



Laguna Viva

Guided experiences in Nature



ABOUT US

Laguna Viva is a professional service run by certified Nature Guides and Social Educators.

We offer guided hikes, educational activities, and slow-paced travel experiences that help people connect with the landscapes of the Veneto region—places linked by water and woven together by history. Thanks to this vital bond, these landscapes have developed a shared identity, finding their meeting point in the Venice Lagoon.

DAVIDE | Nature Guide

AIGAE

Venetian by birth, explorer by nature.

Life circumstances have led me to spend a lot of time in East Asia. The most important lesson learned during my travels: changing yourself to change the world around you.

Working with enthusiasm, passion and professionalism, I try to create an intimate relationship between visitor and Nature, based on awareness, respect and love.

Quick facts:

35 Nations visited between Europe, East Asia, South America and the Middle East

Languages spoken



GIANMARCO | Nature Guide

AIGAE

Originally from Padua, with English roots in my paternal family, I have always had an open and interested look towards the world and its populations. Over the years, a great thirst for knowledge has led me to pursue a philosophical education and explore different places on the planet, starting from my native region, of which I want to share the vast cultural and naturalistic riches. Always on a new path and moving, because only from the union of body and mind can we stimulate attention, open ourselves to others and fully develop our potential.



GIOIA | Social Educator

Curious traveller, excited by the splendor of the world. My studies and my passion have taken me to near and far regions to meet and learn about places, people, stories, lives. During one of these trips, to Brazil, a young man told me “You should make your passions your job!”. Everything became clear to me and I started creating workshops that told the wonders I encountered during my travels and the magic of relying on the world and others with curiosity and trust. This is precisely what I try to convey to children and young people, trying to be for them that "welcome" necessary to allow them to express the best of themselves, often being the first to be amazed at their abilities and at the wonder of the world around us! You can only take care of what you know and love.





MISSION

Our aim is to reconnect people with their territory.
With enthusiasm and dedication we are committed to:

Explore

the natural wonders
and rich history of
the territories
connected to the
Venice Lagoon.

Educate

future generations
to relate to nature in
a responsible and
conscious way.

Promote

outdoor activity as a
mean of discovering
oneself and our
surroundings.



WHAT WE DO

Guided experiences in nature



TOURS

From the Venice Lagoon to the Dolomites, we will guide you to enchanted places where water shapes history and landscape



EDUCATIONAL ACTIVITIES

Experiences suitable for all ages, designed to discover, respect, and protect natural environments



SLOW TRAVELS

We will set off to discover uncontaminated landscapes, lost civilizations and centuries-old traditions around the world

TOURS

KEY



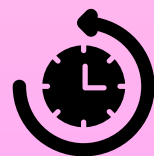
Immersion in
nature



Wildlife

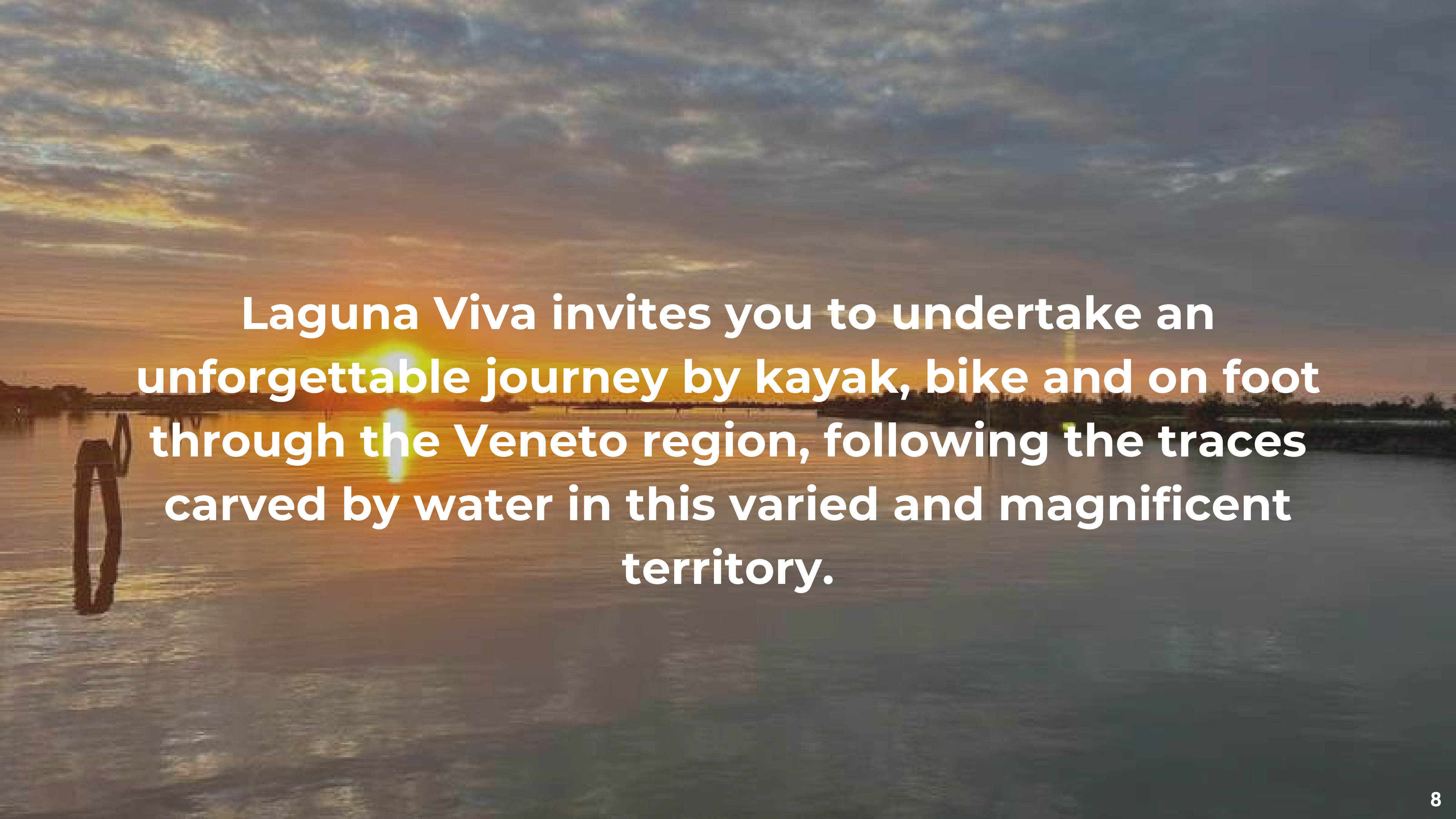


Evocative
atmosphere



Back in time





Laguna Viva invites you to undertake an unforgettable journey by kayak, bike and on foot through the Veneto region, following the traces carved by water in this varied and magnificent territory.



**If you want to enjoy a personalized experience,
choose the tour you prefer, then we will tailor it
according to your needs!**

or...

**Join our group tours, discover all the experiences
on the calendar!**

THE TERRITORY

Delve into a journey through **water**, **nature** and **history**, to discover the Venetian territories united by a deep bond with the **Venice Lagoon**. From here, the beating heart of our explorations, we move along **rivers**, **canals** and **wetlands** that connect different places intertwined by a common identity. We will take you through evocative and authentic landscapes – from **Cadore** to the **Euganean Hills**, to the **Adriatic Coast** – where the water continues to tell the history of this territory and shape its life.



Wood, Water and Stone



Description

Starting from the observation of the natural elements around us, we will undertake a time travel to discover a primordial Venice, shaped by earthly forces and human genius. Walking through picturesque streets and bridges, we will understand how people fleeing from their decayed homes found refuge on some barren islands in a lagoon, turning them into the heart of one the greatest empires in human history. The miracle of Venice will slowly unravel to us as we progress on foot, as we step on the structure of an impossible city.

Details

When	All year
Meeting point	Piazza San Marco 328, 30100, Venezia
Duration	2 h
Maximum persons	30
Difficulty level	Very Easy
Hike length	6 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	Yes



Burano: a multicolored dream



Description

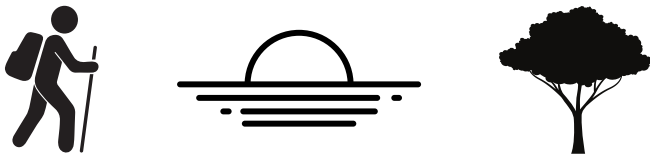
Marvel at the timeless charm of Burano and Mazzorbo! Strolling among colourful houses and through silent narrow streets, we will plunge into the rich island's tradition of fishing and lace making. Wandering through the towns' most hidden corners, we will relive their history through the stories that made this place what it is today, trying to understand how an uninhabitable environment was transformed into a flourishing center, from its foundation dating back to the fall of the Roman Empire, up to its rise as the heart of the northern Venice lagoon.

Details

When	All year
Meeting point	Via San Mauro 312, 30142, Burano, (VE)
Duration	2 h
Maximum persons	30
Difficulty level	Very easy
Hike length	6 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	Yes



Sant’Erasmus: the vegetable garden of Venice



Description

On this hike we will discover the island of Sant’Erasmus, a fruitful land where Venetians grew most of their crops throughout their history.

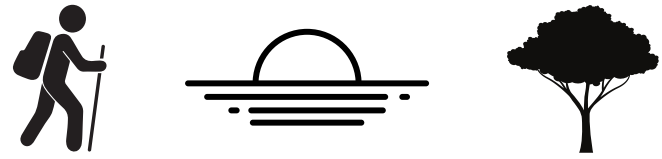
Walking along gravel roads and embankments, we will be surrounded by a bucolic landscape made of vineyards, traditional plantations and small fishermen’s villages, where time seemed to have stopped. A unique experience to immerse oneself in the Venetian environment and flavours.

Details

When	September- May
Meeting point	“Punta Vela”, Sant’Erasmus, 30141, Venezia
Duration	3h
Maximum persons	30
Difficulty level	Easy
Hike length	7 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	Yes



The Island of Falcons



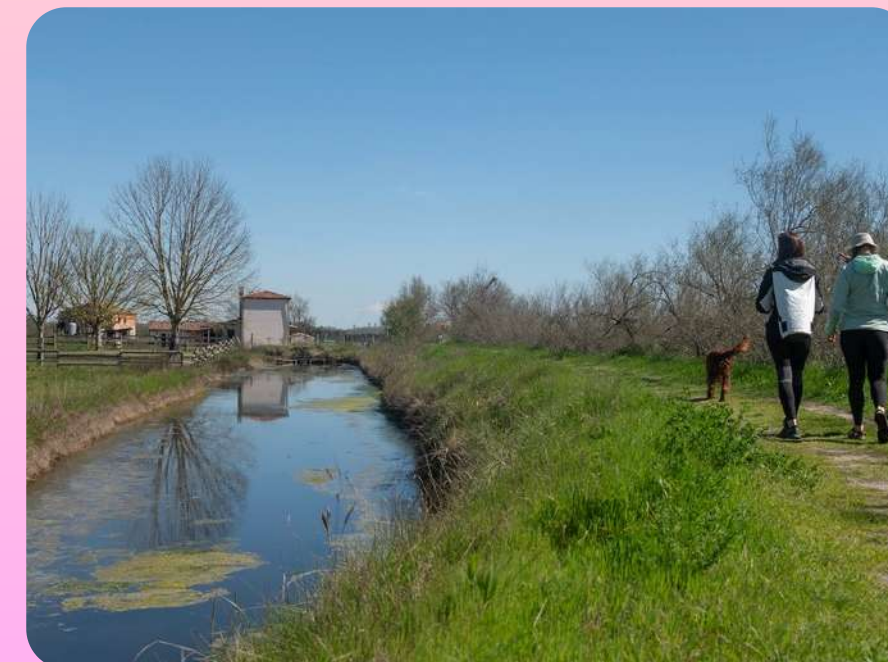
Description

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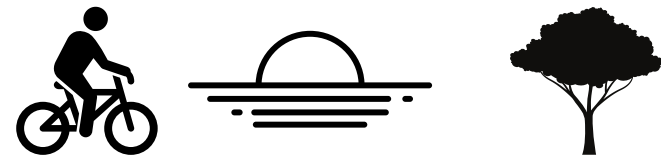
Walking along gravel roads and embankments, we will be surrounded by a bucolic landscape made of vineyards, traditional plantations and small fishermen's villages, where time seemed to have stopped. A unique experience to immerse oneself in the Venetian environment and flavours.

