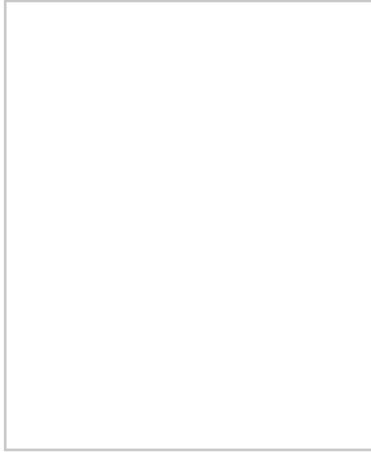


SAT booklets



PATHS

IDENTITY CARD



My name _____

My family name _____

My class _____

My school _____

My secret dream _____

S.A.T.

Society of Alpinists from Trentino

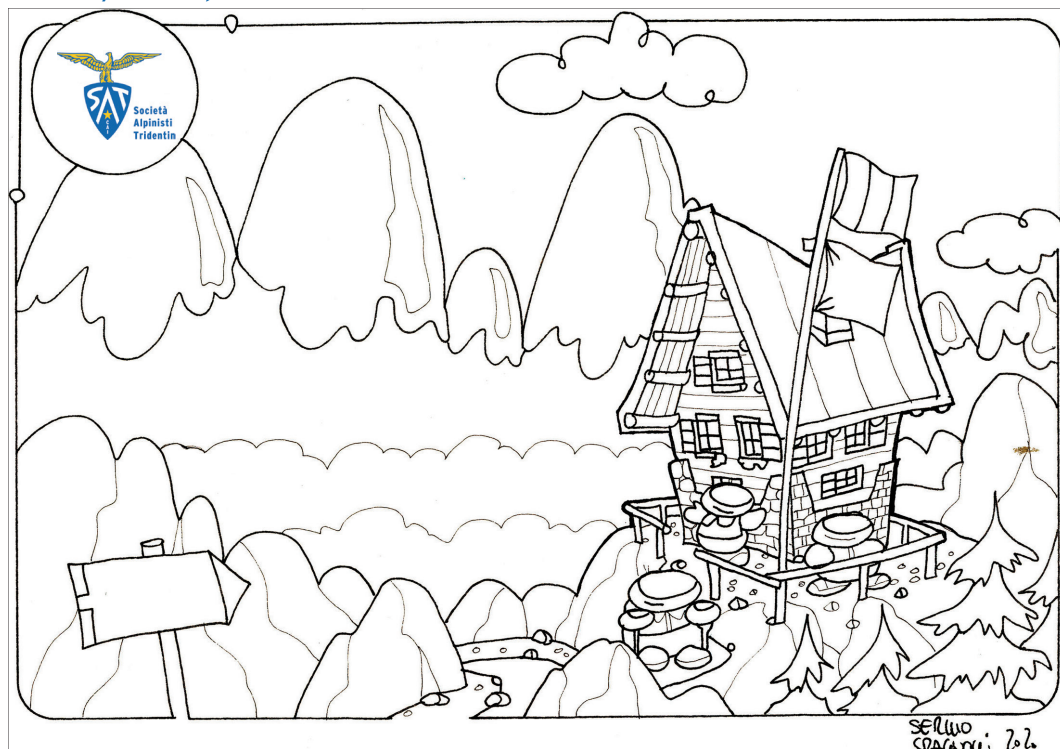
Dear boys and girls,

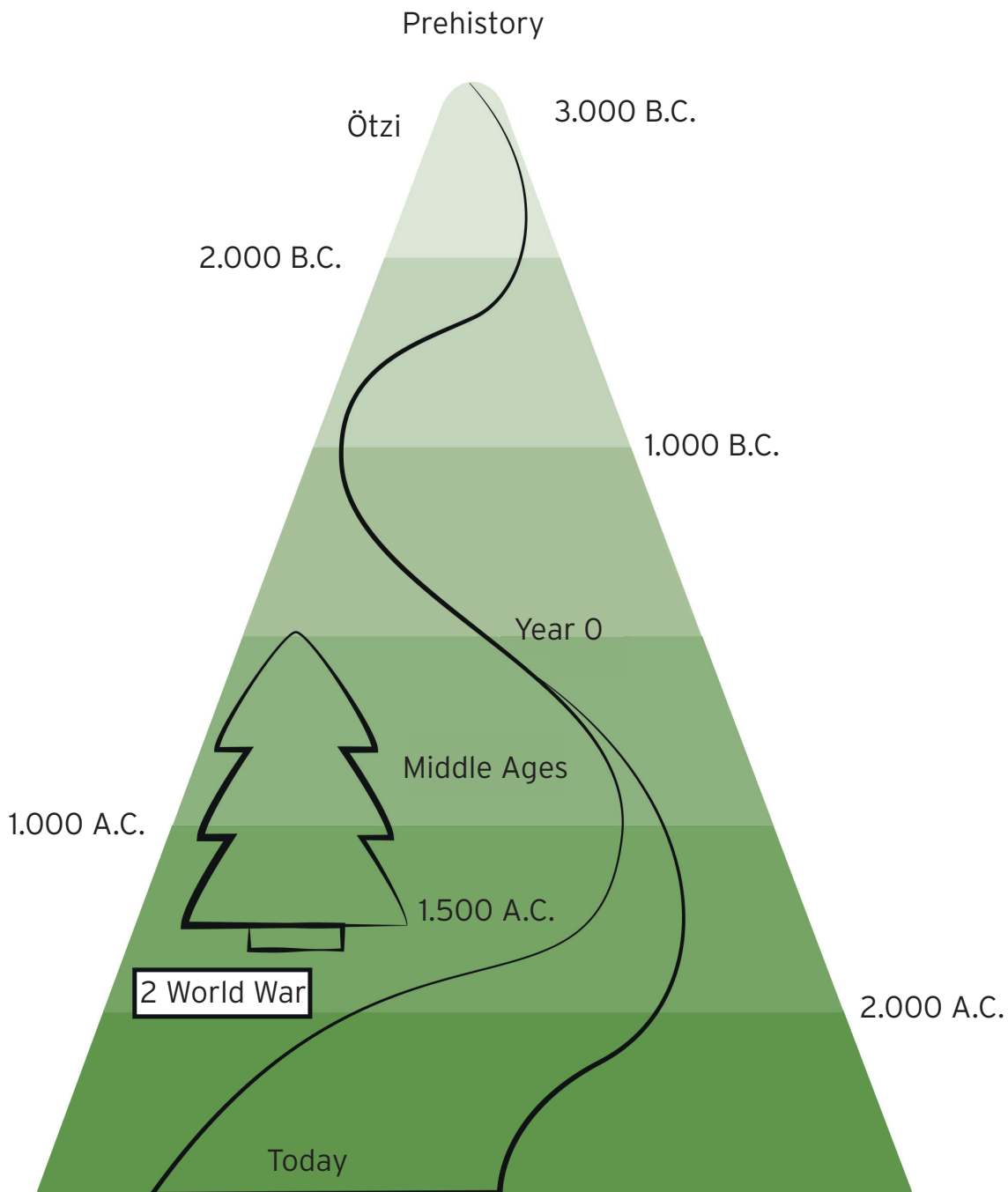
this is your mountain notebook:
you can read, write, draw and
learn! Together we are walking,
hiking and trekking in the
mountains of Trentino.

We are looking for SAT paths,
following them, reading some
boards, learning some signs
and some history of our
territory.

With SAT you will never get lost!

Color your alpine hut





A little bit of history

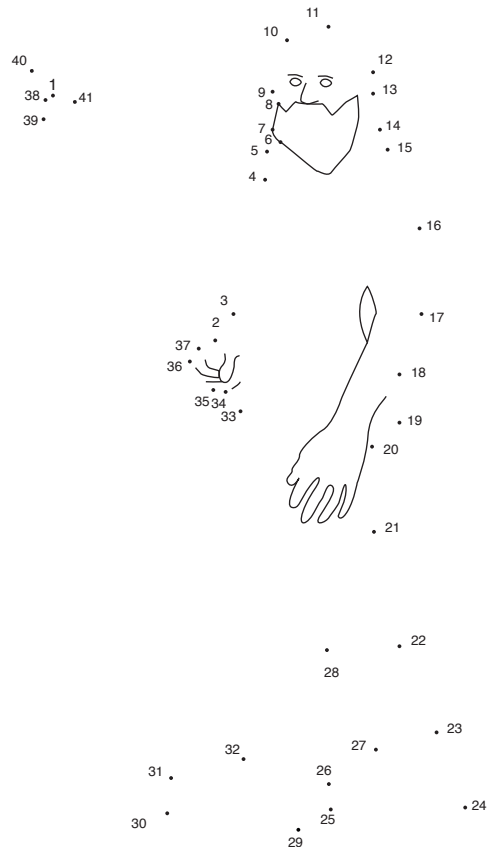
ÖTZI

Five thousand years ago a man trekked in the mountains trying to pass from South of the Alps to North. He was carrying food, clothes and equipment to spend a long time away from his camp. He was looking for the best track to cross the Alps because at that time there were no

paths or roads. He was killed by an arrow, he was covered in snow and stayed there in the glaciers for thousands of years. In 1991 two German tourists found him because glaciers are getting smaller and thinner. The mummy is in a museum in Bolzano. They called him **Ötzi**.



Draw your Ötzi



Middle ages

In the Middle Ages, from 1200 AD, the population increased because the climate got warmer. The people who lived in the Alps started going higher in the mountains to hunt, to cut trees, to look for minerals, to breed animals. Trees were burnt to produce coal.

They built paths and tracks in all the mountains and people and carts could travel easily. These paths are still there and we can see them in Trentino, in the Alps and in the Apennines and we can imagine the people, the goods and the carts that passed there in the past.

It is 1237: who can you meet on a path?



The first world war (1914-1918)

In Trentino they fought for three years in the mountains, from May 1915 to November 1918. New paths were build and used. They were important to carry arms, cannons, food, soldiers and clothes up to the tops of the mountains. Soldiers built holes in the mountains, galleries, tracks, trenches, forts to defend our borders. At the end of the war people found many paths and trails to enjoy walking, trekking and hiking in the mountains.



Paths today

Now millions of people hike on paths all over the world to discover the beautiful scenery and mountain environments. Trekkers and alpinists need clear indications not to get lost and to enjoy their excursions safely.

