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## Castells

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Castells are man-made towers of up to six or ten levels. Performances of this traditional Catalan sport take place regularly, especially during cultural events.

These human towers, six to ten levels high, are usually completed by a child wearing a helmet who climbs to the top.

The castell is complete when the child raises an arm in the air, but is not validated until the participants have returned to the ground, at which point there is no longer any risk of falling.



### Did you know?

Castells are built to the rhythm of music called "toc de castells": castellers follow the melody to coordinate their movements.

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