds in Northern Europe and the guided tour with music from Nature is a perfect combination for enjoyment and experience!



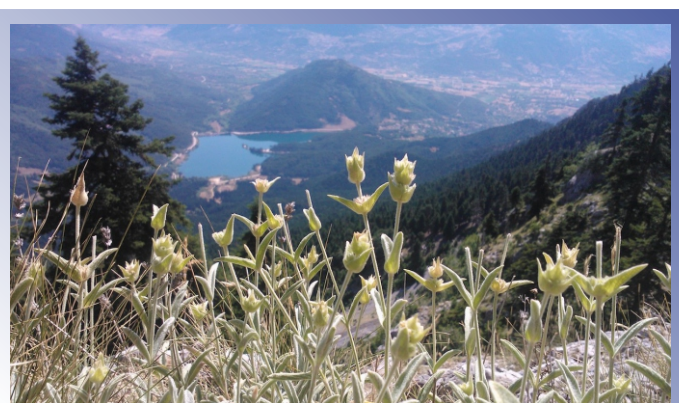
### Comarca Molina Alto –Tajo UNESCO Global Geopark (Spain): From the forest to your home

Our Geopark is rural, so the people who live in it have a life in full contact with nature and maintain traditional jobs such as livestock, agriculture and beekeeping among others. Ideas are emerging from companies such as "From the forest to your home" and a social garden, where all the inhabitants of the Geopark can participate. Living in this environment also allows us to practice sport without travelling such as mountain biking, hiking, geo routes etc.

## Health and wellbeing - products ●●●●●

### The mountain tea *Sideritis clandestina* subsp. *peloponnesiaca* of the Chelmos-Vouraikos UNESCO Global Geopark (Greece)

Chelmos is one of the most beautiful Greek mountains with a varied geomorphology and floral diversity that attracts dozens of scientists and amateur plant-lovers. Six geosites in the Chelmos-Vouraikos Geopark ("Water of Styx", "Mavrolimni", "Psili Korfi", "Balcony" of the Styx, "Madero" and "Tessera Elata") are located on this mystical mountain and host the mountain tea *Sideritis clandestina* subsp. *peloponnesiaca*, which is a Peloponnesian endemic plant. It grows in rocky places at high altitudes and has proven antioxidant, anti-inflammatory, antimicrobial, analgesic and healing properties. The name "sideritis" derives from the Greek word for iron, because the plant was considered a marvellous remedy against trauma from iron weapons. Stay informed at [www.fpchelmos.gr](http://www.fpchelmos.gr)







### **Idrija UNESCO Global Geopark (Slovenia): the Idrija selected trademark is growing**

The creation of geoproducts within the Idrija Selected trademark established as a part of the Danube GeoTour project is continuing even after its conclusion. The response from the local tourism providers in 2019 exceeded expectations. Seventeen new providers have recently joined the network of 17 providers from 2018. Furthermore, 50 arts & craft and 23 food products, 4 tourism programmes and 3 culinary products were certified in 2019. The Idrija Selected Certificate of Excellence, which is awarded to products and services that meet high quality standards, incorporate locally sourced raw materials and follow the traditions, culture and lifestyle of people living in the UNESCO Global Geopark Idrija continues in 2020.

### **Ore of the Alps UNESCO Global Geopark (Austria) experience herbs, teas and liquors of the Geopark**

Whether arnica, St. John's wort, or yarrow, there is first aid to be found for all sorts of ailments simply along the trails in the Hochkönig region of the **Ore of the Alps UNESCO Global Geopark**. **Guided herbal walks**, especially in autumn and spring provide participants with a wealth of information about these medicinal plants – how to recognise them, prepare them, and take them medicinally. At 16 Herbal Alms, the diversity of the local herbs is presented attractively, and if you pause and take a break, you can try out the rich variety on offer, from herbal snacks to herbal teas, liquors, dumplings, and more. Find additional information on [www.hochkoenig.at](http://www.hochkoenig.at)



### **Sitia UNESCO Global Geopark (Greece) & a healthy lifestyle**

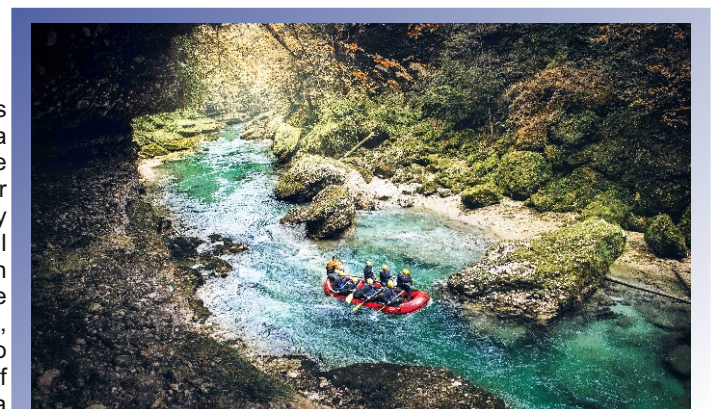
In cooperation with businesses who have an interest in alternative tourism and food products, the philosophy behind Sitia Geopark is to promote a holistic “back to nature” setting for both visitors and the local population, the emphasis being on a healthy lifestyle through food and exercise in a unique setting.