SAT takes care of 5.500 km of paths, easy or difficult all over Trentino.

SAT decided to number every path and to mark it with white and red color. SAT has prepared maps and put boards everywhere with many indications.

When you go to the mountains you will see boards (as the ones in the pictures) and white and red signs on stones or trees. We, together with SAT, mark, clean and repair paths because we would like all the people could walk, hike or trek safely.

SAT volunteers are more than thousand and they control and clean all the paths and they check all the signs and boards.





**Sometimes you can find heaps
of stones to show you the way.
(ometto)**



How to read a board

	Meta Ravvicinata	0. 30
211	Meta Intermedia	1. 40
	Meta d'Itinerario	3. 10

Think of a path and build your board.

For example:

from your school to the park

close destination

from your school to the main square

medium destination

from your school to home

final destination

Think of a path and build your board.



Draw your own ometto

The teacher's path

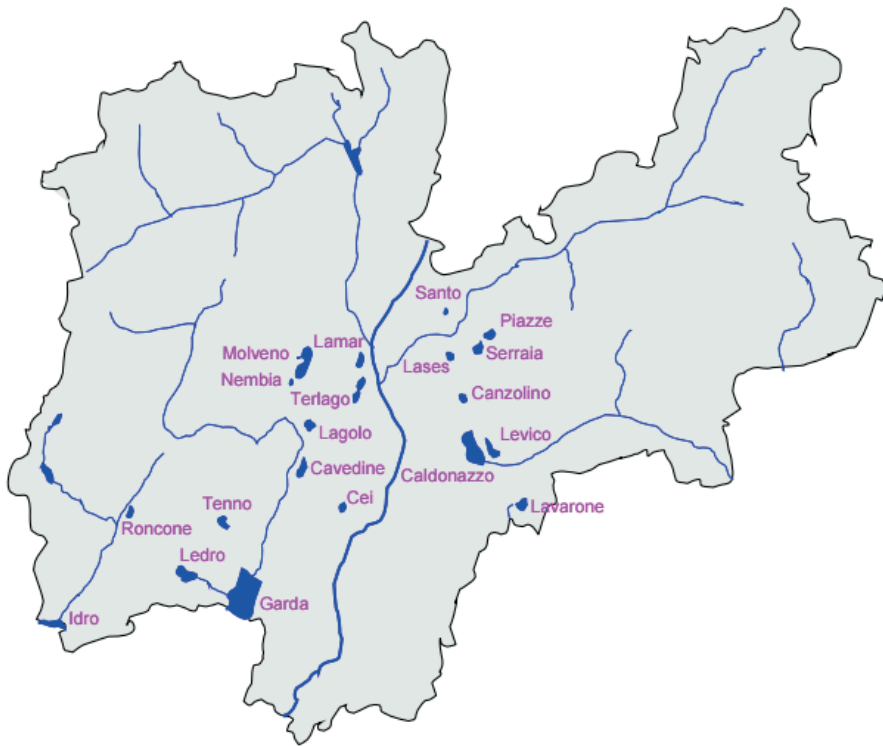
Many of SAT trails and paths have a history and their names tell of it.

For example "The teacher's path", after the name of a teacher from Dro, a village of the area of Sarca. In the first years of last century every day a lady walked this path from Arco to a small village, called Braila, to teach in a school there. Today this trail is longer and it takes 5 hours to complete the ring from the village of Moletta of Arco to climb to the Dos Grande and hike back to Dro and Moletta.



Ask your family or a friend to tell you a story about a path he/she used to walk and he/she loves. Write a short story about it.

Trentino's geography



Paths have numbers and signs: discover them!

The rivers in Trentino mark the borders of the different areas.
Can you name some of the rivers in the map?

Write on the map the letter corresponding to the rivers you know.

