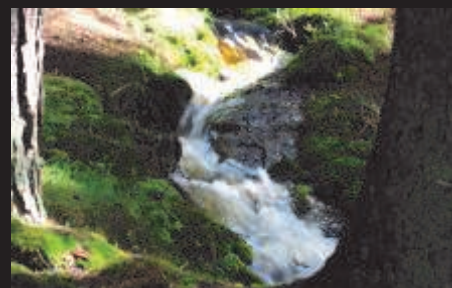




Woodland hiking

A guided full day hike through the forrest.



Summary of Facts

What is included?

Transport to and from a designated location. Morning—and afternoon coffee/tea, lunch and a dinner which will leave you wanting for more. We will provide you with a rucksack, thermos and water bottles.

What should you bring?

Appropriate clothing for woodland hiking and possibly a change of clothing.

Cost: 165 € pp, excl V.A.T.

This activity is open to groups and corporate events.

Booking: info@isunne.se
Alt. +46 (0)76-77 85 9 85

Welcome!
Woodland hiking 2011
Will take place from June.

We will meet at 9 am in a designated location
– the isunne crew welcome you!

A woodland hike is an excellent form of exercise, but this day is not suitable for beginners.

This is a popular corporate activity where participants apart from becoming more close-knit, get to know themselves and others, as well as gain energy and strength to deal with the work that lies ahead.

Leafy forrests, dew covered ground and babbling streams are included in the never ending repertoire of natures variety. Maybe it is just these possibilities that the abundance of variation offers, and the special emotions and thoughts which we associate with nature, which enables our wellbeing.

Once at your destination, there is the possibility of a sauna, swimming in the lake and joining the others for dinner at 6 pm.

Other suggestions for activities are: fishing, treasure hunt, tomato sampling. Find out more at www.isunne.se.

isunne.se