Details

When	September- May
Meeting point	P.S. Maria Elisabetta 2, 30013 Cavallino (VE)
Duration	2h
Maximum persons	30
Difficulty level	Very Easy
Hike length	5 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	Yes



Bike&Hike: Lido and Alberoni



Description

On this bike ride we will discover the island of Lido and its famous coastline, starting from the location of the Venice Film Festival, the oldest in the world, passing through the old and picturesque town of Malamocco, to finally reach a wonderful WWF natural oasis. Moving between shorelines, urban settings and the lagoon, this route will help us understand the multidimensional essence of Venice.

Details

When	March- November
Meeting point	P. S. Maria Elisabetta, 30126 Lido di Venezia
Duration	4h
Maximum persons	30
Difficulty level	Easy
Hike length by bike	17 km
Hike length on foot	3 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	No



Bike&Hike: Island of Pellestrina



Description

On Pellestrina Island the huge force of autumn and winter swells shaped the shores, forcing people to find ways to protect themselves and the lagoon from the force of the sea. Traditionally inhabited by fishermen, today this island is home to one of the richest and most beautiful natural oasis in Veneto. Through cycling and walking we will explore the nature, the history and the flavors of this magic place.

Details

When	March- November
Meeting point	P. S. Maria Elisabetta, 30126 Lido di Venezia
Duration	6 h
Maximum persons	20
Difficulty level	Easy
Hike length by bike	35 km
Hike length on foot	5 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	No



The Great War in the Venice Lagoon



Description

Take a trip back in history, cycling amidst the massive fortresses and bunkers that protected Venice during WWI. Crossing through the island of Cavallino, we will encounter various environments that shape this territory and which have been shaped by war, land reclamation and many other human activities, giving a profound identity to the region.

Details

When	March- November
Meeting point	Via Thaon di Revel Paolo, 56/A, 30013 Cavallino-Treporti VE
Duration	3h
Maximum persons	20
Difficulty level	Easy
Hike length by bike	25 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	No



Cycling through the fishing valleys



Description

A bike ride to discover the ancient lagoon traditions, linked to the close relationship of coexistence with the natural world.

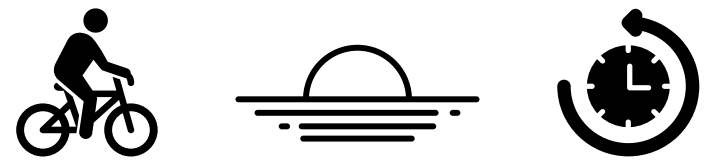
Cycling along the water between , fishing valleys and beautiful villages, we will know the particular environmental conditions that make this area particularly suitable for the production of some excellent food and wine.

Details

When	March- November
Meeting point	Via Thaon di Revel Paolo, 56/A, 30013 Cavallino-Treporti VE
Duration	3 h
Maximum persons	20
Difficulty level	Easy
Hike length by bike	23 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	No



Insula Equilus



Description

A cycling adventure, an excursion for the more curious between the banks of the river Sile, the longest resurgence river in Europe, and the Venice Lagoon. Departing from the new town of Jesolo, we're going to leave the crowded beaches and modern hotels behind and begin to discover the ancient forgotten history of this region. Among an apparently anonymous landscape, we will find traces of an old prominent center, such as the ruins of a cathedral 1200 years old, which anticipated the rise of the Venice Empire.

Details

When	March- November
Meeting point	Via dei Mille, 61, 30016, Lido di Jesolo
Duration	4 h
Maximum persons	20
Difficulty level	Easy
Hike length by bike	25 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	No



Burano: reflections on the water



Description

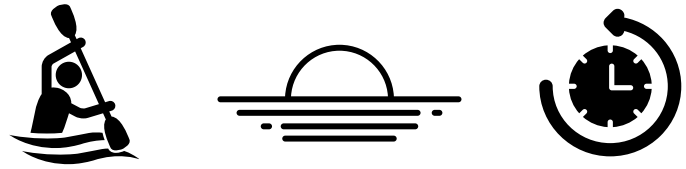
An unforgettable experience rowing in the waters of the lagoon from where we will fully appreciate the fusion of art and nature within a unique landscape. Paddling between the wild canals that crisscross the lagoon of Venice, we will then pass through the historic center of Burano, enjoying a privileged perspective on the colorful houses reflected in the water.

Details

When	March- November
Meeting point	L. S. Felice, 96, 30013 P. Sabbioni (VE)
Duration	4 h
Maximum persons	16
Difficulty level	Easy
Hike length	10 km
Child friendly	Yes
Dog friendly	No



Torcello: At the Origins of Venice



Description

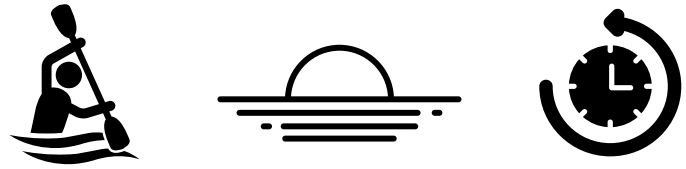
Paddling through history we will head to the origins of Venice, an island that has survived through the centuries where the prelude to the Serenissima Republic took place. Immersed in the nature of the lagoon, Torcello withstands the passage of time still retaining the charm of its thousand-year-old buildings, giving us a glimpse of a glorious past too often forgotten.

Details

When	March- November
Meeting point	L. S. Felice, 96, 30013 P. Sabbioni (VE)
Duration	5 h
Maximum persons	16
Difficulty level	Medium
Hike length	13 km
Child friendly	Yes
Dog friendly	No



Falconera Island: Submerged Memories



Description

A journey to discover one of the wildest and most unspoiled corners of the Venetian Lagoon. Falconera Island is a place where time slows down and nature reclaims its space. Paddling through landscapes shaped by wind, tides, and salt, we will immerse ourselves in habitats vital for migratory birds, fish, and plants adapted to extreme conditions. Once on the island, we will set out on a walking exploration of its varied environments, uncovering the lagoon's most authentic and serene soul.

Details

When	May-September
Meeting point	Via Pordelio, 390, 30013 Cavallino (VE)
Duration	3 h
Maximum persons	32
Difficulty level	Easy
Hike length	5 km
Child friendly	Yes
Dog friendly	No



Among channels and saltmarshes



Description

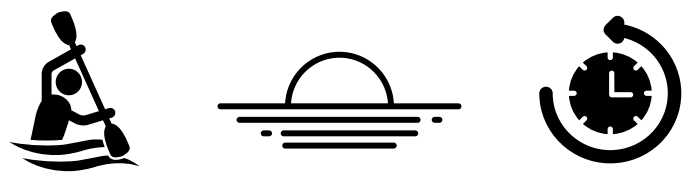
A simple kayak excursion to discover the formation of the Venice lagoon.
By rowing between waterways and shallow waters, we will discover a world where countless species of birds and fish find their home thanks to the abundance of natural resources.

Details

When	May-September
Meeting point	Via Pordelio, 390, 30013 Cavallino (VE)
Duration	2 h
Maximum persons	32
Difficulty level	Easy
Hike length	5 km
Child friendly	Yes
Dog friendly	No



Lio Maggiore: At the Edge of Time



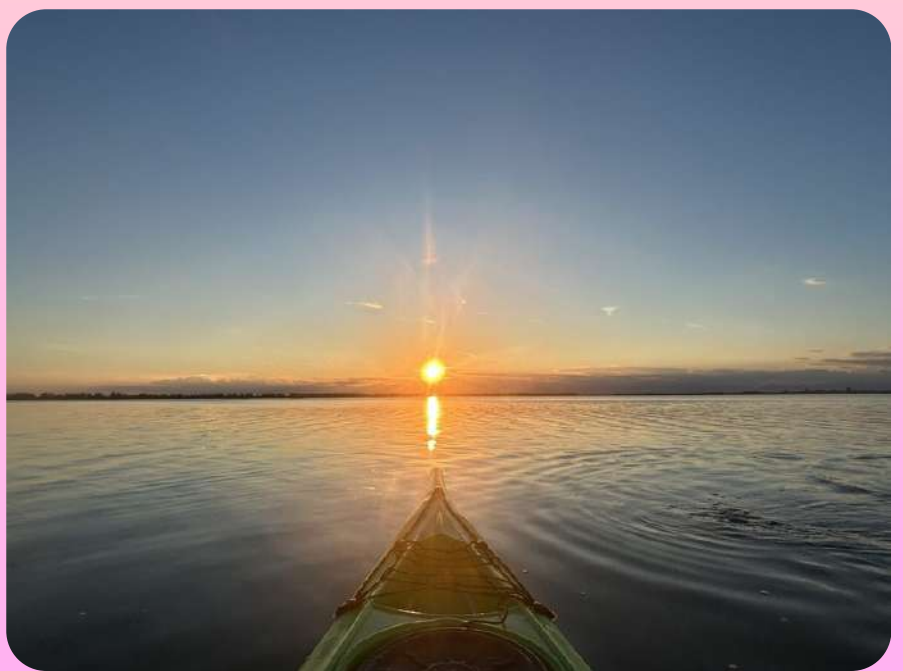
Description

Paddling through quiet channels, barely emerging mudflats, and wide expanses of water that shift with the tide, we will immerse ourselves in a landscape in constant motion.

This stretch of the lagoon is a living mosaic, where birds, plants, and the seabed intertwine in a delicate balance. Along the way, we will uncover stories of ancient communities, traditional fishing, and a millennia-old relationship between people and the environment.

Details

When	May-October
Meeting point	Via Pordelio, 390, 30013 Cavallino (VE)
Duration	3 h
Maximum persons	32
Difficulty level	Easy
Hike length	5 km
Child friendly	Yes
Dog friendly	No



Twilight Lagoon



Description

A journey into the heart of twilight, when golden lights stretch across the water before slowly fading into the deep blue of evening, creating a play of reflections that accompanies every paddle stroke. We will venture through narrow channels and wide stretches of water that, minute by minute, lose their sharpness but gain charm, shrouded in an ever-deepening veil of mystery. A journey suspended between the last glow of day and the silent embrace of night, where darkness becomes part of the experience, making every detail even more enchanting.

Details

When	May- September
Meeting point	Via Pordelio, 390, 30013 Cavallino (VE)
Duration	2 h
Maximum persons	32
Difficulty level	Easy
Hike length	5 km
Child friendly	Yes
Dog friendly	No



Awakening by Kayak



Description

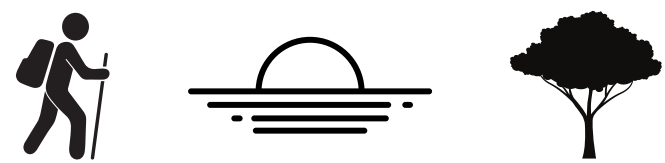
At the first light of dawn, the lagoon slowly comes alive: the water reflects the soft colors of the morning, birds greet the new day with calls and sudden flights, and all of nature seems to take a breath before fully awakening. It is in this suspended, fragile, and perfect moment that our kayaking adventure begins. We will immerse ourselves in a vibrant, pulsating environment, observing the lagoon’s biodiversity up close as the day takes shape. A rejuvenating and harmonious way to welcome the sunrise and set a different rhythm for the day.

Details

When	May-September
Meeting point	Via Pordelio, 390, 30013 Cavallino (VE)
Duration	2 h
Maximum persons	32
Difficulty level	Easy
Hike length	5 km
Child friendly	Yes
Dog friendly	No



Sandy trails: The secrets of the dunes



Description

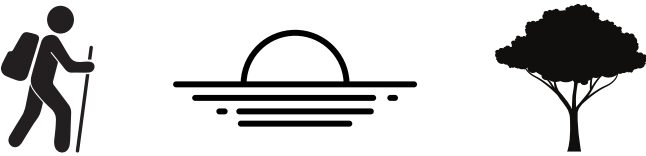
Easy hike in one of the last dune ecosystems of the adriatic coastline. Walking between the sea and the mediterranean pine forest, this nature trail will teach us about the importance of dunes in protecting coastal environments, and how preserving them is crucial for the safeguarding of communities living close to seas and oceans.