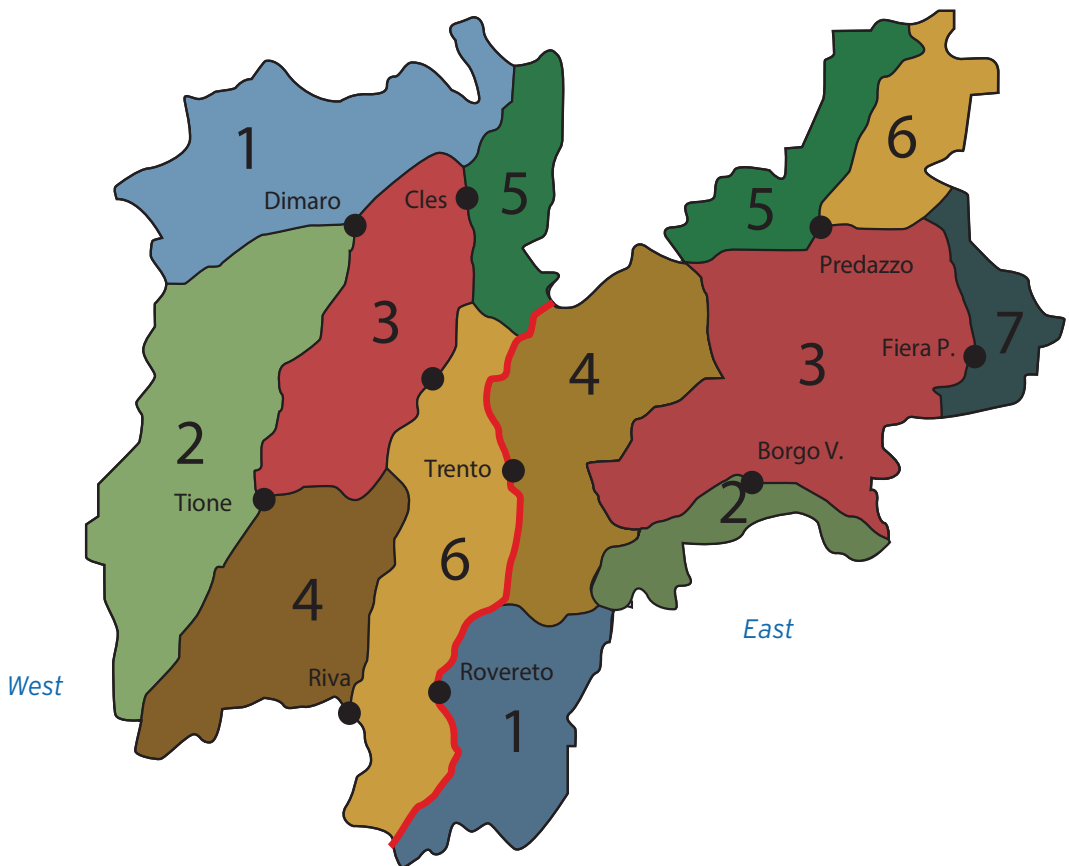
- a. Adige
- B. Noce
- c. Sarca
- d. Chiese
- e. Avisio
- f. Brenta

Paths

Look carefully at the map, Trentino is cut in 2 parts by the Adige: one on the East and the other on the West. SAT decided to use this division to mark the signs on the paths.

There are two big areas on the East and West of the river Adige

Every area is divided in some parts:
Seven parts in the ...
Six parts in the ...



Now answer the questions!

A. Which area of Trentino do you live?
(Trento is in the East)

East ■ West ■

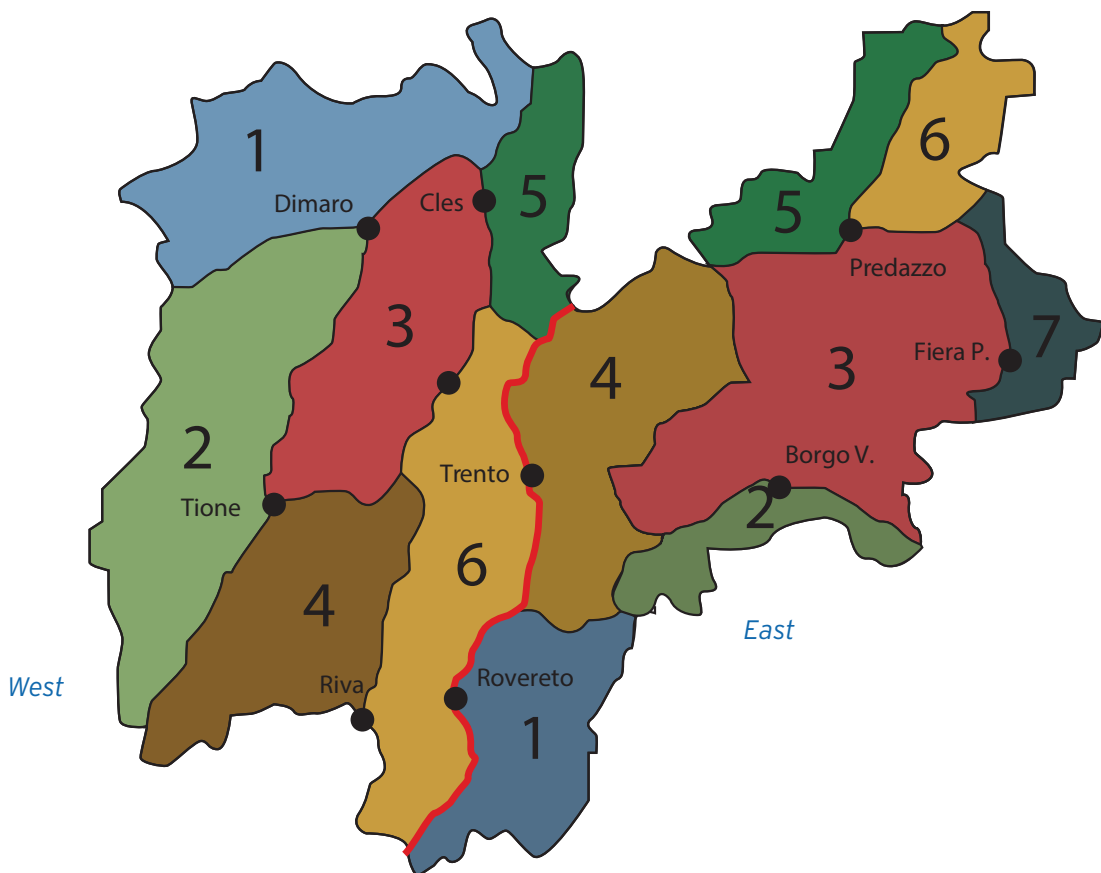
B. Which part of Trentino is your town or village?

