

Connect2Move - Keep your heart healthy with hiking

EVTZ Alpine Pearls mbH
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Image Video

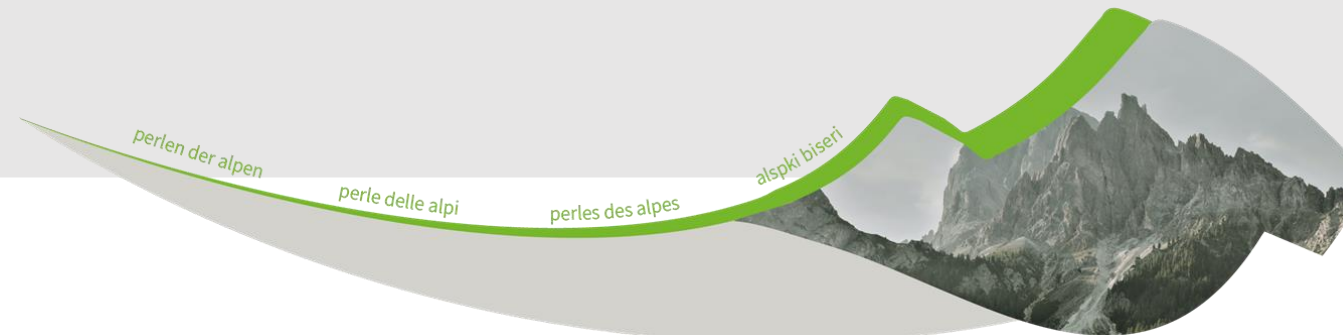
- <https://www.youtube.com/watch?v=PbmJ1H5A0JQ> (1 minute)





EGTC Alpine Pearls mbH...

... is the international network of selected destinations in the Alpine region for attractive, sustainable tourism. The focus is on **future-oriented, climate-friendly mobility** and its **positive effects on a holiday** in harmony with the environment. The members of the network are united by the desire for continuous development and the assumption of a pioneering role. The preservation of the different lifestyles in the Alpine regions as well as the interaction with the local people are an important principle.



Our members 2022



Project Connect2Move

Interreg-Project BAY-AUT / 1.1.2020 - 30.06.2022 / Partners of medical and sport science research and tourism sector

Creating natural cardio-trekking trails for the sustainable promotion of intergenerational health-oriented tourism

Background of project: To prevent overexertion while hiking in the mountains

The project aims to...

- ... increase year-round, health tourism
- ... promote individual health literacy for tourists and locals
- ... promote innovation and (touristic) offers concerning "heart health"
- ... promotes physical activity and knowledge transfer at the same time
- ... promotes climate-neutral tourism in the long term, increases visitor numbers in the off-season, through a sustainable, nature-based "heart health concept"

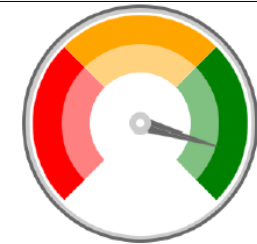


BergFit-Test (MountainFit-Test)

Establish and validate a 1 km cardio test trail on the mountain

- Equipped with fitness-watch or similar technology for tracking heart rate, duration etc.
- After a warm-up of two hundred meters, the participants increased their walking speed. The intensity of the 1 km hiking test was controlled subjectively by using the 6-20 Borg scale (maximum value of 15 (“exhausting”) on the scale)
- Based on the data of 134 study participants, a formula for calculating mountain fitness could be developed.
- After finishing the 1 km cardio test trail, the data can be entered on the website to learn about individual mountain fitness:
<https://connect2move-wandern.eu/bergfit-test/>

6	
7	Very, very easy
8	
9	Very easy
10	
11	Relatively easy
12	
13	A little exhausting
14	
15	Exhausting
16	
17	Very exhausting
18	
19	Very, very exhausting
20	



