

DAILY SCHEDULE

Adventure Multisport

*The day of the excursion may be subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHECK IN
8:30 - 9:00

Participants arrival and check-in @ the H-FARM Welcome Center

MORNING
9:00 - 12:30
with morning snack
during the break

MOUNTAIN BIKE - 1

Mountain Biking Basics: how to pedal correctly, use the brakes, and maintain balance.

CLIMBING - 2

Improvement of climbing technique, focusing on better body use for ascending.

ORIENTEERING - 4

A longer orienteering course is tackled, with the goal of using the compass and map to find all the points in order.

MOUNTAIN BIKE - 5

Focus on descents, learning to control speed and maintain balance on steeper terrain.

CLIMBING - 1

In this session, basic techniques for climbing safely are learned.

*EXCURSION TO THE MONTELLO

A full day dedicated to nature discovery and adrenaline, including walks and workshops in the woods and fun at the adventure park.

ORIENTEERING - 3

More complex routes are practiced, with the goal of using the compass and map to find all the checkpoints.

MOUNTAIN BIKE - 4

In this session, advanced mountain biking techniques are practiced, such as tight turns, steep climbs, and fast descents.

CLIMBING - 5

Focus on advanced climbing techniques, tackling more complex routes and improving movement control.

LUNCH
12:30 - 13:30

Free outdoor play/ board games.

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AFTERNOON
13:30 - 16:30

ORIENTEERING - 1

Introduction to the use of the compass and map reading. The goal is to understand how to orient oneself outdoors.

MOUNTAIN BIKE - 2

Exploring more challenging trails, learning to maneuver the bike on rough terrain. Focus on speed and balance.

CLIMBING - 3

More challenging climbing routes are tackled, enhancing the skills acquired.

ORIENTEERING - 5

Orienteering race: analyzing the map and compass to find the checkpoints in the shortest time possible.

ORIENTEERING - 2

Practice of orienteering skills with a treasure hunt. Map analysis and search for the marked points.

MOUNTAIN BIKE - 3

The day concludes with a group ride, where all the skills acquired are put into practice.

CLIMBING - 4

The day concludes with a group climbing challenge, where teamwork is essential.

ORIENTEERING - 6

Second orienteering race, applying all the techniques learned to navigate quickly and work as a team.

SNACK AND
CHECK OUT
16:30 - 17:30

Free time and play time in the H-FARM Campus sport facilities.
Participants departure @ the H-FARM Welcome Center