

IMPACT OF WALKING ON THE BODY & RUTA DE L'EXILI

BENEFITS OF HIKING

SOME OF THEM ARE :

- LOWER YOUR RISK OF HEART DISEASE
- IMPROVE YOUR BLOOD PRESSURE AND BLOOD SUGAR LEVELS
- STRENGTHEN YOUR CORE
- HELP CONTROL YOUR WEIGHT
- IMPROVE YOUR SENSE OF BALANCE
- DECREASE THE RISK OF CERTAIN RESPIRATORY PROBLEMS
- BOOST YOUR MOOD AND IMPROVE MENTAL HEALTH
- REDUCES STRESS, CALMS ANXIETY, AND CAN LEAD TO A LOWER RISK OF DEPRESSION



RUTA DE L'EXILI

IT STARTS IN THE MUNICIPALITY OF LA VAJOL AND ENDS IN LES ILLES, WHERE THE FRENCH GENDARMERIE WAS WAITING FOR THE EXILES TO BE REDIRECTED TO THE INTERNMENT CAMPS.

ANOTHER SPANISH ROUTE TO FLEE FROM THE CIVIL WAR, IN THE DIRECTION OF FRANCE, WENT THROUGH THE COLLADOS DE PALLARS

THIS ROUTE REPRODUCES THE WAY THOUSANDS OF PEOPLE TRAVELED ON FOOT IN 1939 WHEN THEY WENT INTO EXILE IN FRANCE, CROSSING THE PYRENEES, PUSHED BY THE ADVANCE OF FRANCO'S TROOPS.

THE SECTION TO BE PERFORMED IS THE SAME AS FOLLOWED BY THE PRESIDENT COMPANYS, THE PRESIDENT OF THE REPUBLIC MANUEL AZAÑA AND THE BASQUE LEHENDAKARI JOSÉ ANTONIO AGIRRE LEKUBE.

ANA PAULA IRIARTE & NURIA GONZÁLEZ