MULTISPORT in Val di Sole
8 days / 7 nights

1st day
Transfer from airport to hotel or apartments in Val di Sole.
Dinner in hotel.

2nd day
Free time to explore the Val di Sole. First visit of the sport centre.
Welcome drink and program presentation.
Dinner and overnight at hotel.

3rd day
In the morning route **Classic Rafting.** It is 10km long. It starts from Cusiano and ends in Commezzadura. It takes approx. 2 hrs and it is perfect for families with children.
In the afternoon **Ropes Course* & River Bridge**** about 1 hour activity.
A new ***Ropes Course** round at the Base of Extreme Waves a definite way to test your limits and keep your balance. Made of trunks 12 meters high, joked together with different courses.
There are two different trails: Hawl trail (3m high) for beginners and children and Eagle trail (10m high) for hard partakers.
Fantastic ****River Bridge** , 45metres long, starts from the centre and across the Noce river to the opposite coast. You cross the bridge and come back to the centre on the Tyrolean traverse with landing directly on the centre meadow.
Dinner in hotel.

4th day
In the morning route **Tarzaning** (about 3-4 hours activity) – a trip trough a dry torrent. This exciting activity consists in an aerial trail made of swing bases, ropes, Tibetan bridges, Tyrolese crossings and other emotions. Recommended for the whole family.
Afternoon free for individual activities.
Fantastic evening barbecue in the sporting centre.

5th day
Rappeling (Rope Down) Itinerary- impressing descent from a vertical wall in height 50m by means of cables, naturally under control of the skilled Alpine guide.
Afternoon is free for individual activities.
Dinner at hotel.

6th day
Route **Fascinating rafting**, 15 km long, from Monclassico to Ponte Stori, through fast streams Gole Boschive, Tre Pyramide and Buco delle Rane, on high waves of the white waters surrounded with the virgin nature.
Afternoon is free for individual activities.
Along toward evening – a friendly raising of glasses in the sports centre!
Dinner in hotel.

7th day
Itinerary **Easy hydrospeed** – swimming in "live" water for about 2 hours.

Followed by skilled Alpine guide, you will get incomparable experience of swimming in rough mountain water, having plunged completely into other world consisting of waves, the nature and pleasure.
Afternoon is free for individual activities.
Along toward evening – delivery of certificates and farewell to the sports centre.
Dinner at hotel.

8th day
Our adventures in the Val di Sole are coming to the end. After breakfast at hotel you will say "goodbye" to you new Italian friends and will depart home.

Useful information – What to bring

For rafting:

- Sportive shoes (they are going to be wet).
- Socks in wool or synthetic.
- Towel.
- Micro pile-fleece or synthetic shirt to wear under the wetsuit.

For Hydrospeed:

- Socks in wool or synthetic.
- Towel.
- Micro pile-fleece or synthetic shirt to wear under the wetsuit.

For Tarzaning:

- Trekking shoes
- Sportswear.
- Pile-fleece.

For Tarzaning:

- sportive shoes;
- sportswear.

The sporting centre provides all technical equipment.