

URBAN HEALTH

How a High Ropes Course contributes to the health of your city



KRISTALL
TURM®
THE HIGH ROPES COURSE





MEGATREND URBANISATION

KristallTurm® Shanghai

Shanghai, Berlin, Tokyo, Moscow: thriving mega-cities that are almost bursting at the seams due to exponentially increasing influxes. Cities exert a magical attraction on many people: They offer incredibly good and attractive job perspectives without long commutes, efficient infra- and mobility structures and a great variety of leisure activities.

That is why the ‚Zukunftsinstitut‘ names urbanisation as one of the continuing megatrends for the upcoming years.¹

“

Cities are and will remain magnets for creative minds. They are the essential drivers of innovation and progress, and they are the economic powerhouses of the world.²

¹ See Megatrend Urbanisierung: in: Zukunftsinstitut, 2020, 06.07.2021, <https://www.zukunftsinstitut.de/dossier/megatrend-urbanisierung/> (retrieved at 03.08.2021).

² Megatrend Urbanisierung, 2021

DECELERATED URBANITY

According to studies, around 70% of the world's population is expected to live in cities by 2050. However, the expectations for the living experience of the inhabitants are changing.³

Many long for a „decelerated urbanity“ and therefore try to combine the best of rural romance and urban advantages. In this context, for example social and climate-friendly aspects as well as regionality are becoming increasingly important, as shown by urban farming initiatives.⁴

³ See Elmjid, Fatima: 68% of the world population projected to live in urban areas by 2050, says UN, in: UN DESA | United Nations Department of Economic and Social Affairs, 16.05.2018, <https://www.un.org/development/desa/en/news/population/2018-revision-of-world-urbanization-prospects.html> (retrieved at 03.08.2021).

⁴ See Metropolen von morgen: Gesunde Städte: in: Zukunftsinstitut, 2020, 25.06.2021, <https://www.zukunftsinstitut.de/artikel/metropolen-von-morgen-gesunde-staedte/> (retrieved at 03.08.2021).





MEGATREND HEALTH

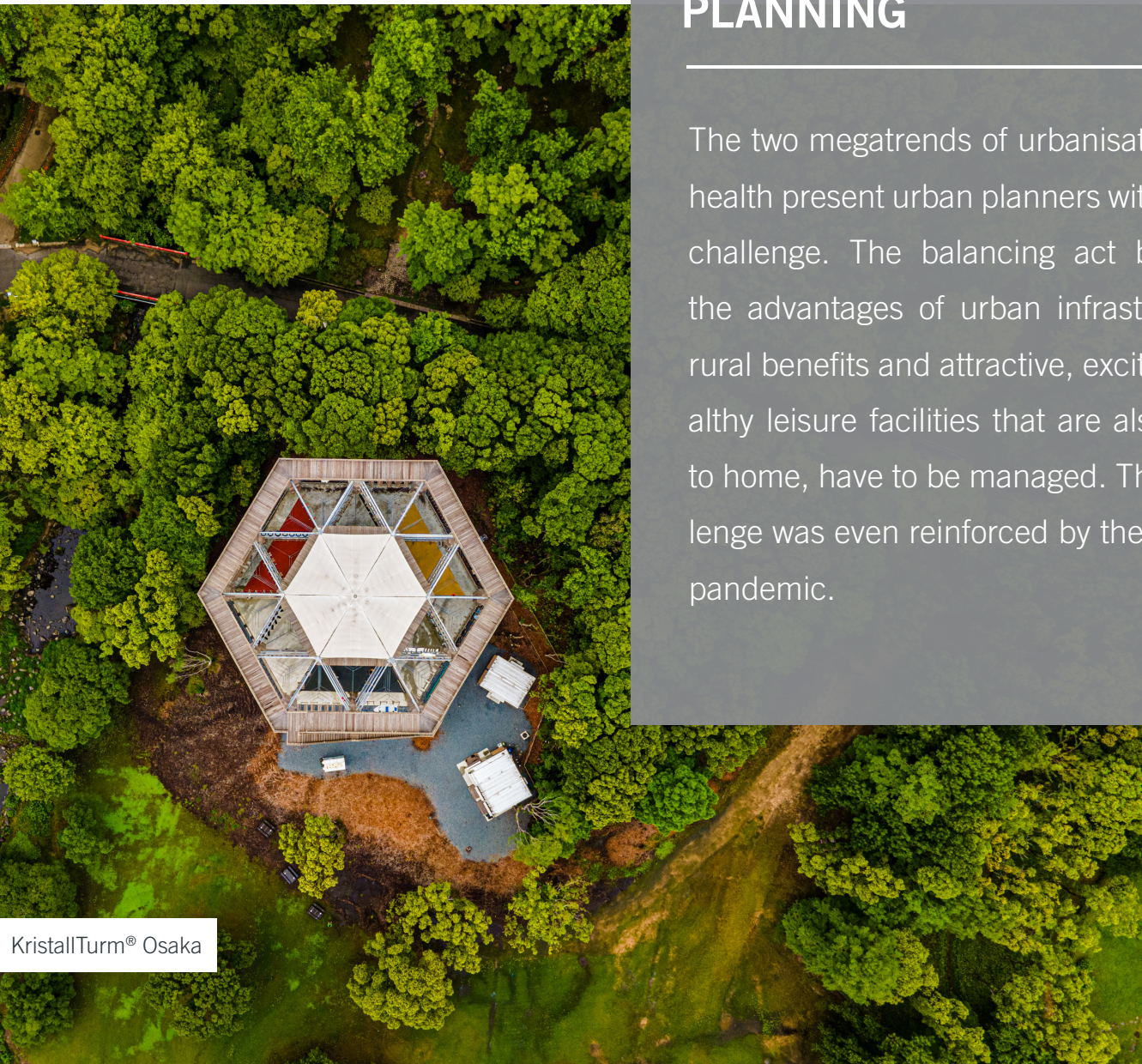
However, the topic of health is also in vogue and therefore an irrevocable part of urban planning. This leads to the next big megatrend: holistic health awareness.