Details

When	All year
Meeting point	L. Dante Alighieri 46, 30013 Cavallino (VE)
Duration	2h
Maximum persons	30
Difficulty level	Very Easy
Hike length	4 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	Yes



Fishing, Erosion, and War



Description

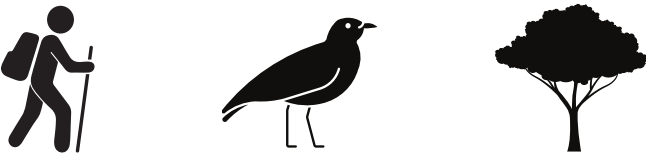
A historical-naturalistic excursion at the mouth of the Piave river, to discover stories about fishermen and those who lived at the time of the austrian occupation, witnessing the tragic events that occurred in the late spring of 1918. We will go into the pine forest to understand how the natural environment of this place developed and look for the remains of a dark past, which remains alive in the memories of its inhabitants.

Details

When	All year
Meeting point	P. del Granatiere 1, 30016, Jesolo (VE)
Duration	2h
Maximum persons	30
Difficulty level	Very Easy
Hike length	4 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	Yes



Laguna del Mort



Description

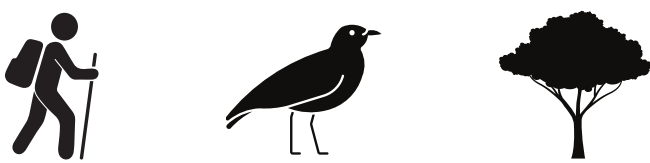
A small lagoon shaped initially by human activity and later molded by the unstoppable forces of water, wind, and earth. We will walk together through forests, wetlands, and dune areas to learn the unique story of this ecosystem and uncover the secrets hidden within it.

Details

When	All year
Meeting point	Via Dancalia 8. 30020 Eraclea Mare (VE)
Duration	2 h
Maximum persons	30
Difficulty level	Very Easy
Hike length	6 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	Yes



Valle Vecchia



Description

Discover the Nature Oasis of Valle Vecchia, accompanied by countless species of birds and, with a little luck, by roe deers and other mammals. A multi-faceted route articulated in different environments such as beaches, pine forests and lagoons, between the history of ancient houses and fauna that offers itself to our eyes with no fear.

Details

When	February-November
Meeting point	Str. Prov. Portogruaro-Brussa, 30021 Caorle
Duration	4 h
Maximum persons	30
Difficulty level	Easy
Hike length	10 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	Yes



Riviera del Brenta: The Waters of Venice



Description

A cycling excursion to discover the beautiful Riviera del Brenta and its historic villas, but above all the waterways that shaped this unique region: the Naviglio and the Seriola, created and shaped by the Republic of Venice as transport routes and precious freshwater reserves.

Passing through the towns of Oriago, Mira, and Dolo, we will trace the history of a place transformed over the centuries and made ever more captivating by human ingenuity.

Details

When	All year
Meeting point	Riviera S. Pietro, 30034 Mira VE
Duration	4 h
Maximum persons	20
Difficulty level	Easy
Hike length by bike	26 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	No



Bike&Hike: Sile river and Treviso



Description

A bike exploration along the Sile River, combined with a nature-focused walk through the streets of Treviso, to understand the extraordinary relationship between the city and its river. Visiting enchanting places like the Cimitero dei Burci, we will delve into the history of the city and the waters that flow through it, uncovering the important role this hub has played as a connection between the mountains and the lagoon.

Details

When	All year
Meeting point	Casale sul Sile, 31032, (TV)
Duration	4 h
Maximum persons	20
Difficulty level	Easy
Hike length by bike	23 km
Hike length on foot	3 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	No



The Sources of the Sile River

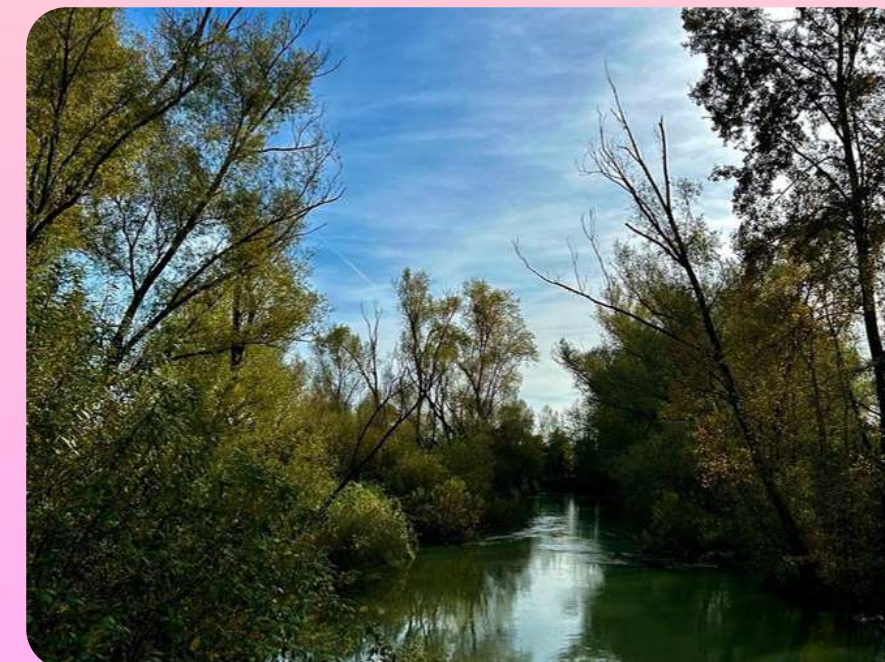


Description

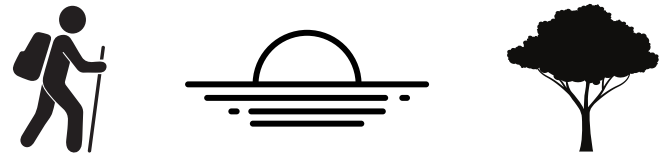
Cycling between the Sile River and the Treviso-Ostiglia bike path, we will explore the unique origins of Europe's longest spring-fed river and the territory that hosts its first stretch. Passing through historic villages, nature reserves, and wetlands, we will discover a water paradise just a few kilometers from Treviso, where small ponds seem to bubble and rivers and canals chase each other past rapids, mills, and waterways that disappear into the landscape

Details

When	All year
Meeting point	Morgano, 31050, (TV)
Duration	4 h
Maximum persons	20
Difficulty level	Easy
Hike length by bike	27 km
Elevation gain	0 m
Child friendly	Yes
Dog friendly	No



Water and Rocks

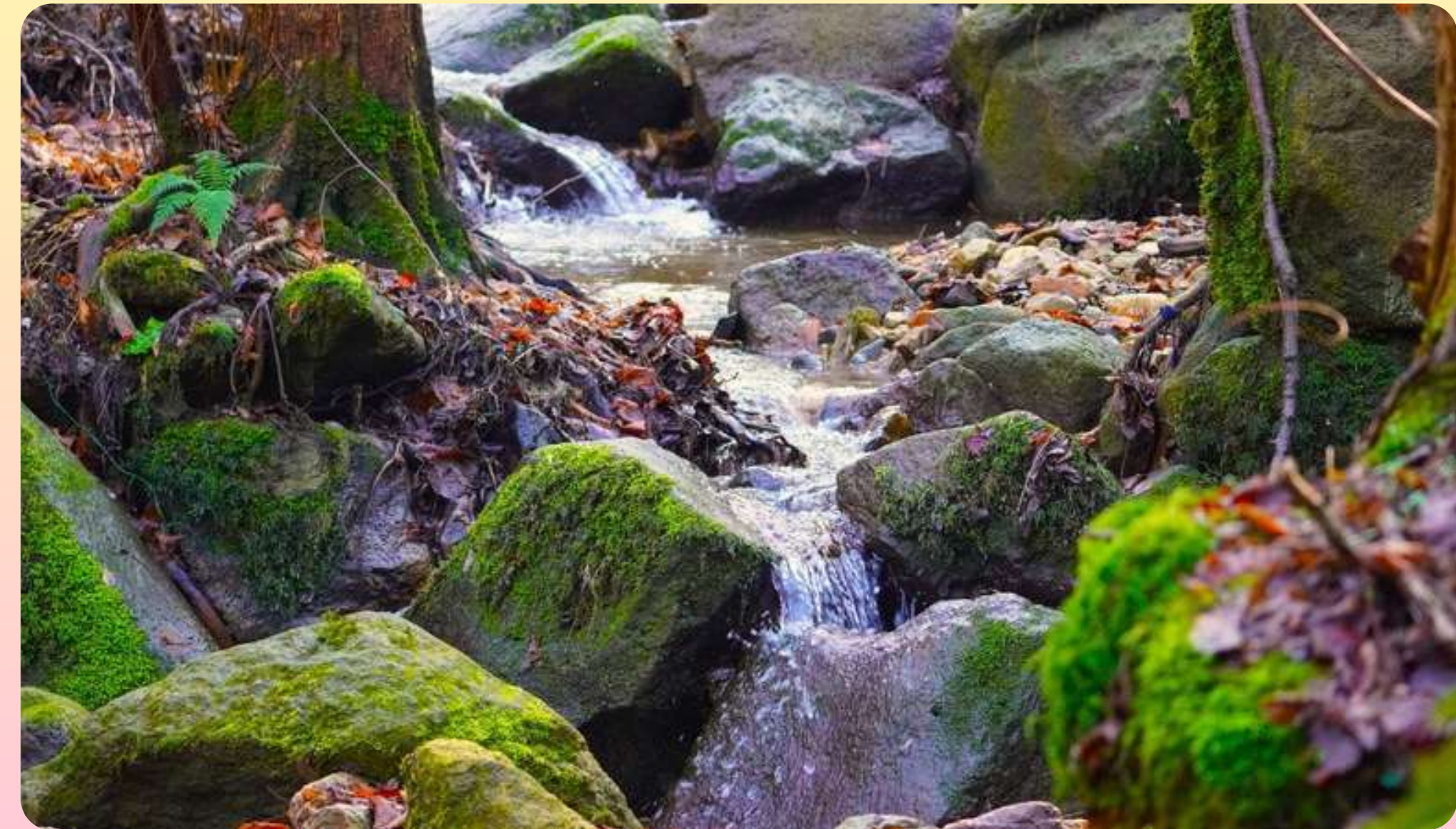


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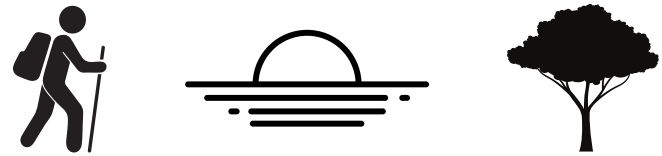
A hike among majestic volcanic outcrops to discover the geological origins of the Euganean Hills where water, so elusive in this territory, has nevertheless shaped the landscape by appearing and disappearing between ancient rocks through mysterious streams and waterfalls.

Details

When	September-May
Meeting point	Via G. Marconi 40, 35037 Teolo (PD)
Duration	6 h
Maximum persons	30
Difficulty level	Medium
Hike length	7 km
Elevation gain	400 m
Child friendly	Yes
Dog friendly	Yes



Mount Ceva



Description

An immersive naturalistic excursion among imposing columns of lava and singular plants, where the Mediterranean flora coexists with glacial residue plants and the black rock slopes recall a lunar landscape. With some luck, a flock of deers might cross your path to the peak of Mount Ceva.

Details

When	September-May
Meeting point	Piazza Don M. Romano, 1, 35041 Battaglia Terme (PD)
Duration	4 h
Maximum persons	30
Difficulty level	Easy
Hike length	8 km
Elevation gain	300 m
Child friendly	Yes
Dog friendly	Yes



Euganean Villas



Description

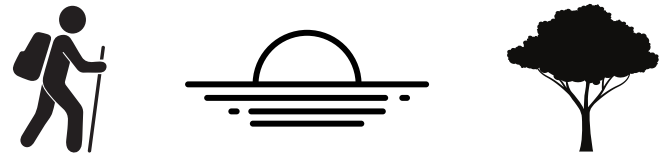
A path traced by the most beautiful historical villas of the Euganean Hills, a territory where five centuries ago the Serenissima Republic of Venice build its own privileged holiday resort, an extraordinary array of Renaissance villas, and modified the environment to make it suitable for agriculture and mining, using the euganean resources to enrich the city of Venice.