1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■

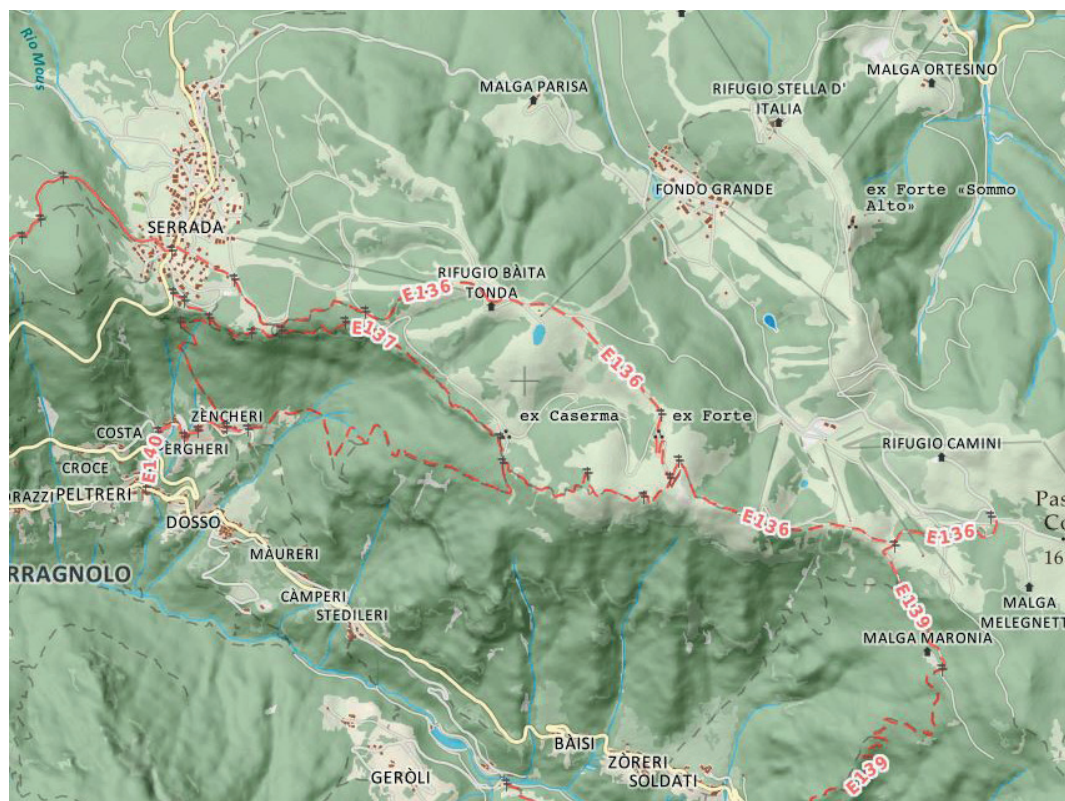
C. SAT paths are numbered with 3 figures.

The first figure is the part, the second and third one are the number of the path.

Mark where the path **0413** is.



What is a map of paths like?



Here is one! This is a precise map. You can see small mountain villages, roads and some paths with their numbers. It is very useful if we want to walk along one of these paths. There are many maps like this and they show all our province. Can you follow one of the paths drawn in the map? Write the number in the boxes below.

Can you write which area of Trentino they are?

East ■ West ■

Look at the numbers. Using the map of page 14, can you write which part of Trentino they are?

Level curves



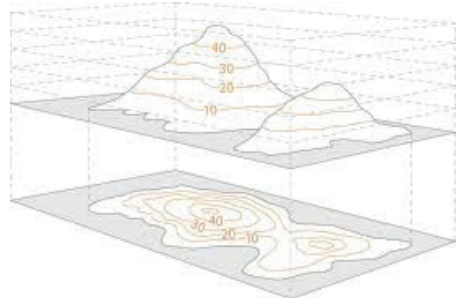
On maps we can often see some lines: they are neither roads nor paths and they are a bit difficult to understand.

If you look at a map you will find many of these curves; some are thick and you can read a number with two zeros: this number marks the elevation of all the points on this line. You can see three more thin lines and then another thick one.

Each of them indicates an altitude.

Imagine a cake with the shape of a cone. Cut it horizontally and then draw all the borders on a sheet.

You are drawing a map with the level curves.



Now look at this game!
 Look carefully at the first picture on the right and find out which mountain is represented with the level curves: you can see one single top and it goes up regularly. Write the number near the yellow box and look at the other pictures. You can ask for help, it isn't easy!

