

# TREAKING AND HEALTH

**Hiking has great benefits both physically and emotionally**

## **1. Increased cardiopulmonary capacity**

As it is done for a long time it causes an increase in cardiopulmonary capacity.

## **2. Better blood circulation**

BY being more intense than walking improves blood circulation, highly recommended for people with low blood pressure or hypertension.

## **3. Multiple benefits**

It improves strength, strength and even brings benefits to the skin with sunscreen. There is also an improvement in the digestive rhythm



The end of the Civil War ended with the victory of the opponents of the Republic. This fact made that, at the end of the war, thousands and thousands of people from the republican side were forced to flee to France, beginning an exile that for many would be long or definitive to avoid the reprisals of the new Franco dictatorship. The exiles crossed the border on foot.

**RUTA  
DE  
L'EXILI**

Laia Pastrana  
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The geographical situation of Catalonia, together with France, led to a large number of Republicans from all over the territory who fled massively through the various crossing points of the border with France, one of these places being around the municipality of La Jonquera.