Details

When	September-May
Meeting point	Via Aureliana 50, 35036 Montegrotto Terme (PD)
Duration	4 h
Maximum persons	20
Difficulty level	Easy
Hike length by bike	27 km
Elevation gain	200 m
Child friendly	Yes
Dog friendly	No



The Great “Oar” Forest



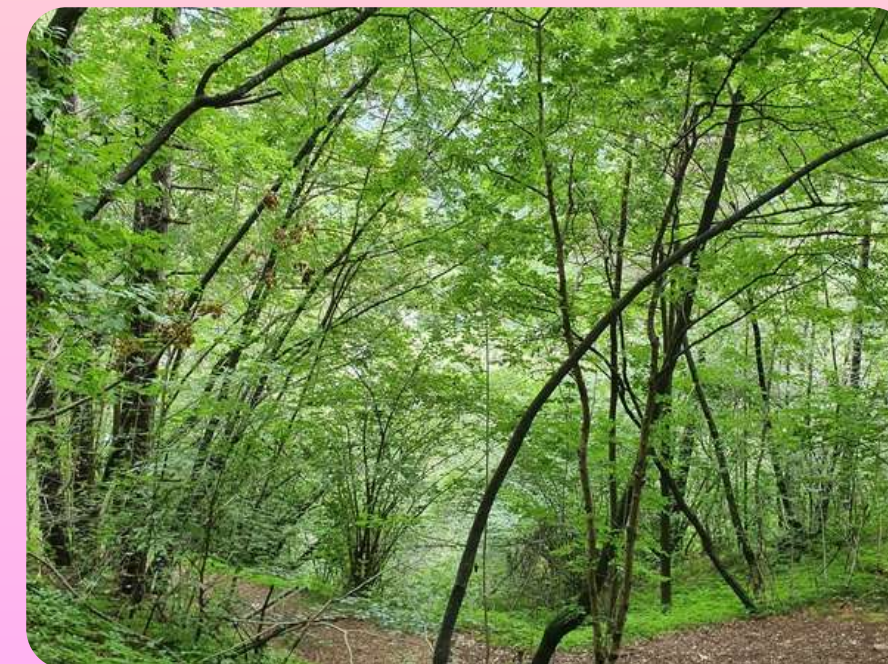
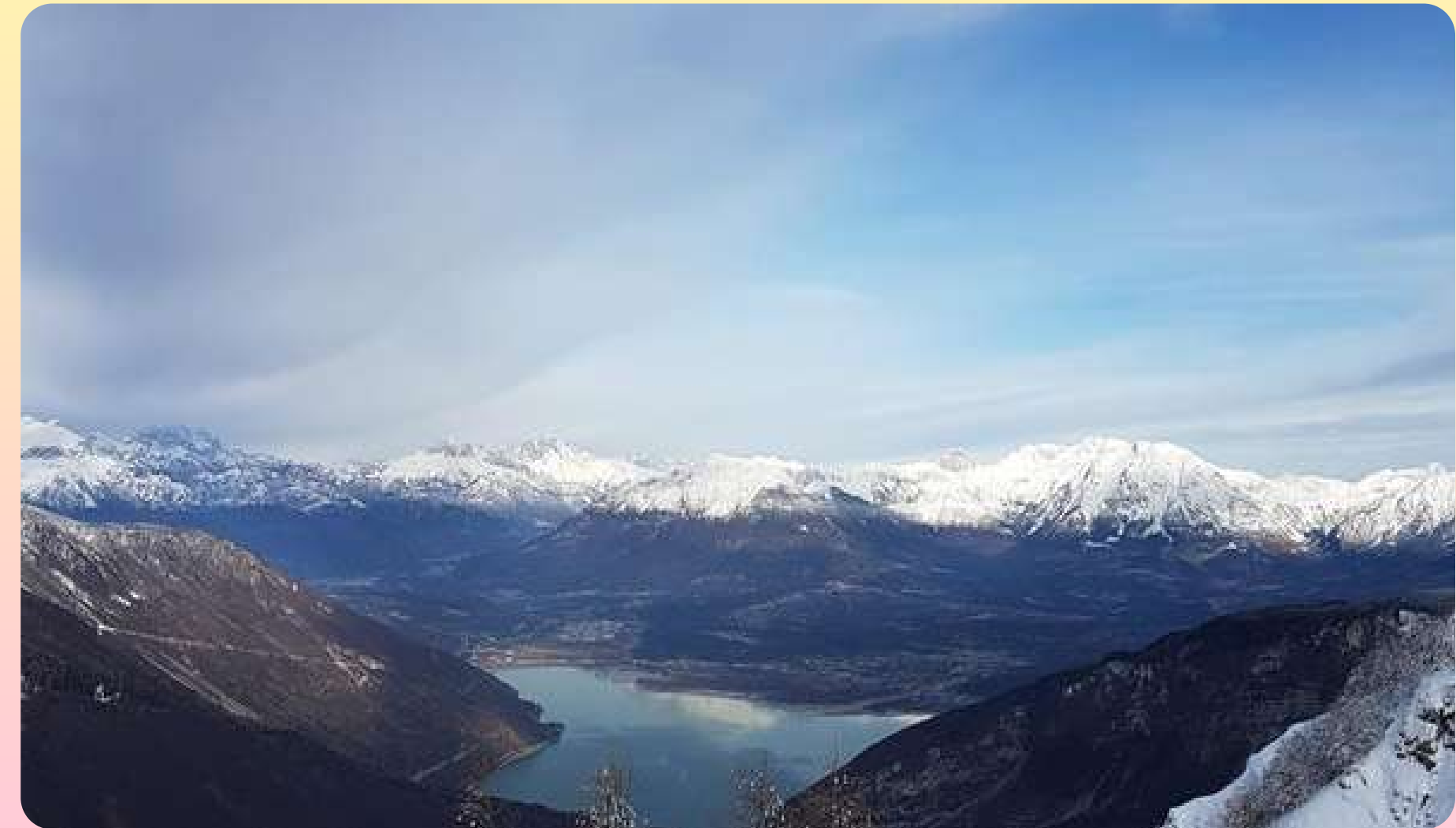
Description

A hike into the heart of a magnificent beech forest, where every tree holds the echo of a distant past.

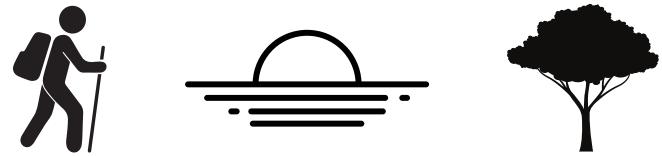
We will ascend along paths surrounded by centuries-old trees and karst limestone outcrops, passing sinkholes and swallow holes that reveal the geological soul of this unique land. We will reach the “Piaie Longhe e Millifret” nature reserve, part of the Cansiglio Forest, once famed as the “oar forest” of the Republic of Venice.

Details

When	September-July
Meeting point	Via Monte Pizzoc, 35, 31010 Fregona (TV)
Duration	6 h
Maximum persons	30
Difficulty level	Easy
Hike length	12 km
Elevation gain	300 m
Child friendly	Yes
Dog friendly	Yes



The “Fojaroi” trail



Description

An itinerary weaving together nature, rural architecture, and memory: we will walk through Val Granda and the village of Col dei Bof to discover the fojaroi, ancient rural buildings with branch-covered roofs that showcase unique traditional construction techniques.

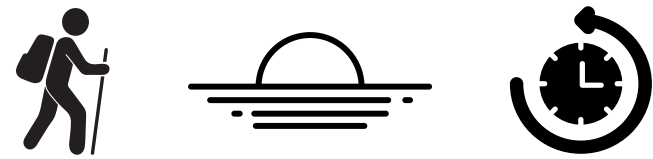
The route passes through forests, riverbeds, and old ruins; along the valley, the view opens onto the Grappa Massif, Val Belluna, and the Belluno Dolomites.

Details

When	February- November
Meeting point	32030 Seren del Grappa BL
Duration	6 h
Maximum persons	30
Difficulty level	Easy
Hike length	12 km
Elevation gain	300 m
Child friendly	Yes
Dog friendly	Yes



Cison di Valmarino: The Water That Powered the Village



Description

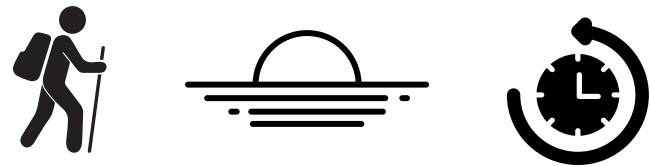
An itinerary that reveals how water shaped life in Cison. We will walk among the ruins of small chapels and wool fulling mills, ancient mills along the Rujo di Cison, the Bosco delle Penne Mozze, and the spectacular Pissol Waterfall, before ascending the paths leading to the Cyclamen Cave and the majestic Castelbrando. This walk will help us understand how controlling water made Cison a strategic hub for local management and traditional activities.

Details

When	February- November
Meeting point	31030 Cison di Valmarino TV
Duration	6 h
Maximum persons	30
Difficulty level	Easy
Hike length	10 km
Elevation gain	450 m
Child friendly	Yes
Dog friendly	Yes



Montello: Aquatic Landscapes in the Wood of the Doges

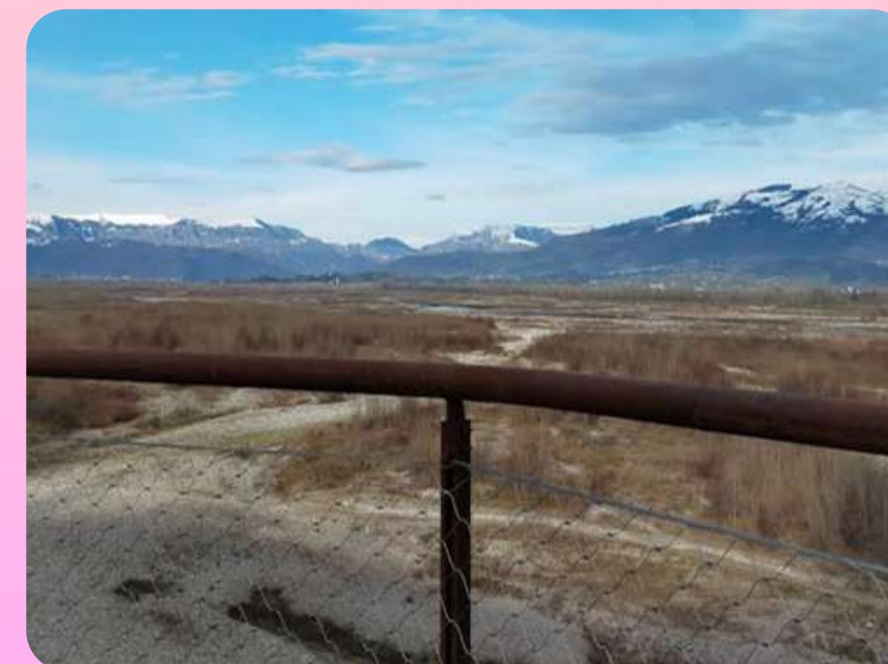


Description

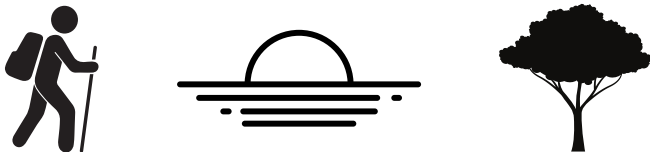
On this route, we will walk among majestic trees and wetlands to understand how people managed the forest, how the waters of the Piave and its tributaries served as communication routes, and how the same waters shaped the land—forming sinkholes, pools, gullies, and the “Valley of Water.” We will be captivated by panoramic views of Monte Grappa and discover symbolic sites that tell the story of the relationship between forest, water, and the long history linking this hill to Venice.

Details

When	February- November
Meeting point	31040 Volpago del Montello (TV)
Duration	4 h
Maximum persons	30
Difficulty level	Easy
Hike length	10 km
Elevation gain	220 m
Child friendly	Yes
Dog friendly	Yes



The springs of Stien Creek



Description

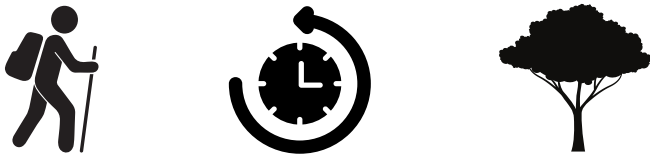
An evocative walk in an enchanted place within the National Park of the Belluno Dolomites. Hiking between waterfalls and coves we will cross the Pian dei Violini and its ancient settlements. Immersed in the forest we will follow a simple path to reach the springs of this extraordinary stream.

