



TREKKING and YOGA

(activities are included in Summer Camp ticket)

TREKKING

FRIDAY THE 28TH - TIME: 2:30 PM

"In the garden of the black glacier"

Level of difficulty: Easy

Duration: 1 hour

SATURDAY THE 29TH, TIME: 10:00 AM

"Miage Lake (commonly referred to as Luc du Miage) and the glacial moraine of one of Europe's biggest glaciers"

Level of difficulty: Medium

Duration: 3 hours

✉ To participate you have to write to havefun@rockin1000.com

Meeting at Summer Camp Info Point, close to the camp entrance

The participants should preferably have trekking boots or fitness oriented shoes with good gripping soles, a small backpack and some snacks, small batteries and an anti-wind/rain jacket.

Each guide will lead a group of 25 people max.

The guides are all part of the group SIRDAR MONTAGNE ET AVENTURE (www.guidemontebianco.it)

YOGA COURSES

Friday and Saturday - TIME: 11:00 AM

Ying-Yang Yoga

Duration: 1 hour, Classes are held by Roberto Surajdev

✉ To participate you have to write to havefun@rockin1000.com

Meeting at Summer Camp Info Point, close to the camp entrance

And remember to bring a yoga mat or a towel with you!