



The Green Trails of the Future (GTOF) project is implemented by **MA "Tara"** (Serbia), **Hg Institute for sport Idrija** (Slovenia), **TREKS** (N. Macedonia) and the **Mountaineering Association of Serbia**.

Find out if there is athletic or trail running club in your town and join them.

Find out about trail races organized in your area through specialized sites and social networks.

Ask if there are environmental associations in your area and join their work. Also, you can help in actions organized by protected areas.

Find out more: www.gtof.net

GET INVOLVED

DISCOVER THE TRAILS



Connect with Nature

Immerse yourself in stunning landscapes, witness the wonders of the natural world, and foster a deep connection with the environment as you traverse trails that lead to breathtaking discoveries.



Explore the Unexplored

Embrace the thrill of conquering challenging terrains, uncover hidden gems, and explore the untouched beauty of nature, all while engaging in an invigorating and adventurous running experience.



Conserve for Future Generations

As a responsible trail runner, you have the power to protect ecosystems and preserve their vitality for the generations to come by following trail guidelines, respecting wildlife, and leaving no trace behind.



Join the Movement

Be a part of a growing community of trail runners who are committed to making a positive impact on the environment, inspiring others, and creating a collective movement towards a sustainable and greener future.



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WHAT IS GTOF?

GREEN TRAILS OF FUTURE deals with increasing of involvement of adolescent population in trail running and nature protection. The problem of modern days is the alienation of children from activities in nature and sports in general especially outdoor sports, and thus alienation from nature itself. The consequences of this are reflected in an unhealthy - sedentary lifestyle and improper attitude towards nature and environmental issues. The goal of the project is to include more children in sports through trail running, because we have analyzed the current situation in the project countries and concluded that the middle-aged population is mostly involved in this sport. The main objective of GTOF project is: Reaching sustainable involvement of adolescents in outdoor sports and nature protection.



ENVIRONMENTAL EDUCATION

TRAIL RUNNING BASICS



Start slow: If you're new to trail running, it's important to start slow and gradually build up your distance and pace. Start with shorter, easier trails and gradually work your way up to more challenging terrain.



Hydrate: Staying hydrated is important for any physical activity, but it's especially crucial for trail running. Bring plenty of water and electrolyte replacement drinks on longer runs, and be sure to drink before you feel thirsty.



Choose the right shoes: Good trail running shoes are essential for comfort, support, and traction on uneven terrain. Look for shoes with a sturdy sole, good grip, and breathable upper.



Be prepared: Always carry a trail map, a charged phone, and any necessary supplies such as snacks, first aid, and extra layers of clothing. It's also a good idea to let someone know where you're going and when you expect to be back.



Respect nature: Trail running is a great way to connect with nature, but it's important to do so responsibly. Stay on marked trails, avoid disturbing wildlife or vegetation, and carry out any trash you create.

1

Learn local ecosystems: Trail runners discover plants, animals, and geological features, fostering appreciation and a desire to protect nature.

2

Join conservation efforts: Trail running groups organize volunteer activities like trail maintenance and clean-ups, teaching environmental conservation while making a positive impact.

3

Connect with environmental organizations: Trail running events partner with conservation groups, raising awareness through fundraisers and educational programs.

4

Practice Leave No Trace: Trail runners follow guidelines to minimize their environmental impact, staying on trails, packing out trash, and reducing noise pollution.