



NORDIC WALKING: DO YOU KNOW WHERE YOU WANT TO GO?

NATURE

-  **Transfer from airport**
-  **Information for Operators**
-  **Great for groups**
-  **Family Friendly**
-  **Programmed routes**

Walking with the five senses

Get ready to exercise while you walk through peaceful landscapes dominated by mountains, tranquility and the fauna and flora of Els Ports.

With Nordic Walking you will discover the pleasure of walking with awareness: your whole body will exercise while you breathe the nature that surrounds you. This soft and effective sport is ideal for discovering the villages and roads that surround us and makes you feel a part of this rich fauna and flora that we have.

Take your backpack, fill it with water and discover your own body and its relationship with the land and health.



Do you want to know more?



Whether you are with your family or friends, this is the activity you are looking for if you want to live a five-senses trip. Nordic Walking will give you a unique feeling of well-being, typical of this sport: you will walk through places full of native flora and notice how your body progresses actively while you walk.

The activity can last mid-morning or the whole day and is recommended for groups between 8 and 20 people of all ages. The difficulty and the route will be adapted to your needs and you will be accompanied at all times by a monitor-guide that will show you how to unleash the full potential of your body.