Details

When	February- October
Meeting point	P. Margherita de Zordi 4, 32032, Lasen (BL)
Duration	6 h
Maximum persons	30
Difficulty level	Medium
Hike length	11 km
Elevation gain	400 m
Child friendly	Yes
Dog friendly	Yes



Cibiana di Cadore: In the footsteps of iron



Description

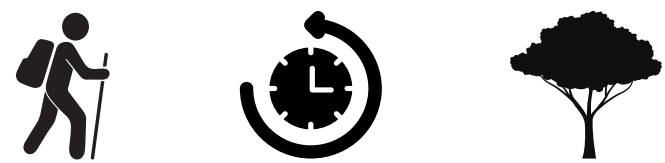
A walking journey into Cadore’s mining past, where the mountains still bear the scars and the riches of a little-known yet crucial trade in Venetian history: iron. We will walk through quiet forests, time-suspended villages, and scenic viewpoints that tell the story of the hard lives of miners, carriers, and the communities that made Cibiana a strategic hub along the iron routes. A story of labor, ingenuity, and living mountains.

Details

When	All year
Meeting point	Cibiana di Cadore, 32040 (BL)
Duration	6 h
Maximum persons	30
Difficulty level	Easy
Hike length	7 km
Elevation gain	400 m
Child friendly	Yes
Dog friendly	Yes



In the heart of Cadore



Description

A journey through history, art, and nature along the banks of the Piave River, in the heart of Cadore.

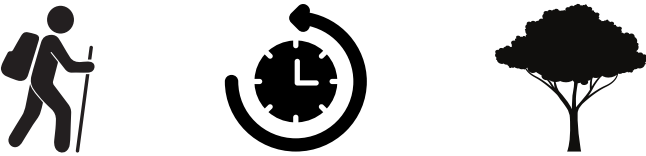
We will walk through ancient forests, historic villages, and striking river landscapes, discovering how this region played a key role in organizing and coordinating menaràs, tagliapini, zateri, and segadori to meet the timber demands of the Republic of Venice. We will pass through Pieve di Cadore, the birthplace of Titian, and Calalzo, taking in landscapes that have inspired centuries of art and labor.

Details

When	March-November
Meeting point	Calalzo di Cadore, 32042 (BL)
Duration	6 h
Maximum persons	30
Difficulty level	Easy
Hike length	10 km
Elevation gain	400 m
Child friendly	Yes
Dog friendly	Yes



Piave Raftsmen: The Journey of Wood



Description

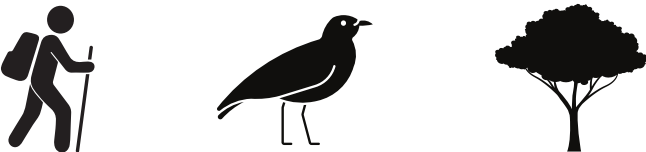
A hike in the surroundings of Perarolo di Cadore, an ancient hub for timber bound for Venice. In this strategic village, where the Piave and Boite rivers meet, logs from the Alpine valleys were gathered and guided for centuries, destined to become the foundations, ships, and palaces of the Serenissima. Walking among historic buildings and along paths that wind through forests and small hamlets, we will discover how water, woodlands, and mountain communities worked together to supply Venice with one of its most valuable resources.

Details

When	March-November
Meeting point	Perarolo di Cadore, 32010 (BL)
Duration	6 h
Maximum persons	30
Difficulty level	Easy
Hike length	10 km
Elevation gain	400 m
Child friendly	Yes
Dog friendly	Yes



Cordevole Valley: Ancient copper routes



Description

Through dense forests, river crossings, and mountain pastures, we will explore a land that for centuries supplied the Republic of Venice with the metal needed to build cannons and naval equipment. Along the route, we will encounter ancient hospices—places that once served as centers of hospitality, administration, and spirituality. We may spot wild deer and roe deer grazing in alpine meadows, while the power and beauty of water will accompany us throughout the journey, setting the pace of a trip shaped by memory and nature.

Details

When	All year
Meeting point	Peron, 32036 (BL)
Duration	5 h
Maximum persons	30
Difficulty level	Easy
Hike length	11 km
Elevation gain	100 m
Child friendly	Yes
Dog friendly	Yes



EDUCATIONAL ACTIVITIES



EDUCATIONAL PROPOSAL

The educational programs offered are designed to promote a conscious and responsible relationship with nature, in line with the goals of the **2030 Agenda**: sustainable cities and communities (Goal 11), life below water (Goal 14), and life on land (Goal 15). Through these experiences, students have the opportunity to develop creative, cognitive, and social skills, engaging directly with the natural environment and deepening their understanding of the ecosystems they are part of.

The specific **objectives** of the programs include:

- Experience direct, outdoor contact with nature
- Learn about the natural environments and cultural heritage of the areas connected to the Venetian Lagoon
- Explore topics in Science, Geography, and History covered during the school year
- Promote inclusive and sustainable management of public natural areas

The methodology adopted is based on the principle of “**learning by doing.**” The educational and play-based activities are designed to spark students’ curiosity, encourage **active learning**, and make the learning experience engaging and hands-on.

PROGRAMS FOR SCHOOLS

Educational Activities for All School Levels



WORKSHOPS

Exploration, education, creativity, hands-on activities, emotions, and fun in Nature.



TRIPS

Educational trips through landscapes, arts, and the centuries-old traditions of the Venetian Lagoon region.



THEMED PROJECTS

Educational experiences designed to explore specific themes through a series of workshops and field trips.

WORKSHOPS

Through engaging, play-based educational activities, the aim is to help young people develop a conscious and responsible interaction with the natural world around them, while also enhancing their creative abilities and cognitive development.

All workshops are tailored and adapted according to the characteristics and developmental stage of each age group.

Any activity offered can be carried out individually or as part of a series exploring a theme addressed within a school project.



WORKSHOPS

In-Depth Studies in Science, Geography, and History

THE LIFE OF PLANTS

We learn to identify plants and explore how they function and their hidden life. Together, we discover the relationships between plants, fungi, animals, and humans. Various botanical activities can be carried out to spark students' interest and passion for this kingdom.



GREEN THUMB

A workshop designed to introduce students to the world of horticulture. Through experiments and hands-on activities, they will learn how to sow seeds, transplant seedlings, and care for their own small garden. An engaging experience that fosters curiosity and a sense of responsibility.



WORKSHOPS

In-Depth Studies in Science, Geography, and History

ROCKS, FOSSILS AND MINERALS

Using touch, sight, and imagination, we will learn the basics of geology in a fun and engaging way. We will explore how the Venice Lagoon has developed over time, observe the remains of ancient animals, and understand the process of fossilization. Finally, students will have the opportunity to create their own fossil by hand.



NATURE EXPLORER

Equipped with special gear, we will step into the role of real nature investigators to experience a series of activities focused on exploring the environment around us. Through hands-on exercises, we will learn to engage with the natural world safely and responsibly.



WORKSHOPS

In-Depth Studies in Science, Geography, and History

WILD ANIMALS

A workshop focused on identifying wild animals in coastal, lagoon, and alpine environments. We will discover who inhabits these territories, the traces they leave behind, and their ecological role within their habitats. Various hands-on activities related to this theme can be carried out.



THE BLUE PLANET

We will set out to explore the connection between water and life, examining the links between rivers, the lagoon, and the sea. We will admire the rich biodiversity of each environment, from the depths of the ocean to freshwater streams. We will observe how the life cycles of plants and animals change with the passing seasons.



WORKSHOPS

In-Depth Studies in Science, Geography, and History

DIGGING INTO THE PAST

We will set out to explore the peoples who, over the centuries, have lived in and shaped the Venetian Lagoon. Through stories, curiosities, and interactive activities, we will examine both the natural and human history of this territory, from its origins to the present day. The content will be adapted according to the class level.



VENETIAN ENVIRONMENTALISM

We will learn how the inhabitants of the Serenissima respected the resources of the lagoon and the land, acting as careful stewards of nature. A journey through past and present to understand that we have only one planet, and it needs our care and protection.



WORKSHOPS

Hands-On, Art, and Creativity Activities

THE ANCIENT ART OF DYEING

A journey through time among the colors of the Republic of Venice: we will discover how Venetian artisans created magical dyes from natural ingredients and have fun experimenting with them to make vibrant designs and decorations on paper or fabric—just like little apprentices in the workshops of the past.



SPROUTING WORKS

Thanks to this magical soil, we will uncover the secrets of seeds and germination! We will get our hands dirty creating fun crafts and natural sculptures using clay, straw, and seeds, sparking our creativity and fostering respect for nature.



WORKSHOPS

Hands-On, Art, and Creativity Activities

RECYCLED PAPER WITH FLOWERS AND SEEDS

Like little artisans in the old Venetian paper mills, we will discover the magic of paper and recycling! We will transform scrap materials into new sheets, decorating them with flowers and seeds. Just as the ancient craftsmen did, we will learn to give new life to objects and respect the precious resources of the lagoon.



WEAVINGS OF NATURE AND TRADITION

We will cultivate patience, dedication, and the value of the present moment, bringing to life wonderful creations with our own hands! After a bit of effort and hard work, we will feel joyfully satisfied with what we have made.



WORKSHOPS

Hands-On, Art, and Creativity Activities

INSECTS HOTEL

Using natural and recycled materials, we will build shelters for insects, learning about the lives of these tiny yet invaluable creatures. Just as the ancient Venetians respected the nature around them, we too will care for our little guests.



NATURAL CREATIONS

We will discover how the ancient Venetians transformed clay into useful and beautiful objects: from the bricks that support palaces, to the pottery that adorns tables, to the decorations that embellish churches and homes. Inspired by our imagination, we will create handmade items drawing from the traditions of the Serenissima.



WORKSHOPS

Hands-On, Art, and Creativity Activities

NATURAL MANDALA

A creative activity that combines observing nature with self-exploration. By collecting natural materials, students create a circular composition that becomes a tool to express their personality, individual traits, and aspirations.



SAPONE FAI DA TE

A hands-on, creative workshop where students learn to make natural and safe soaps using simple recycled ingredients. During the activity, we will explore how soaps are made, their connection to personal care and the environment, while experimenting with shaping and decorating techniques.



TRIPS

Venturing through sandy dunes, river channels, and remote islands can be an engaging and discovery-filled experience, perfect for spending a day immersed in learning and outdoor life. We will guide students in exploring the wonderful landscapes of the Venetian Lagoon.



Exploration of the Dunes and Coastal Forests

Get ready for an unforgettable trip! We will explore the dunes, a unique, fragile, and life-rich environment. We will observe the different plant species that inhabit this habitat, from pioneer plants to the most delicate species, and discover how they help form and stabilize the sand, protecting the coastline.

Armed with binoculars and magnifying glasses, we will search for the traces left by the animals that live here. We will learn to recognize footprints, nests, and other signs of their presence.

We will return to school with plenty of new knowledge and a deep respect for nature.



The treasures of Falconera island

The thrill of gliding across the waters of the Lagoon, landing on a wild island teeming with natural treasures, and experiencing a centuries-old traditional culture based on agriculture, lagoon farming, hunting, and rowing navigation.

On this adventurous trip, we will explore how the Venetian Lagoon was formed, its connection to the Dolomites, and the ongoing processes that continuously shape its landscapes. We will learn the history of the island, discover a world that has mostly disappeared but represents our past and forms part of our identity.

We will reconnect with the ancient Venetian arts and traditions to rediscover ourselves.



