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NATURALISTIC - ETHNOGRAPHIC TRAILS AND VISITOR CENTRES

ANDREIS: NORDIC LIFE PARK NORDIC WALKING



PROGRAMME

This route is entirely dedicated to Nordic Walking, a modern sport that consists of walking (but also running, jumping and doing exercises) with sticks specifically developed for the sport. It offers an easy, natural and very effective way of improving your physical condition and toning muscles, regardless of your age or physical condition. What's more, it's fun and relaxing!

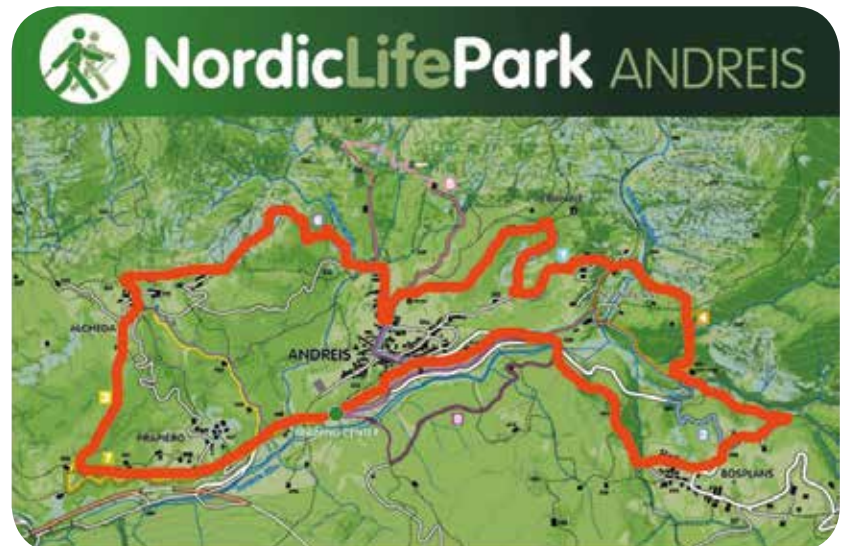
- Meet the nature guide in Andreis piazza (PN).
- Travel to the Nordic Life Park.



Andreis' Nordic Life Park is the first Nordic Walking park in the province of Pordenone. The park consists of a set of carefully-curated routes that focus on "Nordic walking." The interesting trail network winds around the village of Andreis, in the Friulian Dolomites, placing the charming mountain village at the heart of the trails and journey as a whole.

All eight routes has been curated taking into account their technical specificities, dictated by the International Nordic Walking Federation, as well as the local area's environmental features, in order to make the sports walk pleasant and fun as well as interesting.

Andreis Nordic Life Park is equipped with dedicated signage, designed for international visitors: explanatory signs, directional arrows and pocket maps assist visitors in getting about with ease.



- Packed lunch in the local surroundings.
(if the weather is bad, packed lunches will be enjoyed at the visitor centre).

LENGTH OF TIME

- Full day, adaptable half-day
*If it's raining, activities will take place indoors, and alternative activities will be arranged at the visitor centres.
The programme can be modified according to group needs.*

MATERIALS REQUIRED FOR THE EXCURSION

- Hiking boots or sturdy trainers and appropriate clothing for a mountain hike.
- Waterproof jacket

