

16 SPORTS AND LEISURE ACTIVITIES IN THE ENVIRONMENT

SNOW FIELD AND SNOW RACKETS



PROGRAMME

A snow activity that allows participants to discover the charm and potential of snow and to learn how to deal with mountainous snowy territory. Snow field activities are a means of learning the techniques necessary to identify snowy layers, along with ice and its different components. There's also time for fun with snowshoes in order to learn how to deal with fresh or icy snow using the right tools.

- Meet with the nature guide in Claut piazza (PN).
- Travel to the activity site.
The snow field activity aims at familiarising participants with snow in all its forms: how it is created, how it transforms, how to explore it both on the surface (excursion with and without snowshoes, flotation, noises, tracks) and in depth (engulfment, stratification, excavations, snowballs, igloos, caves).
It's an opportunity to learn about accident prevention techniques and to test modern self-rescue and research techniques on snow-covered terrain.
The activity takes place in the cloudiest areas of the protected region.

- Packed lunch in the surrounding area.

LENGTH OF TIME

- Full day, adaptable half day
*Activities will be suspended if it is raining.
The programme can be modified according to group needs.*

MATERIALS REQUIRED FOR THE ACTIVITY

- Hiking boots and appropriate clothing for mountain hikes in winter.
- Waterproof jacket
- Bring a change of clothes for the end of the activity.