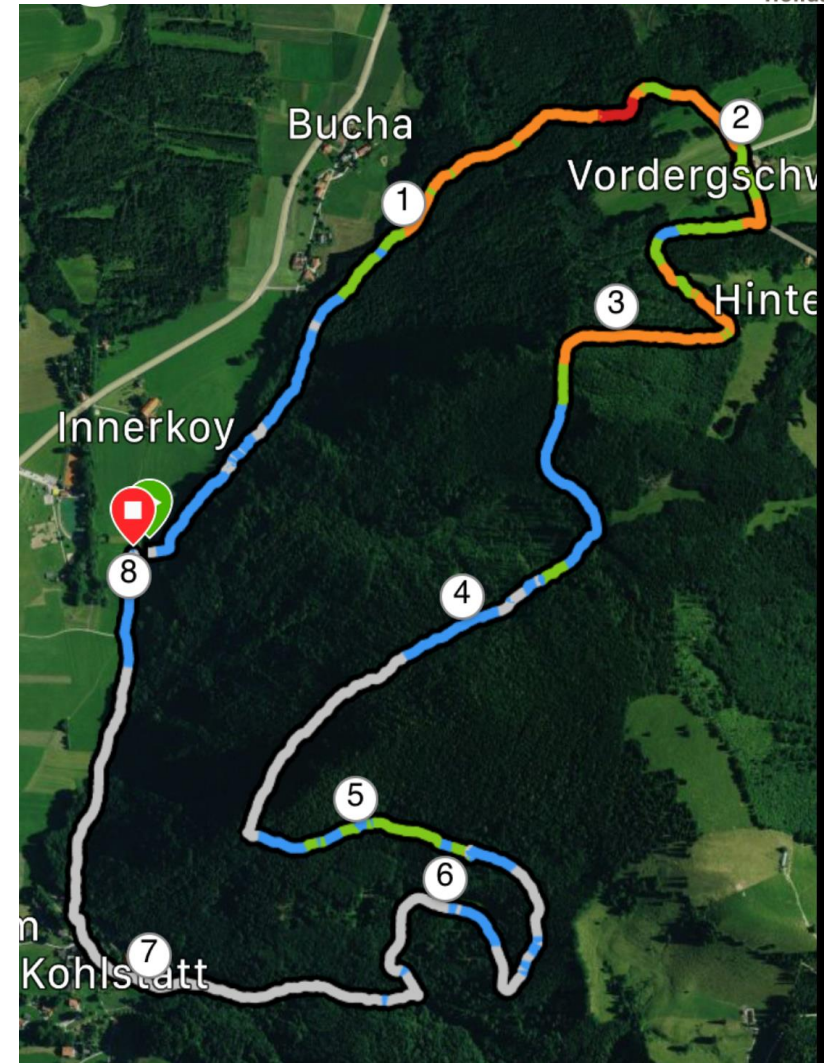
Fit as a Hiking Boot - a strong performance!
Your result shows that your endurance performance is in the upper range for your age group.

Training tip: Maintain your excellent level by continuing to be physically active on a regular basis! We recommend at least 150 minutes of moderate or 75 minutes of intense activity per week. (WHO, Physical activity Guidelines, 2020)
Walking offers an optimal workout in nature.

Visualisation of hiking trail

- 1 km cardio test provides basis for an individual prediction model to assess effort on the 8 km cardio pathway
- Mapping of cardio-profile paths according to personal exertion intensity and fitness status
- **Great innovation:**
Hikers receive an assessment of the upcoming physical effort before the hiking tour and know which sections of the trail they should pay particular attention to concerning heart rate.
- Explanation graph:
Grey = low heart rate / red = high heart rate

Niedrigere HF  Höhere HF



Further project tasks

- Conducting a user requirements analysis
- Organization of various stakeholder workshops (virtual and live)
- Developing business models for regions and hotels
- Creating a brochure to share the idea and some project results with stakeholders
- Designing a manual for municipalities/regions to install the pathways and develop a suitable business model



Want to know more? Please feel free to contact us!



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<https://portal.cor.europa.eu/egtc/Pages/Alpine-Pearls-EGTC.aspx>



Further details concerning EGTC Alpine Pearls

Summary of objectives:

- Preservation of clean air, high quality of life for residents, high quality of stay for vacationers and day visitors
- Use of environmentally friendly mobility and the change of mobility behavior of residents and guests
- Promotion of sustainable tourism, which should also serve as a model at home and abroad
- Strengthening economic, social and cultural relations between the population of its members
- Promotion of environmentally friendly tourism in the Alps in general
- Promotion of the development of integrated tourist offers and the strategies for sustainable development of AP
- Promotion of training and educational activities to improve the education in sustainable development of its members

Overview of tasks:

- Indexing or actively participating in planning and implementing of projects
- Supporting member destinations in developing environmentally friendly and innovative tourism mobility concepts
- Cooperating with transport and tourism organizations at European, national, regional and local level
- Promoting the interests of the EGTC at European and national level
- Active membership in organisations, associations and networks with the same goals

