

5-Day Multi-Sport Combination

Five days of varied adventure sports — trekking, kayaking, mountain biking, rock climbing, and canyoning. A different sport each day with professional instruction. Based at a single adventure lodge with all equipment provided.

Day 1 — Arrival & Trek

Week Overview

Info

Description:	Five days, five different adventure sports: trekking, kayaking, mountain biking, rock climbing, and canyoning. All based from a single lodge — no transfers between accommodations. Professional instructors for each activity. All equipment provided. Participants need moderate all-round fitness; specialist experience is not required as instruction is included.
Group Size:	6–10 participants, 2 guides
Fitness Requirement:	Good — a different sport each day, no experience needed

Transfer to Adventure Lodge

Transport

Description:	Pickup from the regional airport or train station. The lodge is in a mountain valley surrounded by the terrain that makes each activity possible — rivers, cliffs, trails, and forests all within 30 minutes. The transfer includes a brief tour of the area.
Duration:	1h 30min
Price:	40 €
Start Time:	11:00

Adventure Lodge

Accommodation

Description:	Purpose-built adventure lodge with equipment storage, drying room, workshop area, and outdoor terrace. Twin rooms with en-suite bathrooms. Full board — all meals included. The lodge has a small bar, a climbing wall for evening practice, and a sauna for recovery.
Price:	110 €
Address:	Adventure Lodge, Valley Floor, Mountain District
Check-in:	Invalid Date

Afternoon Orientation Trek

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Activity

Description:	Introductory hike through the surrounding hills. The guide uses this to assess group fitness, pace, and comfort on different terrain. The route passes the river (tomorrow's kayaking), the crag (Day 4 climbing), and the canyon entrance (Day 5). Beautiful views of the valley from the high point.
Distance:	8.0 km
Duration:	3h 0min
Elevation Gain:	400 m
Start Time:	14:00

Team Dinner & Briefing

Meal

Description:	Welcome dinner at the lodge. Meet the instructors for each activity. Preview the week's schedule, discuss any concerns, and set expectations. The cook specializes in high-energy meals for active holidays — expect generous portions.
Price:	30 €
Start Time:	19:00

Day 2 — Kayaking Day

Transfer to River Put-In

Transport

Description:	Short drive to the river access point. Equipment trailer with kayaks follows. Change into wetsuits and water shoes at the riverbank. The instructor handles boat allocation based on yesterday's fitness assessment.
Duration:	30 min
Start Time:	08:30
Address:	River Put-In, Bridge Parking Area, Valley Road km 12

Morning Kayak Skills & Warm-Up

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Activity

Description:	Skills session in calm water: paddle strokes, turning, bracing, and wet exit practice. Everyone capsizes at least once in controlled conditions — it removes the fear. Then a warm-up paddle on the flat section before the rapids begin.
Distance:	6.0 km
Duration:	2h 0min

Riverside Lunch

Meal

Description:	Lunch on the riverbank at the halfway point. Wraps, fruit, and hot drinks from a thermos. Dry off in the sun before the afternoon session. The instructor briefs the afternoon route — grade II-III rapids ahead.
Price:	15 €
Duration:	45 min

Afternoon River Kayaking

●●●● Challenging

Activity

Description:	The main event — paddling through grade II-III rapids. The instructor leads, calling lines through each rapid. Exciting but manageable with morning skills fresh in mind. The river alternates between fast sections and calm pools for recovery. Finish at the take-out point where the vehicle is waiting.
Distance:	12.0 km
Duration:	3h 0min

River Safety Procedures

Info

Description:	River rules: PFD worn at all times, helmet secured. If you capsize, feet downstream, on your back, wait for the calm pool. Never stand up in fast-moving water — foot entrapment is the biggest river danger. Throw bags positioned at three points along the rapid section. Instructor carries a pin kit and first aid.
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Return to Lodge

Transport

Description: Drive back to the lodge with boats on the trailer. Rinse wetsuit and gear at the lodge wash station. Hot shower and the sauna are calling.

Duration: 30 min

Evening Rest

Free Time

Description: Rest and recovery. Arms and shoulders worked hard today — stretch thoroughly. The lodge's climbing wall is tempting but save energy for biking tomorrow.

Duration: 1h 30min

Lodge Dinner

Meal

Description: Dinner at the lodge. High-protein meal for muscle recovery. Early bed — tomorrow's biking starts at 08:00.

Start Time: 19:00

Day 3 — Mountain Biking Day

Morning Forest Trail Ride

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Activity

Description: Morning ride on forest single-track. A mix of flowing trail, roots, rocks, and occasional drops. The instructor adjusts the route based on ability — bypasses exist for the most technical sections. Suspension set to mid-travel, tire pressure 1.8-2.2 bar.

Distance: 25.0 km

Duration: 3h 0min

Elevation Gain: 500 m

Start Time: 08:00

Trailside Lunch

Meal

Description: Packed lunch at a scenic viewpoint along the trail. Check bikes during the break — brakes, tire pressure, chain. The afternoon loop has more technical terrain so everything needs to be working.

