

10-Day Multi-Sport Adventure

Ten days of varied adventure sports across a region: trekking, kayaking, mountain biking, rock climbing, canyoning, paragliding, surfing, horseback riding, via ferrata, and a multi-sport finale. Each day features a different primary sport with professional instruction.

Day 1 — Arrival & Trek

Transfer to Adventure Base

Transport

Description:	Pickup from airport. Transfer to the adventure base lodge in a mountain valley surrounded by rivers, cliffs, and forest — the terrain for the next 10 days.
Duration:	1h 30min
Price:	45 €

Adventure Base Lodge

Accommodation

Description:	Purpose-built adventure lodge. Gear storage, drying room, workshop. Twin rooms, full board. Climbing wall and sauna on site. Your base for all nine nights — every activity runs out from here and back, so you unpack once.
Price:	100 €
Address:	Adventure Base, Valley Floor, Mountain District
Check-in:	Invalid Date

10-Day Overview

Info

Description:	Ten sports in ten days. Each day: a different primary activity with professional instruction and all equipment provided. One rest day mid-trip. Moderate all-round fitness required; specialist skills taught on the day.
Group Size:	6–12 participants, 2–3 guides
Fitness Requirement:	Good — eight activity days from one base, beginner-friendly

Orientation Trek

●●●● Moderate

Activity

Description:	Afternoon hike through the surrounding hills. The guide assesses fitness and shows the terrain for the week's activities: river, crags, trails, and canyon entrance all visible from the ridge.
Distance:	8.0 km
Duration:	3h 0min
Elevation Gain:	400 m
Start Time:	14:00

Welcome Dinner

Meal

Description:	Group dinner. Meet the week's instructors. Preview the schedule.
Price:	28 €

Day 2 — Kayaking

River Kayaking ●●●● Moderate Activity

Description:	Morning skills session in calm water, afternoon grade II-III rapids. Wetsuits and all equipment provided.
Distance:	15.0 km
Duration:	5h 0min
Start Time:	08:30
Price:	65 €

Riverside Lunch Meal

Description:	Lunch on the riverbank between the morning skills session and the afternoon descent. Kayaks stay on the water and you eat in your wetsuit, so keep it light.
Duration:	45 min

Evening Rest Free Time

Description:	Arms and shoulders will be done in after a full day of paddling. Stretch, use the sauna, and eat more than you feel like — tomorrow is a riding day and it starts early.
Duration:	1h 30min

Dinner Meal

Description:	Lodge dinner. Bikes are fitted after dinner rather than in the morning, so bring your shoes down to the workshop and get the saddle height set tonight.
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Day 3 — Mountain Biking

Forest & Single-Track Riding ●●●● Challenging Activity

Description:	Full day on forest trails and purpose-built single-track. Morning: skills and flow trails. Afternoon: technical descents and optional jump line.
Distance:	35.0 km
Duration:	5h 0min
Elevation Gain:	700 m
Start Time:	08:00
Price:	55 €

Trail Lunch Meal

Description:	Packed lunch at a viewpoint roughly halfway round. Bikes get a quick chain and pressure check while everyone eats — the second half is rougher than the first.
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Bike Maintenance

Free Time

Description: Wash the bikes down and run through gears and brakes before handing them back. Anything found now gets fixed by the workshop overnight rather than becoming tomorrow's problem.

Duration: 45 min

Dinner

Meal

Description: Lodge dinner. Climbing tomorrow, so go easy on the climbing wall tonight however tempting it is — forearms do not recover in eight hours.

Day 4 — Rock Climbing

Outdoor Rock Climbing

●●●●● Challenging

Activity

Description: Full day at the local crags. Top-rope and lead climbing from grade 4 to 6b. Full instruction on harness, knots, belaying, and technique. Multi-pitch option for experienced climbers.

Duration: 5h 0min

Start Time: 08:30

Price: 55 €

Crag Lunch

Meal

Description: Lunch in the shade at the foot of the crag. Shoes off, feet up — the afternoon routes are longer and the approach is already behind you.