A

B

C

D


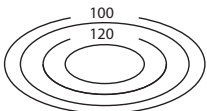

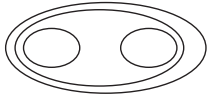




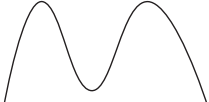




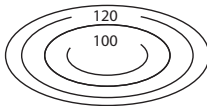


E

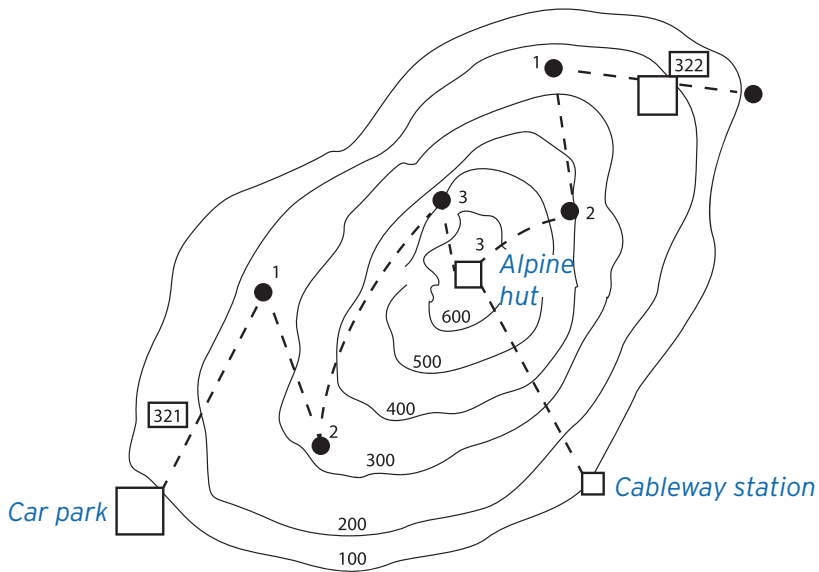
F

G

H

Match every elevation profile with the right set of level curves.

	1 _____		A
	2 _____		B
	3 _____		C
	4 _____		D
	5 _____		E
	6 _____		F
	7 _____		G
	8 _____		H



Which altitude is the cableway station?

Which altitude is the alpine hut?

Which altitude is the car park?

How many cm is the path 321 long? It is one of the paths going on to the alpine hut.

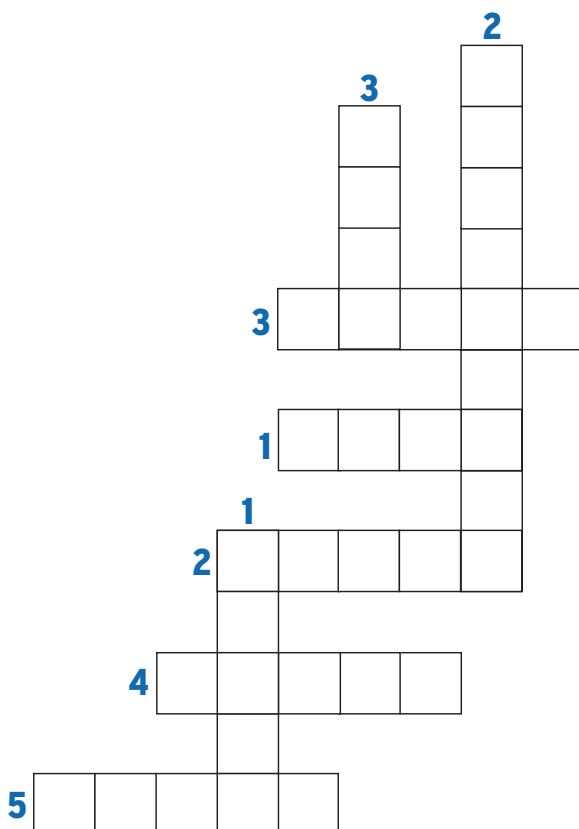
How many cm is the path 322 long? It is another of the paths going on to the alpine hut.

Which one is longer?

Can you guess which path is steeper?

Which one will you walk on starting from the beginning?

Show us what you have learnt filling in the crossword puzzle.