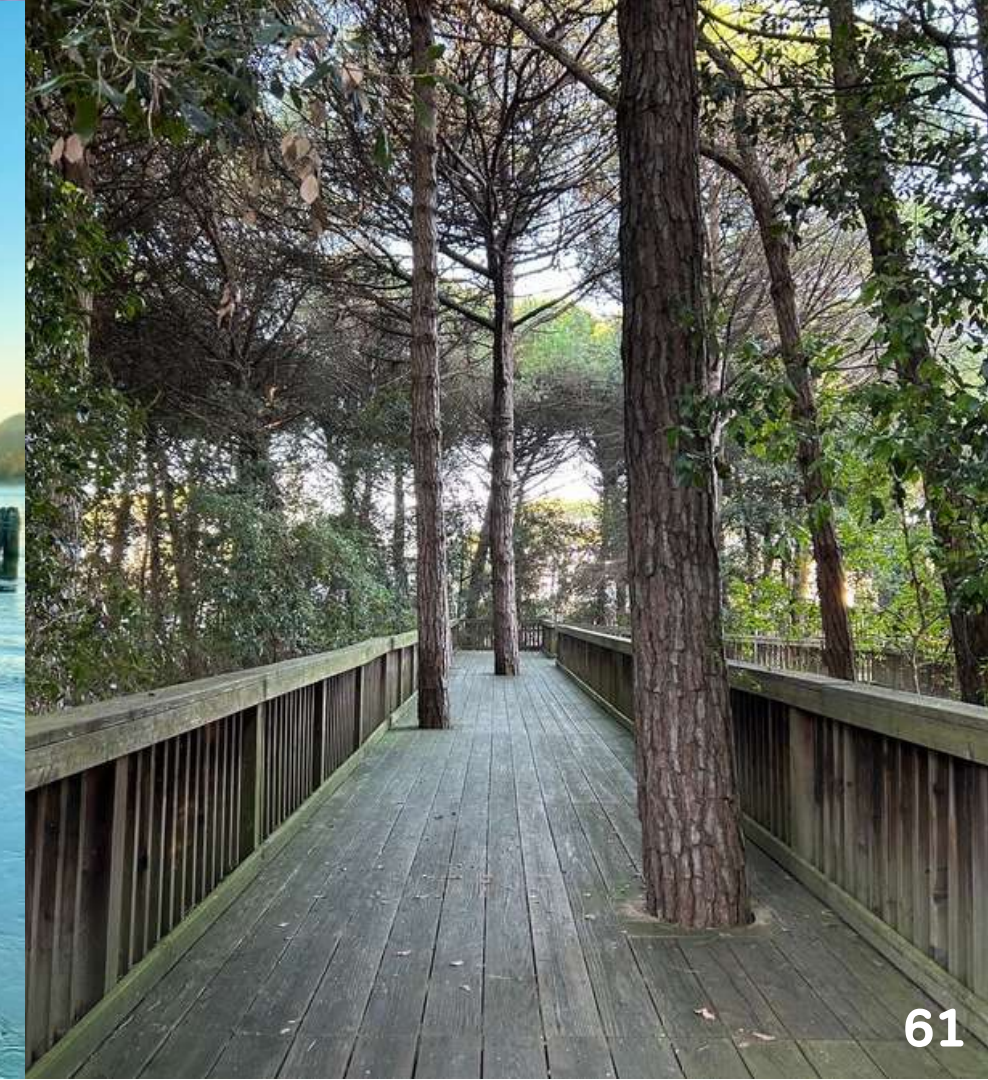
Cortellazzo, Mouth of the Piave and Pine Forest

A small fishing village where history has shaped the land and profoundly impacted the lives of its inhabitants.

A river that, due to its powerful flow, was diverted by humans to protect the life of its precious lagoon.

A pine forest, serving as a starting point to understand what this place once was and how it has changed over time.

We will listen to stories about the sea, fishing, and how it became one of the main sources of survival for those who lived here. We will immerse ourselves in the memories of those who experienced the occupation and the tragic events of that late spring in 1918.



Discovering the “Dead” Lagoon

The main focus of this educational outing will be to discover the different ecosystems that intersect here, creating a landscape rich in biodiversity. We will explore the forest, the lagoon, the dunes, and the river, seeking to understand the relationships between them. We will observe birds flying freely in the sky, learn to identify the plants growing along the banks, and uncover the secrets of the animals living hidden in the water. Through hands-on activities, we will explore the flora and fauna of this habitat, learning to recognize the different species that inhabit it and understand their life cycles. We will also discuss the importance of conserving this environment and the actions we can take to protect it.



Orientation in nature

An educational outing to get closer to nature while practicing an exciting sport that combines physical exercise with the ability to navigate the terrain: Orienteering!

We will learn how to read a map and use a compass. Then, equipped with both, students will be guided on an unforgettable adventure to explore the area. Overcoming natural obstacles and completing observation challenges, they will need to work together as a team to complete the designated course. A unique experience to enhance students' independence, teamwork skills, and spatial orientation.



Experience lab

This outing gives students the opportunity to enjoy an engaging experience discovering the Venetian Lagoon. The day begins with an immersive journey inside the Experience Lab, where images, sounds, and interactive installations help students understand the lagoon as a living system, shaped by natural forces and human intervention.

Learning continues with hands-on workshops that stimulate scientific curiosity and creativity through simple, fun experiments, artistic activities using natural materials, and collaborative group exercises.

The visit also includes a guided outdoor exploration, during which students and teachers can observe coastal environments up close—from dunes and forests to lagoon gardens—learning to identify the plants, animals, and small organisms that inhabit this ecosystem.



Lagoon kayak trip

A unique experience to discover the Venetian Lagoon in an active, safe, and fun way! Guided by experts, students will be introduced in a simple and enjoyable manner to basic paddling techniques, while also learning the key safety rules for moving on the water.

During the navigation, they will have the opportunity to observe the lagoon ecosystem up close—exploring the variety of plants and animals that inhabit it and understanding the delicate balances that make this environment so special. The experience will be enriched with stories and curiosities about the lagoon's history and the traditions that have connected Venice to its natural surroundings for centuries



Among the valleys of Lio Piccolo

An outing that gives students the chance to move slowly through land, water, and memory, crossing places where nature and human activity blend into a living landscape. The journey begins by bicycle, leaving the city noise behind, and continues along scenic roads that run alongside canals and mudflats: water mirrors reflecting the sky, birds resting silently, cultivated fields, and lagoon gardens. We will reflect on how these seemingly simple natural landscapes hide a wealth of biodiversity and everyday history, and on the importance of preserving silence, respecting the environment, and paying attention to details in order to continue enjoying this beauty.



The Great War in the Lagoon

This outing takes students into a past not too distant, yet still present in the marks of memory and the landscape. We will begin at sites that once hosted military fortifications, defensive positions, and structures that bear witness to the challenges faced when the lagoon became a theater of conflict.

As we move along embankments, shores, and marshes, students will hear stories of men and women—both military and civilian—who lived during a time of war, facing the challenges of coexisting with the water, the need for protection, and a strong sense of duty. They will observe ruins, watchtowers, and traces in the land and buildings that reveal strategies, effort, hope, and resilience.



THEMED PROJECTS

Our activity cycles, developed over multiple sessions, are designed to explore specific themes that can form the basis of an environmental education project with students. In collaboration with teachers, it will be possible to focus on aspects considered most important, based on the priorities set by the school curriculum. The educational program alternates classroom sessions with hands-on workshops and field trips, ensuring a stimulating and meaningful learning experience.



Let's Rediscover Our Land!

Understanding how our land was formed, the causes of its transformation, what it offers, and how humans have used it. Learning about who shares this land with us—the wild animals that live here today or did so until a few decades ago—the native vegetation, and how it has been shaped by human activity. The theme of the lagoon people's identity starts here, with the rediscovery of places and communities. We learn the history of a people who, in the past, based their development on knowing and respecting nature's rhythms and spaces. This program aims to encourage reflection on our past and to rediscover the spirit of this territory.



Water: Functions, Values and Importance

Water is a precious resource, essential for our survival as well as for that of plants and animals. It is home to countless living species. Water transforms, creates works of art, and gives life. It is necessary for our production processes, serves as a means of communication, trade, and exchange, and generates culture and traditions. Water provides opportunities for clean energy. It is the sea, waterfalls, rivers—life itself. It brings well-being, emotion, and wonder. Understanding its functions, value, and importance for our lives and for the entire planet helps foster awareness, responsibility, and care for a resource that is increasingly precious and that it is our duty to protect.



Arts and traditional jobs

A world of artisans, fishermen, farmers, and merchants developed between the waters and lands of the lagoon, respecting its rhythms and unique characteristics. A world of crafts, arts, and traditions deeply connected to the local territory.

With the advent of modernity, a society that for centuries lived in harmony with its environment—benefiting from it while preserving its integrity for future generations—gradually disappeared. This program offers an opportunity to reconnect with our traditions and discover the crafts and customs that are still passed down from father to son today.



Let's Explore the school garden

The school garden is a place we see every day, but have we ever truly observed it? It is home to valuable plants and animals, with which we interact—often without realizing it—in a relationship of mutual influence. We will explore the dynamics of this surprising ecosystem, learning to engage with it consciously.

Through hands-on activities and guided observations, we will develop a deep sense of responsibility toward all forms of life, learning to respect and protect our precious natural heritage. Let's take care of what we love by loving what we learn to know.



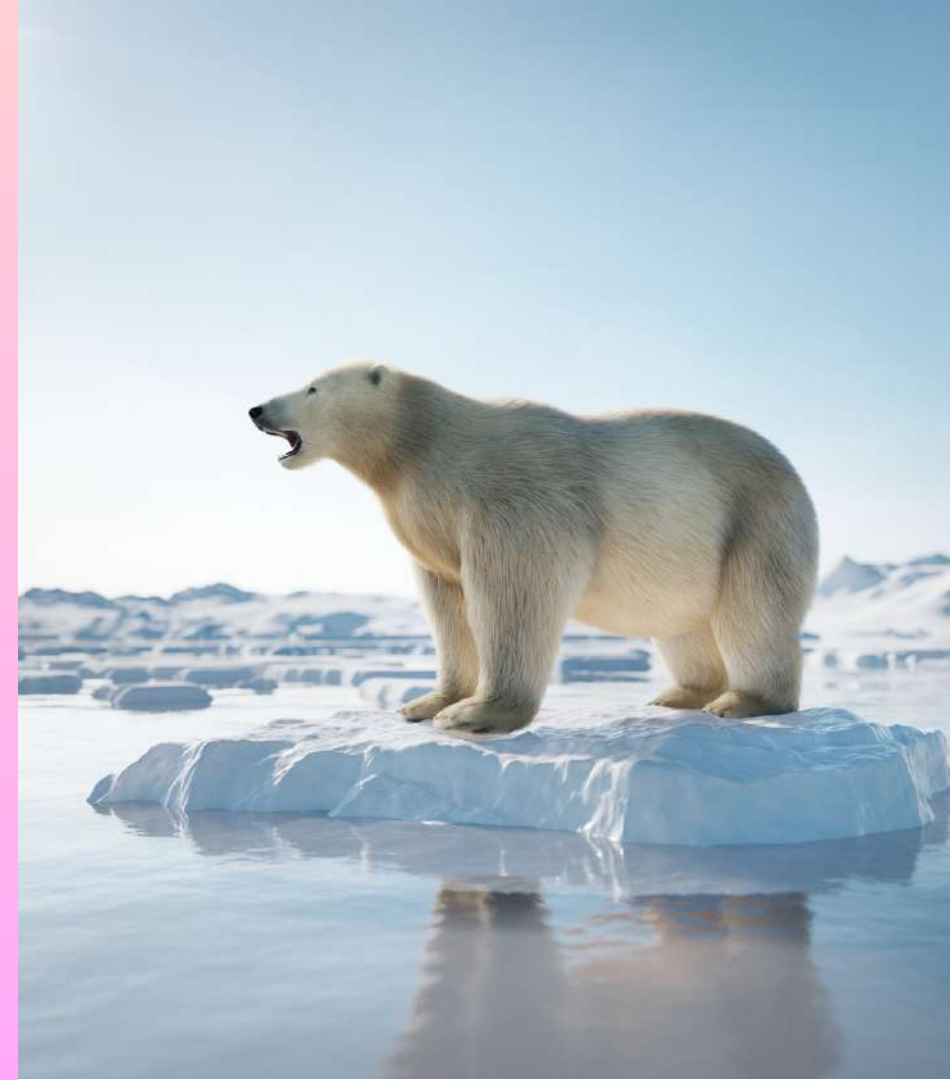
Discovering the five senses

Develop your senses to discover your full potential! By listening carefully, touching mindfully, inhaling deeply, tasting consciously, and observing attentively, you can sharpen your powers of perception and understanding. You will connect more deeply with the world around you, recognizing yourself as part of Nature, while fully engaging your emotions, imagination, creativity, and fantasy. This practice will help you understand yourself better—your strengths, your passions, and your true capabilities. It is a path of personal growth that guides you toward greater awareness of your choices and actions, helping you live a more authentic and fulfilling life.



One Great Planet

Starting from air, water, and soil pollution, students explore their causes and consequences, then experiment with possible solutions through a renewable energy workshop, discovering how the sun, wind, and water can become clean and inexhaustible resources. The journey continues with an examination of the greenhouse effect and global warming, deepened through a hands-on workshop that brings the concepts of climate change and its impacts on daily life to life. Equally central is the reflection on waste management: the “three Rs” – reduce, reuse, recycle – come alive in a creative recycling workshop, where discarded materials are transformed into useful or artistic objects.



