

SKIING

A wonderful sport

Skiing is a winter sport that involves the use of skis as a tool for traveling distances on snowy surfaces.

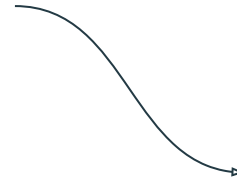
Practicing skiing is a wonderful experience: in fact, it is a fun activity, which requires considerable technical skills, which involves speed and acceleration. All this makes skiing a fantastic sport and that is why so many people remain fascinate and crowd the slopes in the winter season.



Skiing as a means of transport

The use of skiing was not as a sport, but was born as a means of transport in 2500 BC. for the difficult movement in the snow in Siberia, Scandinavia and Lapland. Initially it was entirely made of wood, with the leather boots tied with bindings made with strings and laces. Today, however, they are built with technologically advanced materials and made up of metal sheets and the bindings and boots are optimized to make skiing comfortable and prevent injuries.

Therefore, alpine skiing became a mass sport only after World War II.





Skiing disciplines in general

The term ski does not designate only one type of sport, but includes different types of disciplines that are diversified into: alpine skiing, Nordic skiing, ski mountaineering, freestyle skiing, freeride skiing.

Alpine skiing

it consists in going down to the valley along a mountain slope sliding on the snow thanks to a pair of skis on the feet, hooked to special boots;

Nordic skiing

opposed to alpine skiing since it is not possible to fix the heel of the ski boot to the ski itself;

Ski mountaineering

it is practiced in the mountains during snow cover, outside of equipped ski lifts and slopes or on "off-piste" slopes. It is practiced by moving both up and down, both as an activity in its own right and as a way of approaching winter to purely alpine routes;

Freestyle skiing:

born to alpine skiing, but is enriched with jumps, route difficulties and various choreographic figures. In fact it is also called "acrobatic skiing";

Freeride skiing

an activity that is not carried out for competitive purposes but for recreational purposes to be practiced off-piste on fresh snow.





Thanks for watching

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