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SPORTS AND LEISURE ACTIVITIES IN THE ENVIRONMENT

STONE EXPLORING IN EQUILIBRIUM BETWEEN ROCKS AND RIVERS



PROGRAMME

Stone exploring is an activity that can be carried out in a nearby environment or river, where the highest concentration of rocks and stones can be found.

A game that develops balance and other motor skills thanks to sensory contact, all while getting to know the mountain through contact with rocks.

- Meet with the nature guide in Claut piazza (PN).
- Travel to the activity site. The activity can be carried out on very large rocks, concentrating attention on the use of the hands and feet. It can also be carried out on small paths made from stones in streams, with stretches of the walk situated in the water in order to develop balance, intuition and motor cognition abilities.
- 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

- Trainers or boots that can get wet/damaged and clothing suitable for mountain hikes.
- Bring a change of clothes for the end of the activity.

