



Trail running in nature

For those who won't give up athletic training even on vacation, what could be better than an hour of running accompanied by an expert trainer far from the asphalt streets? Running on a nature trail, along streams, glimpsing from time to time striking scenic views will train your legs and fill your hearts!

MEETING POINT

Piazza Giuseppe di Vittorio, 1 - 50050 Gambassi Terme (FI)

On request

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- Running shoes, or trail running shoes, water (at least half a litre), sun hat, rain gear (in the event of poor weather).
- Organization and coordination of the activity is by an official hiking guide certified according to regional law 86/2016.
- The guides reserve the right to change or cancel the run in case of adverse weather or situations with risk or danger for the participants.



From 15 €



On request



About 1 hour



Italian, English



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- The activity may not be suitable for clients with disabilities or those over 65.
- People from age 15 and up can participate.
- The route is about 7 km.
- The activity is reserved for people accustomed to running.
- Though the guide accompanies the group, each participant is responsible for his or her own preparation and physical condition. The route is a trail through nature with a rough surface and uneven footing in which there is a risk of falling and which requires a high level of physical exertion. **IMPORTANT:** The guides possess third party liability insurance by law. The participants on the excursion are **NOT** covered by personal accident insurance.

Prices

Adults:

€ 20 (from 2 to 4 persons)

€ 15 (from 5 to 10 people)