We arrange informative events and visits to organic farms producing local crop varieties, free of chemical pesticides. Excursions combine hiking, geology and tasting opportunities. This highlights the nutritional value of local products, such as olive oil, which together with a walk in the unspoilt landscape and the positive energy you feel there, help enhance the quality of life.

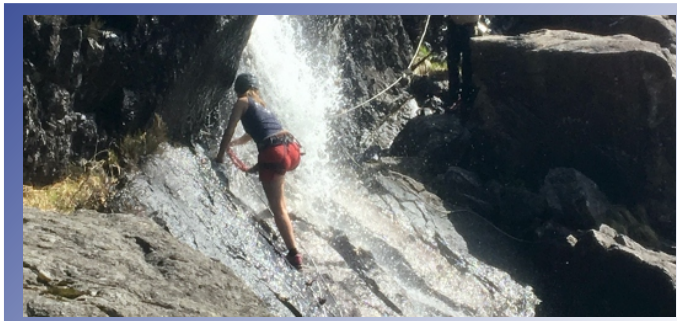
## **Water adventures** ●●●●●

### **Georrafting in Styrian Eisenwurzen UNESCO Global Geopark (Austria)**

A healthy lifestyle is one which helps to keep and improve people's health and well-being. The conditions for being healthy include a healthy diet, physical activities, weight and stress management. The UNESCO Global Geopark Styrian Eisenwurzen provides a number of activities in its nature and cultural landscape to improve a healthy lifestyle. One can, for example, take a Georrafting tour to learn all about the Gesäuse region, the Nature & Geopark and the formation of the Salza Valley. The best way to experience this unique landscape is by taking a rafting tour on the Salza river. Furthermore, you can escape from the daily workplace and stressful situations to relax and recharge your batteries. Visit Eisenwurzen's wild world of nature, enjoying its culture and culinary delights is indeed part of a healthy lifestyle.







## Magma UNESCO Global Geopark is a hub for sustainable and healthy lifestyle (Norway).

There are many activities in Magma UGG which contribute to identify the area as a perfect place for recreational activities. Magma is located south west in Norway (one hour from Stavanger) and it is characterized by amazing rural landscape and uncontaminated nature: forests, ocean, rivers, and at least 6000 lakes. Magma UGG is an outdoor "moon park" since the rocks are the same as the rocks on the surface of the Moon! In Magma we can offer you several outdoor sport activities, like: kayaking, coasteering, fishing, bird watching, biking, hiking and climbing. We are also aware of the importance of eating healthy food which is good both for you and the environment. Together with our GEOfood network of local food producers and restaurants we can offer you traditional unique Norwegian food experiences. Book your trip at: [www.magma-geopark.com](http://www.magma-geopark.com)

## Arouca Rafting Summit 2020 – Arouca UGGP (Portugal)

From 16 to 19 January 2020, the Arouca Geopark holds the "Arouca Rafting Summit". This event aims to promote white water in general and a rafting sport practiced in the Paiva river in particular. Integrated among other activities starting with "Rafting for All" are a workshop on rescue and safety in wild waters, promotion, rafting as an inclusive activity and the conference "Rafting: past, present and future".

Arouca Rafting Summit event integrated the Portuguese Rafting Cup, with the disciplines "Sprint" and "Head to Head". The competition was organized by the Portuguese Canoeing Federation.



## „Healing water“ – Geo-wellness in UNESCO Global Geopark Swabian Alb (Germany)

The Panorama Therme Beuren is one of the most beautiful thermal baths in Southern Germany and a Geopark Info Centre. Hot water bubbles out of two healing springs and reaches up to 40 degrees Celsius. The thermal bath offers its guests a wellness package to experience water both sensually and physically. On a guided tour, guests learn that water is very precious in a karst region and about the efforts people have made in the past to be able to use these water resources. The tour ends in the thermal spa, where guests can experience the healing power of the rocks and waters of the Swabian Jura. [www.panorama-therme.de](http://www.panorama-therme.de)

## Training

### Terras de Cavaleiros UNESCO Global Geopark (Portugal) – AEPECT training

Terras de Cavaleiros UNESCO Global Geopark, like other UNESCO Geoparks, assumes an extremely important role in promoting and valuing its territory. Considering that Science and Education are essential for the development of territories that are recognised as UNESCO World Geoparks, there has been a growing demand, nationally and internationally, from educational institutions of the most varied levels. In this way, the AEPECT Galicia (Asociación Española para la Enseñanza de las Ciencias de la Tierra Galicia) chose Terras de Cavaleiros to strengthen a teacher training course. The training course took place for two days, during which it was possible to visit and understand the geological uniqueness of the territory. In addition, the course included visits to the Geopark's sites of biological, archaeological, historical and cultural interest. So, Terras de Cavaleiros UNESCO Global Geopark promotes the rich geological heritage that merges with the history and culture of its people.