Recovery

Free Time

Description: Rest through the afternoon. Canyoning tomorrow works the same muscles as today, so this is a genuine recovery window rather than a spare half-day.

Duration: 2h 0min

Dinner

Meal

Description: Lodge dinner. Tomorrow is the rest day, so this is the one evening nobody has to think about an early start — the sauna is free until eleven.

Day 5 — Rest & Culture

Rest Morning

Free Time

Description: Sleep in. Mid-trip rest day. Body needs recovery after 4 consecutive activity days.

Duration: 3h 0min

Village & Hot Springs Visit ●●●●● Easy Activity

Description:	Visit the nearby village: local market, traditional crafts, thermal hot springs. Cultural contrast to the adrenaline of the activity days.
Duration:	3h 0min
Price:	15 €

Village Lunch Meal

Description:	Lunch at a family-run restaurant in the village. Local specialities, unhurried service, and the only meal of the trip that is not built around an activity either side of it.
Price:	14 €

Spa Afternoon Free Time

Description:	Thermal springs or lodge sauna. Passive recovery for the second half of the week.
Duration:	2h 0min

Second Half Preview Info

Description:	Days 6-10: canyoning, paragliding/horseback, surfing, via ferrata, and multi-sport finale. Briefing at dinner.
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Day 6 — Canyoning

Canyon Descent ●●●●● Challenging Activity

Description:	Descend a mountain canyon through waterfalls, natural slides, and jump pools. Wetsuit, helmet, harness. Abseils (rappels) and jumps — both optional at each obstacle.
Duration:	4h 0min
Start Time:	08:00
Price:	70 €

Canyon Safety Briefing Info

Description:	Canyon rules: helmet and harness on at all times. Every jump is optional — walk-around alternatives exist. The instructor checks every abseil anchor. Whistle signals: 1 blast = stop, 2 = go, 3 = emergency. Water temperature is cold — wetsuit essential.
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Post-Canyon Lunch Meal

Description:	Late lunch once everyone is out of the canyon and dry. Warm food and hot drinks matter more than usual here — the water is cold enough that people come out shivering even in summer.
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Afternoon Rest Free Time

Description:	Rest and dry gear. Canyoning is physically demanding — take it easy this afternoon.
Duration:	2h 0min

Dinner Meal

Description: Lodge dinner. Weather check for paragliding tomorrow.

Day 7 — Paragliding or Horseback

Tandem Paragliding ●●●●● Moderate Activity

Description: Tandem paragliding flight from the mountain above the lodge. No experience needed — you fly with a certified instructor. The launch, the silence of flight, and the view are unforgettable. Landing in the valley meadow.

Duration: 2h 0min

Start Time: 10:00

Price: 90 €

Weather Decision Info

Description: Paragliding requires: wind below 25 km/h, no rain, visibility above 3 km, no thunderstorm forecast within 6 hours. If conditions don't meet these criteria, the alternative is a horseback ride through the mountain trails (2.5 hours). Decision made at 09:00 on the day.

Alternative: Horseback Riding ●●●●● Easy Activity

Description: Horseback ride through mountain trails and meadows. No experience needed — gentle horses, experienced guides. A completely different perspective on the landscape. Duration 2.5 hours.

Duration: 2h 30min

Price: 60 €

Afternoon at Lodge Free Time

Description: Free afternoon. Either post-flight euphoria or post-ride relaxation.

Duration: 3h 0min

Dinner Meal

Description: Lodge dinner. Tomorrow is the coast: an early transfer out, surfing or SUP through the middle of the day, and back here for dinner. Pack a towel and dry clothes for the drive home rather than an overnight bag.

Day 8 — Surfing / SUP Day

Transfer to Coast Transport

Description: Morning drive to the coast. 90-minute transfer through mountain passes to reach the beach break. Equipment pre-arranged at the surf school.