SLOW TRAVELS



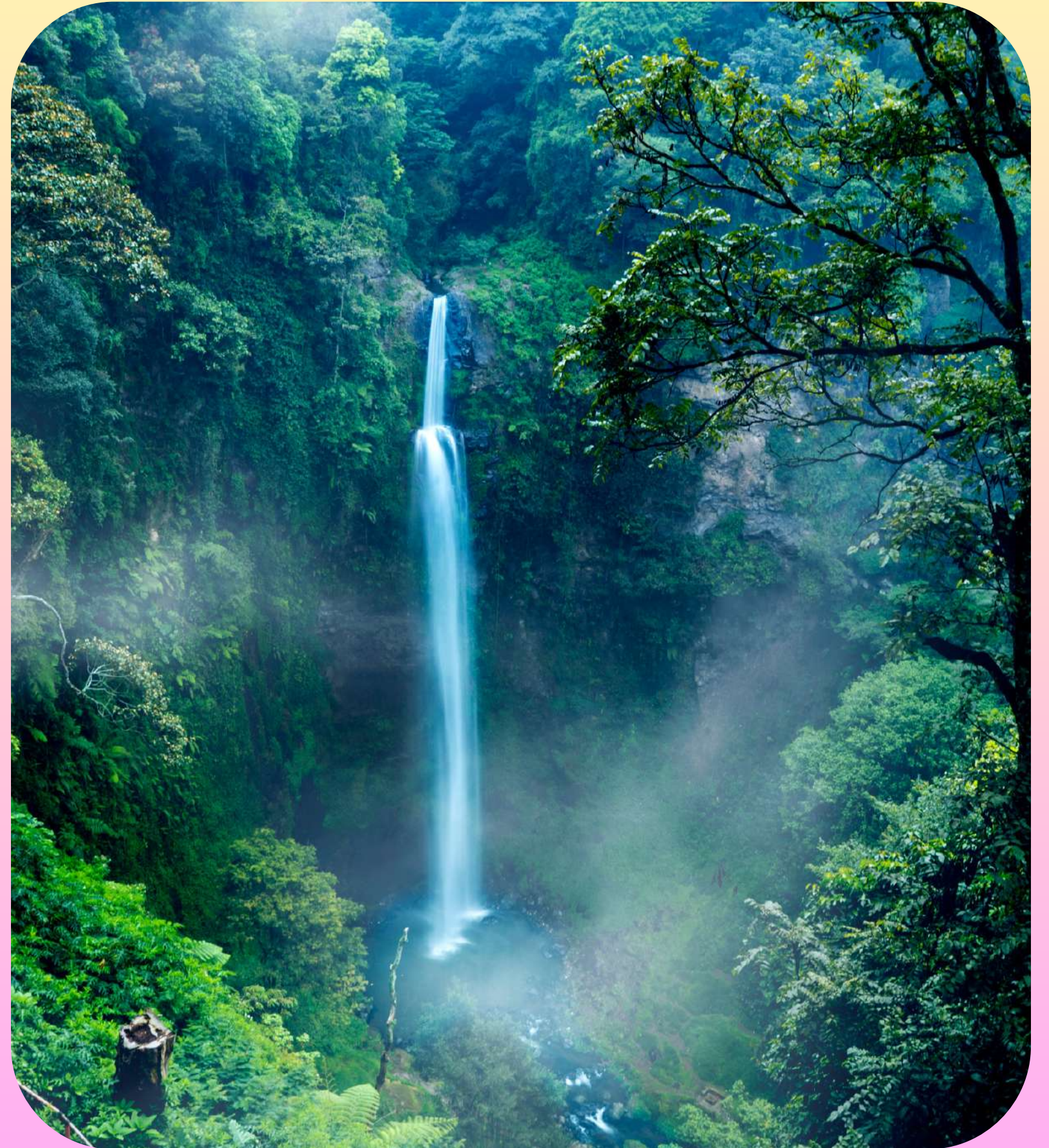
A person is seen from behind, climbing the Great Wall of China. The wall is made of grey stone blocks and stretches across a mountain range with autumn-colored foliage. The sky is blue with some clouds.

EMBARK ON AN UNFORGETTABLE ADVENTURE AROUND THE WORLD

Following in the footsteps of the great Venetian sailors and explorers of the past, Laguna Viva will guide you to discover remote places and thousand-year-old cultures, where uncontaminated nature meets ancient traditions.

FOLLOW THE LION

On foot, by kayak, by bike or by any other sustainable means of transport, we will have extraordinary experiences while respecting the environment and local communities. Retracing the routes of our ancestors, we will discover together how the Republic of Venice has left an indelible mark on world history, integrating knowledge and culture from every place reached in its explorations.

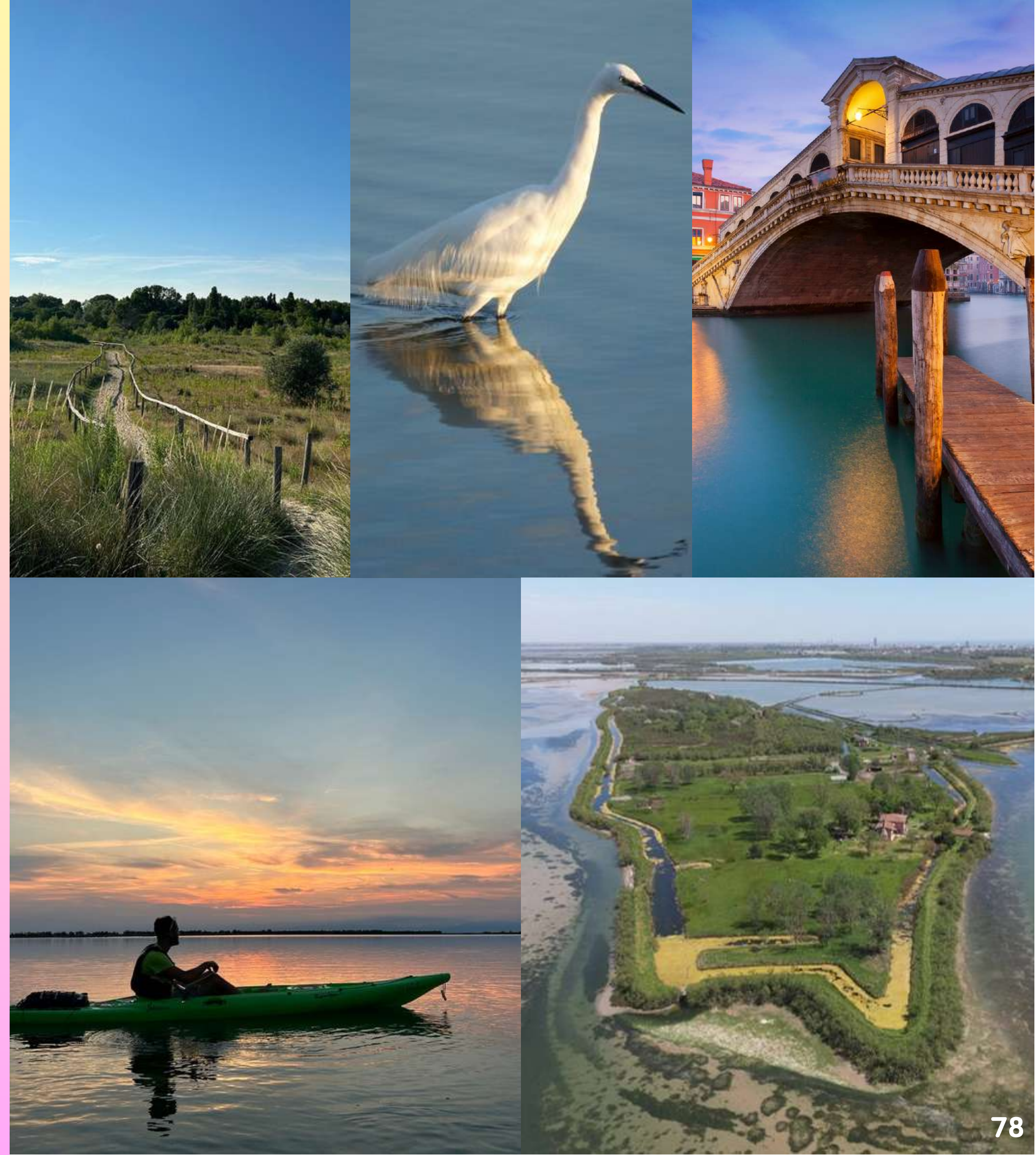




IN THE LAND OF THE ANCIENT DUCHY

Exciting adventure in the heart of the Serenissima: the Venice Lagoon, the place where it all began.

Together we will discover the beginnings of a society that gradually established itself in a difficult and inhospitable territory. Rowing, cycling and walking, we will wander among the islands that have helped make the history of this empire glorious. Entering the narrow canals, salt marshes and shallow waters, we will be enchanted by the spectacle that nature has in store for us. We will witness the spectacular view of landscapes where art, nature and crafts blend together, testifying to a profound relationship between Venetian civilization and the surrounding environment.





THE WOOD THAT UNITES

From the heart of the Dolomites, where the forests caress the peaks, wood has traveled towards the Venice Lagoon for centuries. Cadore has constantly provided this precious material, contributing to the prestige and greatness of the Republic of Venice. A journey through time that reveals the permanent link between the mountains and the sea.

We will discover how water, which flows from the Alpine streams to the lagoon, has united these two lands creating a deep and lasting bond.

We will pass through enchanted forests, high altitude pastures and crystal clear lakes. We will discover the stories of those who live in these places, tasting local food and participating in traditional festivals. An experience to live nature and culture in a profound and authentic way.





MARCO POLO'S PATHS: DISCOVERING YUNNAN

Marco Polo came to this land in the far southwest of the celestial empire, to carry out an important mission entrusted to him by the Great Khan. We will travel the stages of his journey through snow-capped peaks and rainforests that are home to rich biodiversity. We will sleep under the stars and in ancient monasteries, immersing ourselves in the traditional culture of the place. We will get to know members of some ethnic minorities, eating together with them and discovering their habits. We will make friends with pandas and elephants, visit ancient villages, rice terraces and let ourselves be moved by the view of enchanting landscapes.



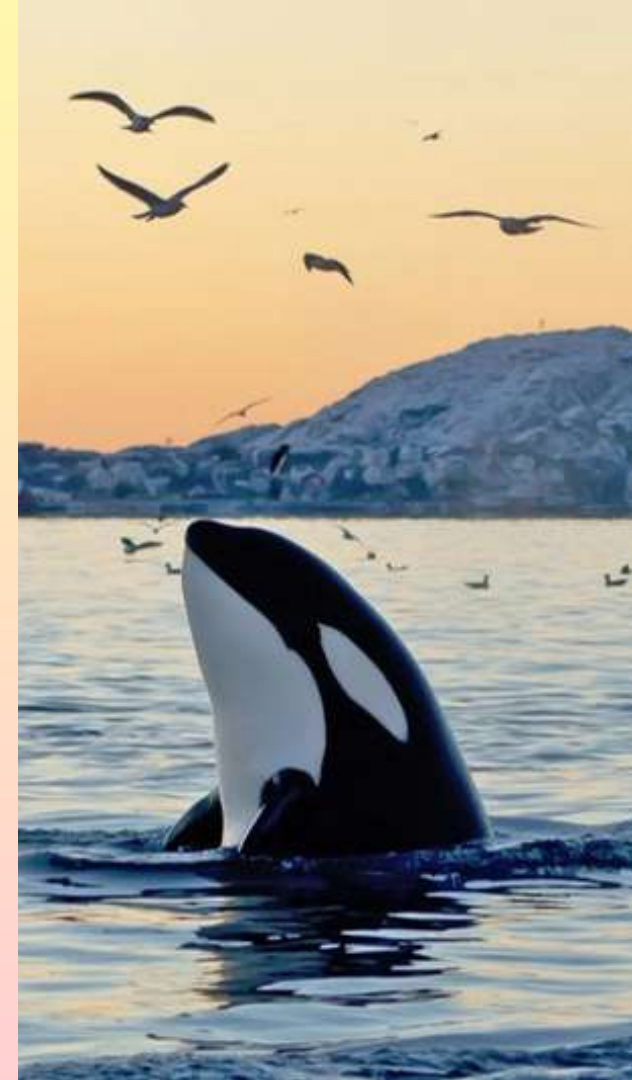


THE SHIPWRECK OF THE QUERINA: THE LOFOTEN ISLANDS

On the tracks of the navigator Pietro Querini who reached the coast of Røst on 14 January 1432, miraculously saving himself from a terrible shipwreck.

