

B103 - RAFTING, ADVENTURE AND NATURE, AGES 13 TO 17

La Sala - From July 13th to July 19th

 **MORNING**
Good Morning | breakfast

 **AFTERNOON**
Afternoon snack

 **EVENING**
Good evening | dinner

DAY 1

4pm Welcome

Evening game

Icebreaker games

DAY 2

Surroundings competition
Swimming pool

Adventure sports:
archery
bouldering
zip line
mountain biking* or scooter

Evening game

DAY 3

Water games
Aqua-gym
Swimming pool

River Trekking

Evening game

DAY 4

Rafting: Canal Olímpic
de la Seu d'Urgel

Swimming pool

Evening game

DAY 5

Trekking "Les Fonts
del Llobregat"

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Evening game

DAY 6

Outdoor orienteering game

Swimming pool

Farwell party and disco

Farewell party preparations

DAY 7

Let's pack our cases
Goodbye games and hugs

12 noon Closing ceremony

L'estiu és Pere Tarrés 

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*The days of the activities may be changed for organisational reasons.
*For mountain biking you must know how to ride a bike.