






Technical level:

	<p>Unsealed roads, mule tracks or large trails without steep and slippery points. Suitable for who has never run in the nature.</p>
	<p>Easy trails with very few steep and slippery points. Suitable for learning to run in the nature.</p>
	<p>Difficult trails with steep and slippery points, with some occasional exposed passages. Required the ability to run on easy trails. They are suitable for improving the running technique on difficult trails.</p>
	<p>Very difficult trails with exposed passages, possible crossing on stony ground and snowfield, and short passages with ropes and ladders that don't require the use of specific equipment. Required the absence of dizziness. They are suitable for learning to run on very difficult trails.</p>
	<p>High mountain trails, with several rocky and exposed passages and easy climbing points (they don't require the use of specific equipment). Required the ability to move confidently on very difficult and exposed trails.</p>