The focus here is not on the suffering of the individual. The concept of „Holistic Health“ considers not only body and mind but the entire lifestyle, habits and environment. This also includes self-optimisation in terms of nutrition and fitness, whereby the focus is not on the visual shape of the body, but on balancing mental work and improving general well-being. This puts the focus on outdoor sports in particular, which offer the perfect contrast to the daily office routine of many people.⁵

⁵ See Megatrend Gesundheit: in: Zukunftsinstitut, 2020, 25.06.2021, <https://www.zukunftsinstitut.de/dossier/megatrend-gesundheit/> (retrieved at 03.08.2021).

CHALLENGES FOR URBAN PLANNING

The two megatrends of urbanisation and health present urban planners with a new challenge. The balancing act between the advantages of urban infrastructure, rural benefits and attractive, exciting, healthy leisure facilities that are also close to home, have to be managed. This challenge was even reinforced by the Corona pandemic.



KristallTurm® Osaka

Another difficulty in cities is the lack of space. In order to create good outdoor recreation opportunities for residents and visitors alike, large areas are usually necessary. However, since these are not available, the existing open spaces must be used in the best possible way.



KristallTurm® Tel Aviv

FREESTANDING HIGH ROPES COURSES

An effective way to use open spaces are free-standing High Ropes Courses. The climbing towers offer lots of fun and variety on a relatively small footprint. The High Ropes courses combine many advantages that can sustainably increase the quality of life and well-being. They do not only offer the smallest residents the opportunity to train movement patterns, coordination and dexterity, but also provide older climbers with excitement, fun, adventure and an outdoor experience. In the climbing towers, all age groups can rise above themselves. The exercise challenges the whole body and not just the brain and typing fingers. The sporting activity reduces stress and strengthens self-confidence.

IN THE SENSE OF SUSTAINABILITY

The High Ropes Courses can be easily integrated anywhere in the urban area. No existing trees are necessary and therefore not damaged. In addition, no green spaces need to be sealed for the construction of High Ropes Courses. A climate-neutral journey is also ensured by the connection to public transport. Furthermore, the operation of a climbing tower is largely emission-free.



SPORTS AND PLAY FOR BIG AND SMALL

The climbing tower is also predestined for a combination with playgrounds or bouldering walls to create a holistic offer for the whole family. The result is a retreat in the city focusing on the outdoor experience is in the foreground and represents an easily accessible, simple alternative to long journeys into the countryside.

“

Contact us now for
non-binding advice on
our High Ropes Courses.



Martin Wollpert
Head of Sales



Martin Kaltenbach
Sales Europe



Cornelia Fechner
Sales / After Sales



Georg Aininger
Sales / After Sales



KristallTurm® GmbH & Co. KG
An der Bretonenbrücke 8
83661 Lenggries
Germany

sales@kristallturm.de
+49 (0) 8042 91253 0
www.kristallturm.com