On this journey we will explore together an archipelago of wild nature, nestled between spectacular fjords and populated by many species of animals. We will see whales playing with waves and we will visit small fishing villages, where we will have the chance to eat and sleep inside a Rorbu.

Depending on the season, we may witness the magic unleashed by the Northern Lights or the midnight sun, always surrounded by a breathtaking wild landscape.

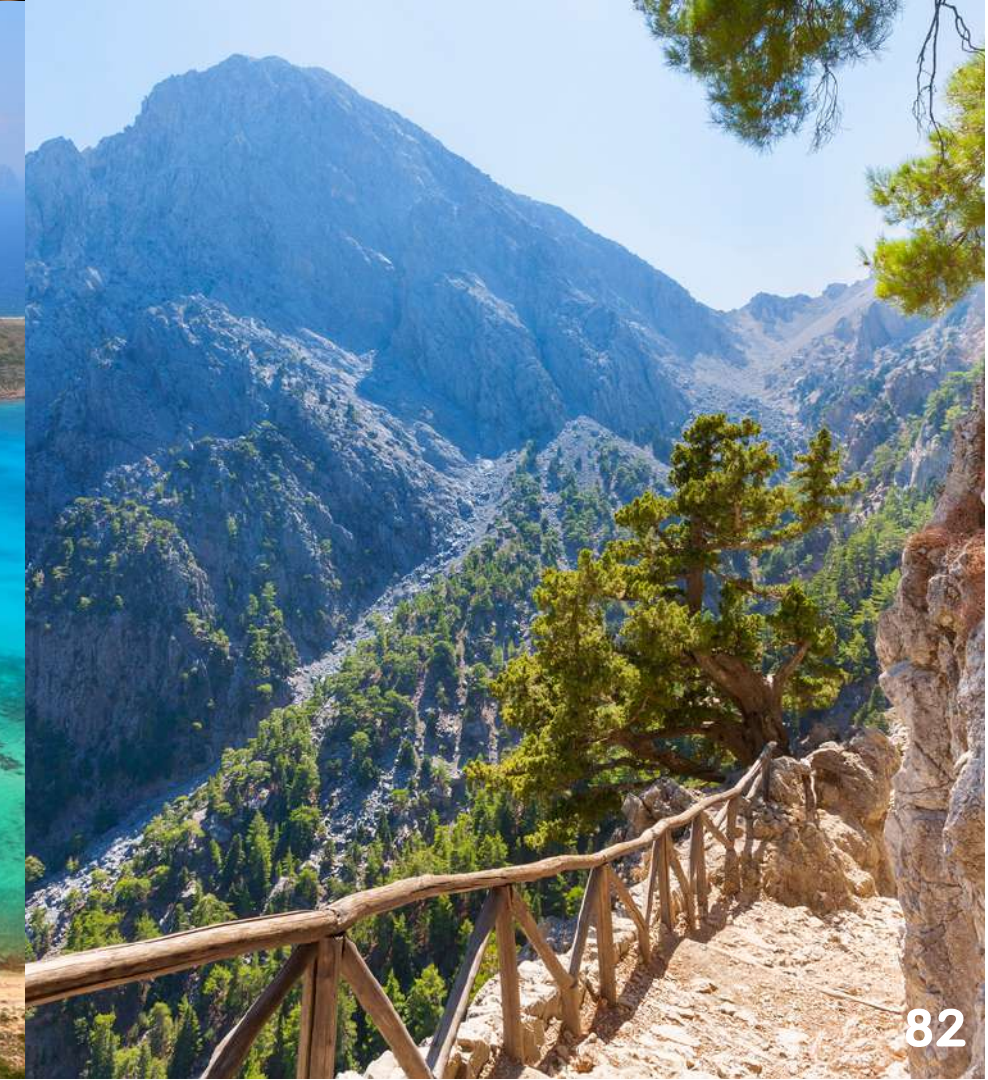




EXPLORATORY MISSION IN THE KINGDOM OF HERAKLION

The centerpiece of the Minoan civilization between the 3rd and 2nd millennium BC, the island of Crete lived under Venetian rule for four hundred years, becoming the most precious pearl of the possessions of the Serenissima in the eastern Mediterranean. Walking surrounded by lush nature and enchanting landscapes, we will visit shepherd villages perched on the mountains, archaeological sites of enormous charm, spectacular gorges and legendary beaches.

We will come into contact with an extraordinary cultural heritage and with the vibrant atmosphere that can be felt in the streets of the towns scattered around the island. Everything will be enriched by the flavors of the Cretan tradition.



GENERAL NATURE OF THE SERVICE

THE GUIDES

All the experiences are carried out by the Nature Guides:

- Gianmarco Bigon VE542, VAT number: 05656640280
- Davide Boffelli VE560, VAT number: 04903040279

Both guides are regularly associated with AIGAE, have RC (liability) insurance and VAT number.

The guides are responsible for the performance of the activity, they evaluate not only the route preventively, but also the users who participate in the activity according to how they present themselves and how they react to the activity itself. For this reason the guide may change route, destination and difficulty of the activity planned for reasons related to safety, well-being, weather, or other situations that the professional assesses in a given place and time, deciding unquestionable variations.

The guide's responsibility begins when it is expressly indicated that the excursion has begun and ends as soon as the end of the excursion is declared.

LANGUAGES

During the excursions, the environmental, naturalistic, anthropological and cultural aspects of the territory can be made available in Italian and English.

General customer interaction can also be handled in German, French, Spanish, Portuguese and Chinese.

GENERAL NATURE OF THE SERVICE

GROUP EXCURSIONS

Laguna Viva develops, organizes and promotes group excursions for people of all ages, differentiating them in difficulty levels to help the client choose the activity that best suits his physical condition. (see difficulty levels)

To ensure the maximum level of accessibility of the experience for each participant, below are the general conditions applied to all excursions in the calendar:

- For all the excursions in kayak or bicycle, each client is free to participate with his own equipment;
- For all bike excursions each participant is free to use a muscle or e-bike based on his physical abilities and training condition. The pace maintained during the excursions will be adapted to the pace of the slowest person. For some routes, due to the duration and type of soil, it is mandatory to use an e-bike;
- For all excursions that include a tasting, lunch or dinner break each customer will be free to choose whether to participate in the scheduled activity. In case of non-participation, a time and place will be designated for the client where he will be required to rejoin the group;
- The starting time of each excursion is specifically indicated. For this reason, participants are required to arrive 15 to 30 minutes before the indicated time, depending on the need to rent sports equipment for the activity;
- To ensure the consistency of the service offered, no minimum number of participants is required to organize the excursion;
- To ensure a high standard of quality of the offered experiences, Laguna Viva adopts the following policy in the definition of the maximum number of participants:
 - On foot = A guide maximum 15 participants
 - By bike = A guide maximum 10 participants
 - In Kayak = A guide up to 16 participants, depending on the type and number of boats.

CUSTOMIZED EXCURSIONS

All experiences included in this proposal can be purchased independently and can be adapted according to the customer's needs. Details such as logistics to the meeting point, schedules and changes to the planned itinerary can be managed in agreement with the organizer in order to provide a unique experience for all participants.

SERVICE TERMS AND CONDITIONS

BOOKING AND PAYMENT

For participation in any activity organized by Laguna Viva, reservations are required up to 48 hours in advance.

Reservations can be made via the website www.lagunaviva.com, e-mail, telephone and whatsapp.

To confirm the booking, a deposit equivalent to the basic cost of the experience is required in advance. The rest must be paid on site prior to the start of the excursion.

Upon payment of the deposit, a booking confirmation will be provided. In order to speed up the 'check in' process on the day of the excursion, it is requested that you bring the booking confirmation with you.

Payment can be made by bank transfer, PayPal, Satispay and cash.

On-site payment is always guaranteed, but only in cash. In fact, due to orographic features as well as possible adverse weather conditions, the internet connection can often be absent, so we cannot always guarantee electronic payment on site.

The payment of one's fee is to be made in full to the guide designated to carry out the excursion.

Payment for any additional services, such as equipment hire and meals, must be made on site on the day of the excursion, unless previously sold as part of a package tour.

CANCELLATIONS, ANNULMENTS AND PROGRAM CHANGES

Within 24 hours before the start of the service, participants will receive a confirmation message with some useful information about the excursion. Should the weather conditions be adverse, the guides may decide to cancel the programme at that time. Should the weather suddenly change during the excursion, it remains the guide's right to change the route or decide to return to the starting point. This is to ensure the safety of participants at all times.

In case of cancellation by the organisers, irrespective of the cause, the amount paid will be refunded in full either by re-crediting it or by issuing a voucher to be spent within 24 months of its disbursement. In the event of cancellation by the customer at least 48 hours prior to the start of the experience, a full refund or the issue of a voucher will be made. For cancellations after this deadline, the deposit paid will be retained in full. In the event of non-cancellation and non-attendance at the pre-arranged time and place for the experience (NO SHOW), the total amount paid will be fully retained.

CLOTHING, BACKPACK AND SHOES

We recommend wearing a layer of clothing suitable for the climate and season. We generally recommend: long/short trousers, breathable mesh in technical material and waterproof jacket. Depending on the season and location of the excursion, we recommend: sunglasses, headgear, sunscreen, mosquito lotion, waterproof jacket and a complete change (socks, trousers, underwear and t-shirt).

It is strongly recommended a personal supply of water appropriate to the duration of the hike and the period in which it is carried out.

We recommend the use of high boots above the ankle, to have greater stability and avoid possible distortions, and with sculpted sole. For the simplest hikes on flat terrain simple sneakers are also suitable, provided they have a sculpted sole. We strongly recommend avoiding the use of slippers.

The preparation of the backpack should be calibrated based on a number of factors, such as duration, time of day, assigned difficulty level and expected weather. In addition to water, we recommend that you put a ready-to-use snack in the backpack such as dried fruit, chocolate, energy bars and seasonal fruits, paper towels, headtorch (especially for night hikes).

The guide has the faculty to exclude from the excursion hikers who are not properly equipped directly at the starting point.

DIFFICULTY LEVELS

For each excursion a difficulty level from Very Easy to Challenging is indicated. This level is based on objective parameters such as positive difference in altitude, distance, exposure, type of soil, considering also whether the excursion is made on foot or by other means. This is a general guide to adjust according to your fitness, age and experience in using sports equipment such as kayaking or cycling.

VERY EASY: Flat or with a positive difference in altitude of less than 100 metres. It takes place on forest roads/mule tracks/simple paths. Generally not more than 6 km of development. They are also suitable for those who are inexperienced in hiking and families with children, equipped with a backpack or stroller.

EASY: Route with positive difference in altitude up to 400 meters. It can be carried out on the types of land already mentioned, but also on cycle paths and navigable canals. Generally it does not exceed the following distances: 9 km on foot, 5 nm by kayak and 25 km by bicycle. No experience or training is required, but good physical condition is necessary.

MEDIUM: Positive elevation gain up to 700 metres. It can be done on the types of terrain already mentioned, but also on trails with slightly challenging or exposed sections. Generally does not exceed the following distances: 12 km on foot, 9 nm by kayak and 35 km by bicycle. Requires only minimal previous experience, but some training is required.

MEDIUM/CHALLENGING: Route with positive difference in altitude up to 900 meters. It can be carried out on the types of terrain already mentioned, but also on paths with exposed or disjointed sections. Generally does not exceed the following distances: 15 km on foot, 14 nm by kayak and 45 km by bicycle. Requires some experience and the right level of training.

CHALLENGING: Route with positive elevation gain of over 900 meters, It can be carried out on the types of terrain already mentioned, but also on very exposed or uneven trails with long stretches. It can go over the following distances: 15 km on foot, 14 nm by kayak and 45 km by bicycle. A good experience and good level of training are required.

COLLABORATIONS AND PARTNERSHIPS

The valuable collaborations with professional educators, cultural and sports associations, environmental guides, local administrations, accommodation facilities, sports equipment rentals and farms enable us to guarantee a rich and varied offer of experiences, capable of creating economic and social value while respecting the territory and local communities.



VIGNE SALSE





THANK YOU!

For more detailed information on the experiences proposed, please contact us. We will be happy to satisfy all your curiosities!

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