Duration: 1h 30min

Start Time: 07:30

Surfing or SUP Lesson ●●●●● Moderate Activity

Description:	Morning surf lesson: beach instruction, paddling, pop-ups, and catching white water. Afternoon: free surfing or stand-up paddleboard (SUP) session in the bay. All equipment provided.
Duration:	5h 0min
Price:	60 €

Beach Lunch Meal

Description:	Lunch at the beach café between sessions. Fresh water to rinse the salt off before eating, and there is no shade on the sand, so the café terrace is the sensible option.
Price:	16 €

Return to Lodge Transport

Description:	Drive back up to the lodge in the late afternoon. Rinse the salt off both yourself and the gear when you arrive — boards and wetsuits go on the racks, not in your room.
Duration:	1h 30min

Dinner Meal

Description:	Lodge dinner after a day in the salt and sun. Via ferrata tomorrow needs a head for exposure more than strength, and the briefing happens over breakfast.
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Day 9 — Via Ferrata

Via Ferrata Climb ●●●●● Challenging Activity

Description:	Iron path route on the local cliff face. Fixed cables, rungs, and ladders up a rock wall with spectacular exposure. Harness and via ferrata set provided. Routes from K2 (easy) to K4 (difficult).
Duration:	4h 0min
Start Time:	08:30
Price:	50 €

Ferrata Grading & Setup Info

Description:	Routes: K2 (beginners, 1h), K3 (intermediate, 2h), K4 (advanced, 3h — requires confidence with exposure). Harness fitting: double lanyards clipped to cable at all times. Helmet mandatory. The instructor leads and checks each clip point. Vertigo check at the first ledge — option to descend if uncomfortable.
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Summit Lunch Meal

Description:	Lunch at the top of the via ferrata route. Walk down the back trail to return.
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Afternoon Rest Free Time

Description:	Rest before the final day. Some may want to use the lodge climbing wall for evening practice.
Duration:	2h 0min

Farewell Dinner

Meal

Description: Farewell dinner at the lodge. Award ceremony: best wipeout, bravest moment, most improved, and the coveted multi-sport champion trophy.

Price: 35 €

Day 10 — Multi-Sport Finale & Departure

Multi-Sport Relay

●●●●● Challenging

Activity

Description: Grand finale: a multi-sport relay combining elements from the week — trail run, kayak sprint, bike leg, and climbing wall. Teams of 3, timed, with transitions. Competitive but friendly. The winning team gets bragging rights forever.

Duration: 3h 0min

Start Time: 08:00

Celebration Brunch

Meal

Description: Post-relay brunch. Relay results, group photos, certificate ceremony. 10 sports completed in 10 days.

Lodge Check-out

Accommodation

Description: Check out. Return all equipment. Tip the instructors and lodge team. Settle extras.

Check-out: Invalid Date

Departure Transfer

Transport

Description: Transfer to airport or station. 10 sports, 10 days, one incredible adventure.

Duration: 1h 30min

Price: 45 €

Trip Summary

Info

Description: Complete: trek (8 km), kayaking (15 km), biking (35 km), climbing, canyoning, paragliding/horseback, surfing, via ferrata, and multi-sport relay. A truly multi-sport adventure.

What's Included

Info

Description: Nine nights at the adventure lodge on full board with gear storage, drying room and workshop, two to three guides throughout, all technical equipment for all eight disciplines, every transfer including the coastal day, all meals, and group safety equipment. One unpack for the whole trip: every activity runs out from the lodge and back.

What's Not Included

Info

Description: Personal clothing and footwear across water, riding, climbing and walking; travel to the lodge; travel insurance covering every listed activity; drinks; laundry; the tandem paragliding surcharge if the weather allows it to run; and gratuities for guides and instructors. Eight sports in ten days needs more clothing than a single-activity trip — the packing list is long for a reason.

Insurance & Documents Info

Description:

Travel insurance must name every discipline on this itinerary: kayaking, mountain biking, climbing, canyoning, via ferrata, surfing and tandem paragliding. That last one is excluded by most standard policies outright, and via ferrata is frequently written out alongside it. A policy covering six of eight leaves you off two activities. Three of the eight activities put you in water — river, canyon and surf — so swimming competence is a requirement of the trip rather than of one day. Carry photo ID and the insurer's emergency number with you rather than leaving them at the lodge, since half these activities happen an hour or more away from it.