Across

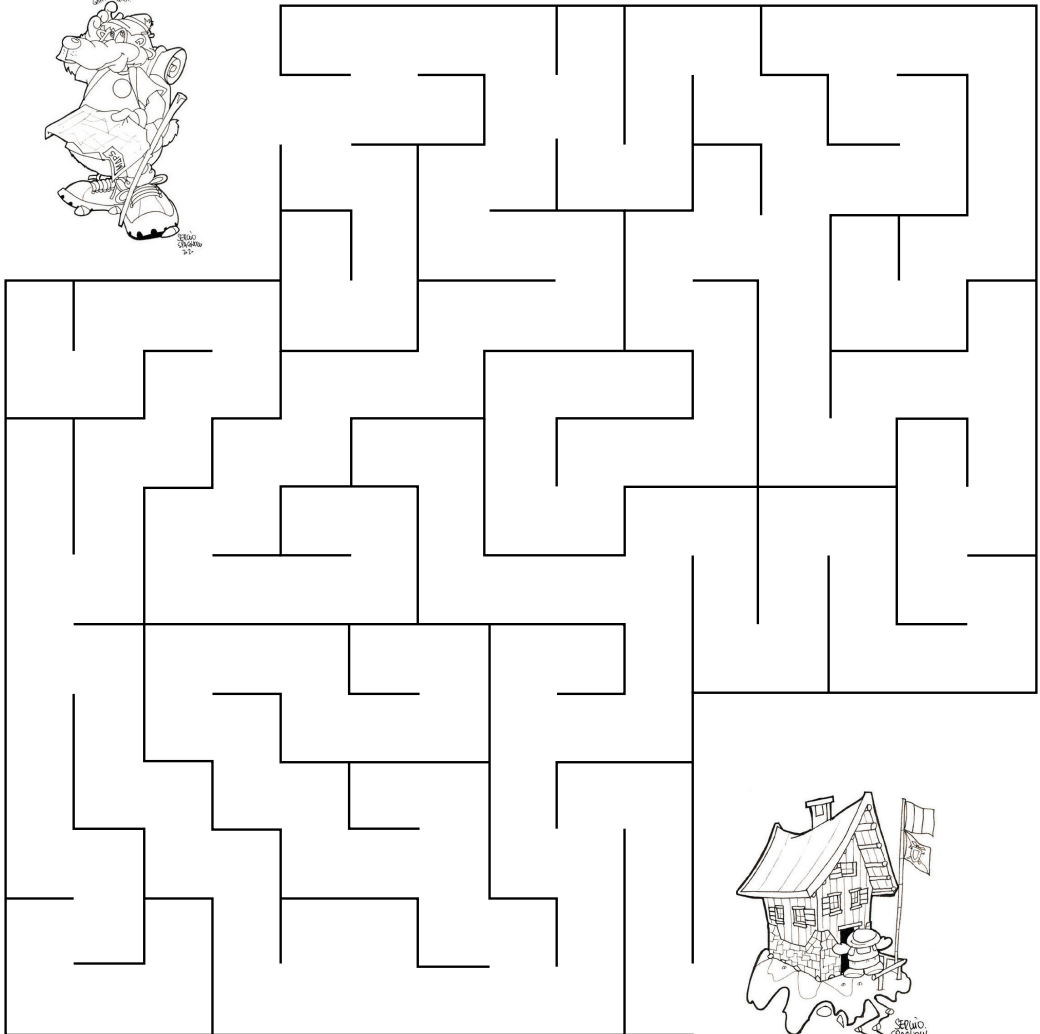
- 1) Who was the man who lived 5.000 years ago?
- 2) They are blue in the map
- 3) The sign is red and...?
- 4) What cuts Trentino in 2?
- 5) What do you put in your bag?

Down

- 1) Where can you eat when you are in the mountains?
- 2) What are "Alpi"?
- 3) How do you call roads in the mountains?

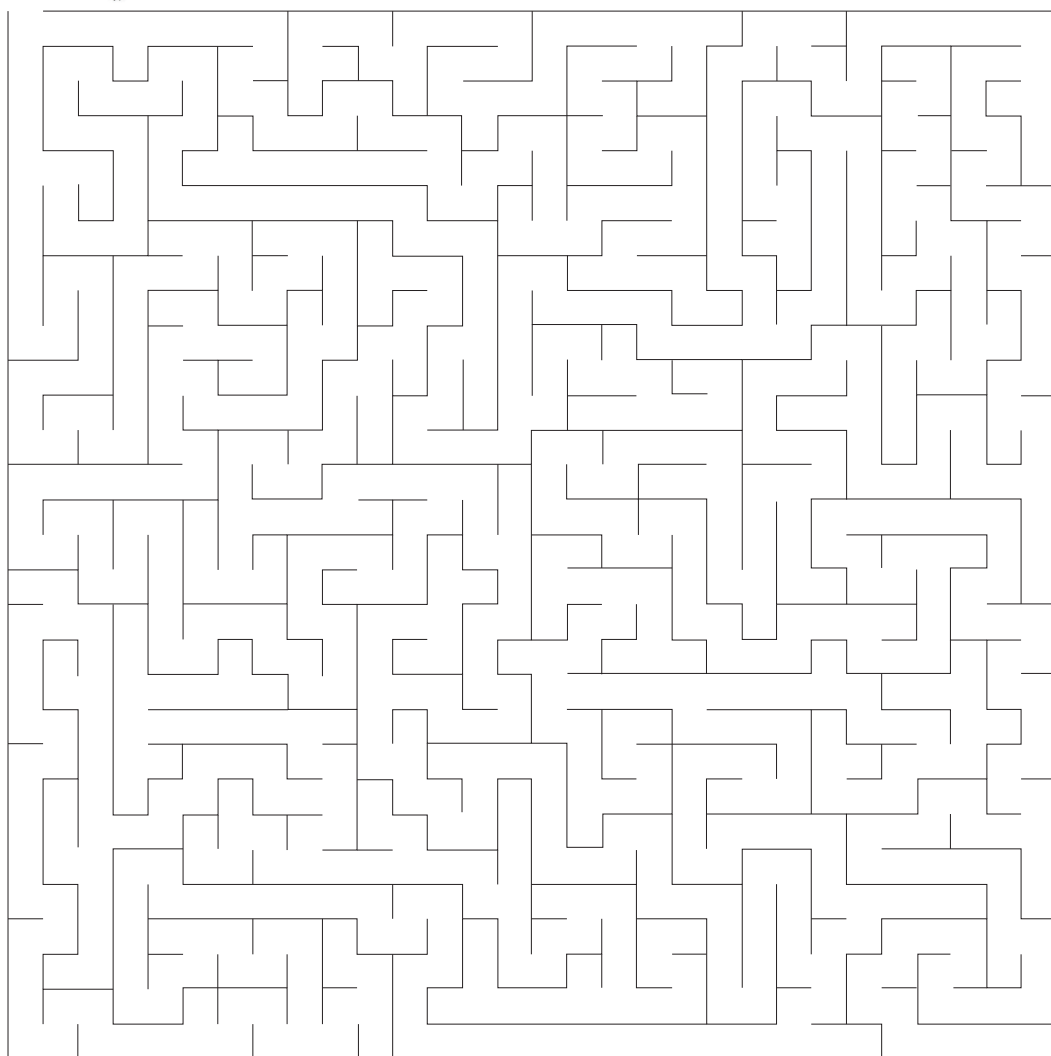
Let's play: find the path to the alpine hut

Labyrinth A: beginners





Labyrinth B: experts



What shall I put in my backpack if I go to the mountains?



