

Istituto di Istruzione Superiore "Matteo Raeli" Noto



United Nation
Educational, Scientific and
Cultural Organization



I.I.S. "M. Raeli" Noto
Member of UNESCO
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Urban Trekking

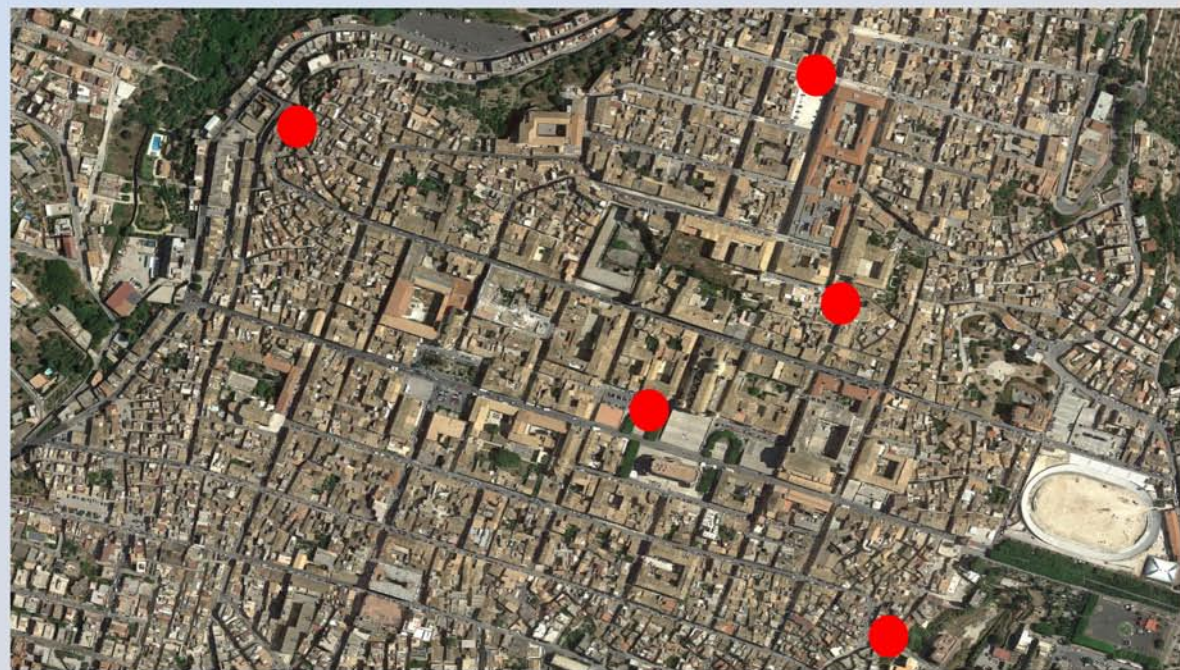


Another hike,
another History

Walking the line

"Discovering Air raid Shelters"

Distance: km 3 Time: about 1 hour



TREKKING BENEFITS

Trekking is an activity that, being performed in the open air, brings significant benefits to our bodies. First of all it tones legs, buttocks and abdominal muscles. It strengthens the immune system. It stimulates the body to produce more red blood cells, favouring a greater supply of oxygen to the muscles. It helps to lower blood pressure, heart rate and cholesterol values. It helps to prevent cardiovascular illnesses, obesity and overweight, diabetes and osteoporosis. Group excursions contribute to psychological wellbeing and promote socialization. Exposure to solar radiation promotes the production of vitamin D with positive effects on the skeletal and immune systems.

NOTO'S AIR RAID SHELTERS

In the city of Noto there are many tunnels which link the air raid shelters built in 1936 to protect civilians and soldiers from enemy bombardment. There are about 16 of them throughout the city and there is one, in the higher area of the city, which links Piazza Mazzini, the old Bourbon prison and the old Trigona hospital, getting straight to under the church of St. Peter of Piazza Crispi. It covers most of the inhabited area of higher Noto.