Mountain hiking is an endurance sport. It makes your heart and circulation work, as well as your lungs and muscles. It is the best way to become fit and healthy. Avoid hiking in bad weather and adapt a pace that keeps all members of your group from getting too tired.

Facts
- Altitude sickness (dearth attack) is the most frequent cause of death (70 %) in mountain hiking, if one gets too slow, the risk increases constantly. More are much more at risk than women. Heart failure and high blood pressure, in increased blood sugar and blood values, being overweight and smoking are all factors that have not been completely ruled out.
- This is how you can lower your risk:
  1. Do sports regularly to keep fit.
  2. Eat and drink regularly to avoid dehydration and hypoglycaemia.
  3. Choose a shady and cool destination in hot, sultry summer weather.
  4. Start walking slowly and avoid big efforts ("conversational pace").
  5. Do sports regularly to keep fit.

There are many ways to train for endurance:
- Running, trail running, walking, mountain hiking, cardio training in the gym, cross-country skiing, etc. are all great.
- The training effect depends on regularity and the correct intensity:
- For walking or running/hiking times to public transport are gifts of extra training minutes. 30 minutes = 30 minutes = 1 hour = 20 minutes = 30 minutes = 1 hour of aerobic exercise in a day without great effort. This adds up to 200 minutes a week, which gives the optimum required 60 minutes per week needed by sports physicians for endurance training.
- In order to reach your maximum effort, this indicates that the intensity by age means too high.
- Fainting while running is not dangerous but with a feeling of being able to continue.
- For every 300 m (ca 1000 ft) climbed 1 hour, for every 4 km (2.6 miles) climbed 1 hour, when you hike more than 5 hours, 1 hour is added.

For experienced mountain hikers with a good head for heights and sure-footedness.
- For sure-footed, experienced mountain hikers. 
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Favourable training ranges for endurance training are between 60 % and 80 % of maximum heart rate: maximum heart rate = 220 minus age. Example: 45 years, max heart rate = 175, 60 % is 105 and 80 % is 140 heartbeats per minute. A heart rate monitor is helpful for optimising your training within individual limits.

Strength is an important factor for all sports. This is what you need for endurance:
- Blood vessel strength (muscle groups expanding your spine).
- Sufficient strength in the leg and hip.
- Flexion deep muscle sensitivity, especially in the legs and feet, for the responsibility of the muscles in the leg and foot.
- Basic exercises that can be easily performed any time:
  1. Bridge, lying side leg raise and knee lift for core strength and balance training:
  2. Good deep muscle sensitivity, especially in the leg and foot, responsible for the stability of the knee and ankle.
  3. Sufficient strength in the leg and hip.

Turn running errands into mini-workouts: stairs instead of lift, bicycle instead of car.

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The walking times for the altitude difference and the horizontal distance have to be calculated separately. The smaller value of the two is divided by two and added to the larger value.

Example for calculating the time of ascent: An alpine trail climbs 500 m in altitude = 6 hours walking time and goes a horizontal distance of 6 h 2 km in 7 hours walking time. To be divided by 4 = 3 hours walking time.

The ÖAV and DAV alpine trail classification

Alpine trails and mountain lakes only take you into alpine and high altitude terrain and a good level of fitness, mountaineering experience and appropriate equipment.

Alpine hiking is not a walk in the park. Careful preparation is essential for safe mountain hiking and avoids you from unpleasant surprises. The following checklists and tips help you to gather the relevant information.

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**Fikke in appropriate footwear**

Hiking boots protect and take the load off your feet and improve your walkability! Choose waterproof, lightweight boots with the perfect fit and good support. The right shoe or boot is an important safety factor—better to make your own feet uncomfortable than to risk the battery is fully charged.

**Equipment list**

- Valuables: mobile phone, wallet, money
- Medicines: antiseptic, bandages, plaster bandages, aspirin
- First aid kit
- Hiking and walking pole
- Compass
- Map
- Hiking map on a scale of 1:25 000 or 1:50 000. Tourist panorama maps are too inaccurate.
- Water (10 litre capacity) always be in your rucksack, as should a first aid kit and mobile phone.
- Sun protection: sun cream (protection factor ≥30), lips protection.
- Clothing: lightweight, high-cut hiking boots, warm clothing, underwear (appropriate footwear
- Rucksack: Volume approx. 25 litres
- Food: Ration bars, nuts, chocolate bars, fruits, dried fruit, nuts, high-energy bars, muesli, bread
- Drinking water
- Water canister
- Suitable backpack
- Water filter
- Nutrition for mountain hikers
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- Food and drink are necessary to keep up your performance and concentrations. Isotonic drinks are ideal for quenching your thirst. In a competitive sport, replenishing and concentrations, a sports drink
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