CLOTHES



Anorak
or rain poncho



Fleece
lightweight in summer
and thick in winter



T-shirt and socks



Accessories
cap, sun glasses in the summer
gloves and wool hat in winter



Backpack cover



EQUIPMENT



Map and compass



First aid kit



Telephone



Torch



Plastic bag
to protect clothes from rain
and to collect rubbish



Camera



FOOD



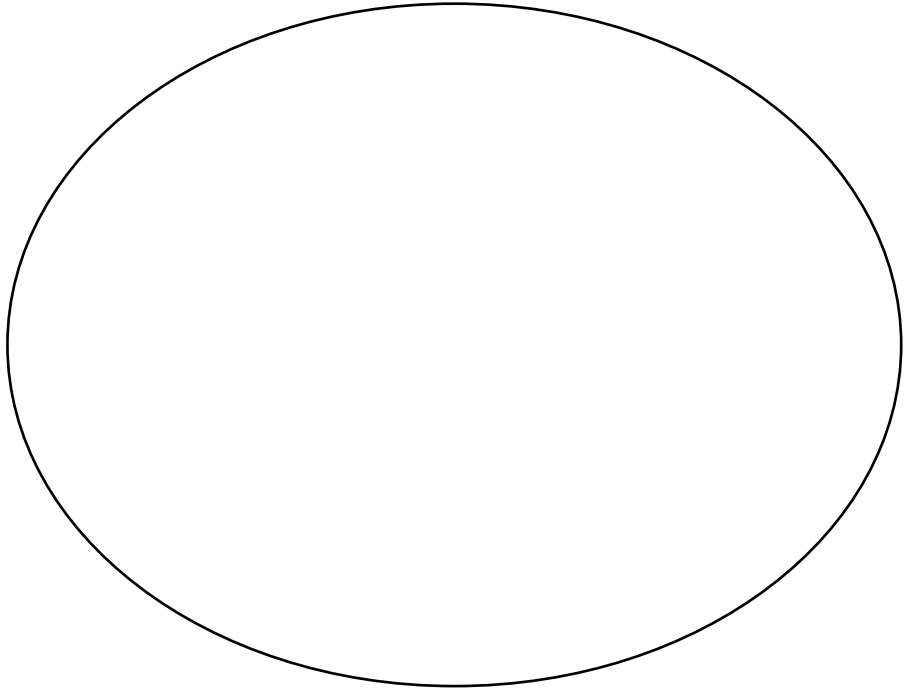
Water
water bottle in summer,
thermos with hot drink in
winter)



Snack
sandwich, chocolate bar
dry fruit, energy bars, sweets

Prepare your backpack !

Write or draw the objects below.



Let's go!

Day

What time are we leaving?

Where are we starting from?

Weather forecast

Where are we arriving?

Which itinerary?

Is there a starting board of the path?

Where?

Vertical pole

Board

Is there only a white and red sign?

Where?

Sign on a tree

Sign on a rock

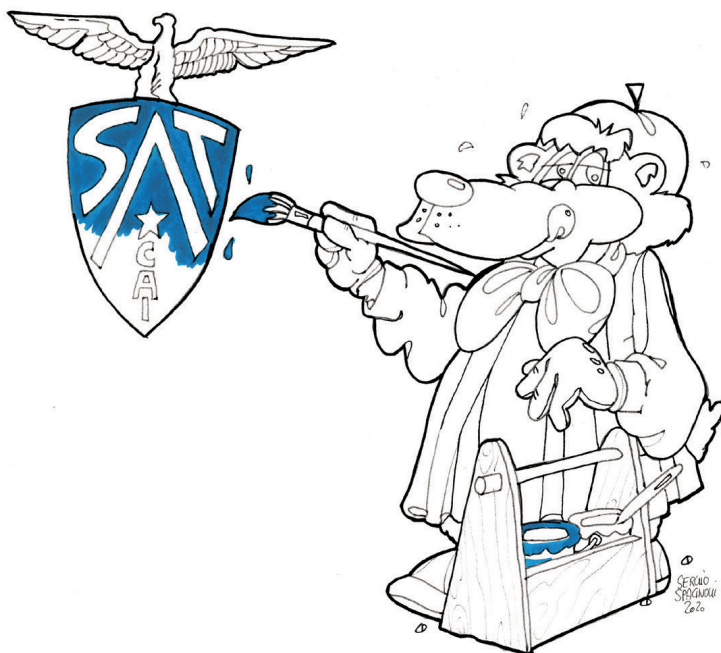
Sign on a wall

**Write and draw what you see
on your way**

**Write your comments in this booklet,
what you have learnt, what you liked
most**

**Bye bye
we wish you fantastic excursions
on SAT paths**





Thanks to:



Trento, January 2021