

MAMMUT PRESENTS: «LEGGERA» A FILM BY AND WITH LUCIA CAPOVILLA

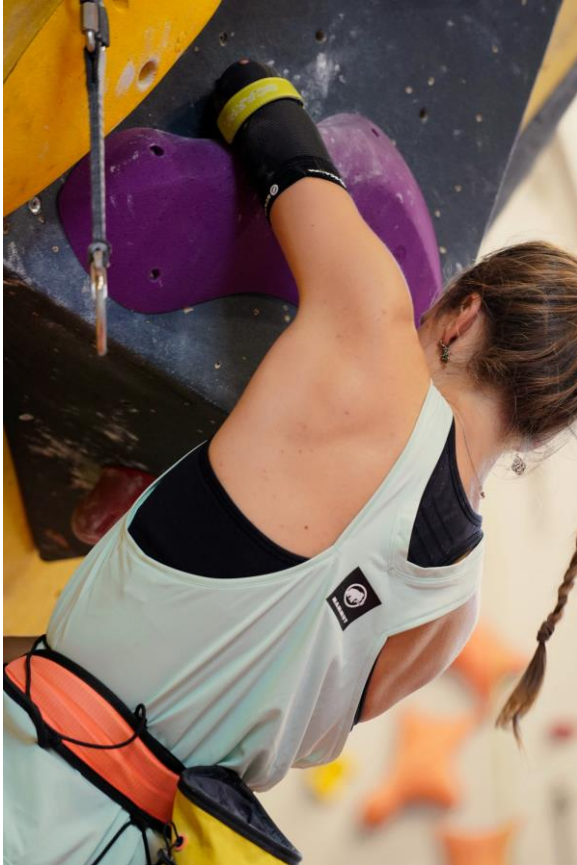


Photo: ©Mammut Sports Group AG, Lucia Capovilla

Lucia Capovilla is impressive proof that you can win world climbing titles with one arm. The paraclimber has always known how to carve out her own path. The film «Leggera» (en. «light») gives an insight into the life of the paraclimbing runner-up world champion: her experiences on the rock, training sessions, her family and her childhood. Lucia's story not only inspires climbing fans, but also shows that determination is every bit as important in elite sports as physical performance.

Lucia Capovilla was born without a left lower arm. When she started climbing, her grandmother would constantly be testing materials, trying to sew her granddaughter a suitable sock to protect the skin on her left arm while climbing. And together they found a solution – although giving up was never an option for Lucia anyway. Today, as a motivational speaker, the trained nurse inspires her audience to push their boundaries and surpass their own limits. An attitude that she lives every day and which is made clear in the new film «Leggera». The Italian has become one of the best paraclimbers around.

«She was 20 years old when she started climbing. It's been her freedom ever since.» - says Lucia's nonna about her granddaughter's beginnings in mountain sports.

Paraclimbing – from marginal sport to world-class

For a long time, paraclimbing was a rather unnoticed marginal phenomenon in the ongoing climbing boom. But this is changing, as was recently seen at the IFSC Climbing World Championships in Bern, where Lucia Capovilla claimed second place. The discipline of the athletes who tackle the most difficult grades involves not only sporting achievements, but also mental challenges. Lucia's fascinating background story shows this impressively: under her motto "The mind is the limit", the climber proves time and again that determination is just as important as physical performance when conquering summits.

➤ [Watch «Leggera» in full length](#)

About Mammut

Mammut is a Swiss outdoor company founded in 1862 that offers mountain sports enthusiasts worldwide high-quality products and unique brand experiences. For 160 years, the world's leading premium brand has stood for safety and pioneering innovation. Mammut products combine functionality and performance with contemporary design. With its combination of hard goods, footwear, and clothing, Mammut is one of the complete suppliers in the outdoor market. Mammut Sports Group AG is active in around 40 countries and employs approx. 800 people.

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