

# Nordic Walking e Orienteering

- 9.00** Meeting with instructor at the stables of Golasecca's Castle. Welcome, brief and multimedia lesson followed by an excursion to practice technique.
- 12.30** Quick lunch at stables.
- 13.30** Orienteering school camp, a sport which stimulates mind and body in a fun and safe way. Introductory explanation of this discipline and beginning of activities in teams.
- 16.30** Departure for return.

*\* with small groups and/or families there is also the option of including a carriage ride, duration approximately 1 hour*

*Nordic Walking is a new sporting discipline from Finland. It consists of walking in a natural and easy way, with the support of specially designed sticks, a highly effective technique in the improvement of physical condition. Through a combination of teaching and sport, participants shall gain a better understanding of themselves and natural surroundings.*

## Price includes:

- Assistance from CONI accredited Nordic Walking instructors
- Nordic Walking stick and compass hire, lunch at stables
- Orienteering activities,
- Visits as specified in program
- Third party liability insurance in compliance with law.

## Price does not include:

*Transport, beverages, extras, all that is not explicitly mentioned.*

**Period:** all year  
**Activities:** reasonable fitness required  
**Duration:** 1 day

## Price per person:

**€ 80,00** 2 participants  
**€ 50,00** from 5 participants

## INFO and BOOKINGS

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