Duration: 45 min

Afternoon Technical Single-Track

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Activity

Description: The best trails in the area — purpose-built single-track with berms, jumps (all rollable), and rock gardens. The instructor demonstrates each technical feature before the group rides it. Those wanting more challenge can session the jump line; others take the flow trail.

Distance: 15.0 km

Duration: 2h 30min

Bike Maintenance & Rest

Free Time

Description: Clean bikes at the lodge wash station. Check for any mechanical issues — the workshop has tools and spares. Stretch legs thoroughly — quads and glutes took a beating on the descents.

Duration: 1h 0min

Lodge Dinner Meal

Description: Dinner at the lodge. Tomorrow is climbing — the instructor will brief the group on what to expect and how to prepare. Fingers and forearms need to be fresh.

Start Time: 19:00

Midweek Check Info

Description: Halfway through the multi-sport week. Three sports done, two to go. Check in with the group — any injuries, concerns, or preferences for the remaining days. Tomorrow's climbing is adjustable: easy top-rope routes for beginners, multi-pitch for experienced climbers.

Day 4 — Rock Climbing & Recovery

Guided Rock Climbing ●●●●● Challenging Activity

Description: Morning at the local crag — natural limestone or granite depending on the area. Top-rope and lead climbing routes from grade 4 to 6b. Full instruction provided: harness fitting, knots, belaying, and movement technique. The instructor sets up routes and supervises all climbs. Multi-pitch option for experienced climbers.

Duration: 4h 0min

Start Time: 08:30

Price: 50 €

Climbing Briefing Info

Description: Safety brief: helmet mandatory, harness double-back check, figure-8 knot verified before every climb. Belayer must be attentive — no phones while belaying. Call 'climbing' before you start, 'take' when you want to rest on the rope, 'lower' when you're done. The crag has an approach walk of 15 minutes — wear approach shoes, change to climbing shoes at the wall.

Lunch at Crag Meal

Description: Packed lunch in the shade at the base of the crag. Climbing is surprisingly hungry work — forearms burn calories. Drink plenty of water and rest hands between climbs to prevent pump (forearm fatigue).

Duration: 45 min

Afternoon Recovery Free Time

Description: Free afternoon for recovery. The lodge sauna, pool, or just lounging on the terrace. Hands and forearms need rest before tomorrow's canyoning, which requires grip strength. Massage available at the lodge by appointment.

Duration: 3h 0min

Optional: Sunset Hike or Village Walk ●●●●● Easy Activity

Description: For those with energy — a gentle sunset walk to the viewpoint above the lodge (30 minutes up), or stroll to the nearby village for an ice cream and local atmosphere. Low effort, high reward.

Duration: 1h 30min

Farewell Dinner

Meal

Description:	Special farewell dinner — the cook pulls out all the stops on the penultimate evening. Share week highlights: best moment, scariest moment, proudest achievement. Tomorrow is the grand finale: canyoning.
Price:	35 €
Start Time:	19:00

Day 5 — Canyon & Departure

Morning Canyoning

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Challenging

Activity

Description:	The week's grand finale — descending a mountain canyon through waterfalls, natural slides, and jump pools. Wetsuit, helmet, and harness provided. The instructor leads, setting ropes for abseils (rappels) and checking each jump pool depth. Spectacular limestone formations, crystal water, and an unforgettable adrenaline rush.
Duration:	3h 0min
Start Time:	08:00
Price:	65 €

Brunch at Lodge

Meal

Description:	Late brunch at the lodge after canyoning. Hot food, coffee, and the glow of having completed five different adventure sports in five days. Final group photo on the lodge terrace.
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Optional: Short Mountain Bike Ride

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Moderate

Activity

Description:	For the insatiable — one more ride on the flow trail before departure. A victory lap to round off the week. 10 km, mostly downhill, pure fun.
Distance:	10.0 km
Duration:	1h 30min

Departure Transfer

Transport

Description:	Transfer to the airport or station. Load bags and say goodbye to the lodge, the instructors, and the valley that hosted five days of adventure. The transfer is a good time to review photos and relive the highlights.
Duration:	1h 30min
Price:	40 €

Lodge Check-out

Accommodation

Description:	Check out of the lodge. Return any borrowed equipment. Settle extras at reception. Tip the instructors and lodge staff — they made the week possible.
Check-out:	Invalid Date

Trip Summary & Equipment Return

Info

Description:	Five sports completed: trekking (8 km), kayaking (18 km), mountain biking (40 km), rock climbing (multi-route), and canyoning. Return all personal equipment issued by the lodge. Check for any damage and report honestly. Collect adventure certificates and group photos from the lodge reception.
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What's Included Info

Description: Four nights at the adventure lodge on full board with gear storage and a drying room, two guides throughout, all technical equipment for every discipline — kayaks, bikes, climbing hardware and wetsuits — all transfers between venues, all meals, and group safety equipment including first aid and radios.

What's Not Included Info

Description: Personal clothing and footwear for water, riding and walking; travel to the lodge; travel insurance covering all the listed activities; drinks; the optional activities priced separately in the itinerary; and gratuities. Nothing here needs previous experience, but everything needs the right shoes.

Insurance & Documents Info

Description: Travel insurance must cover every discipline on the itinerary: kayaking, mountain biking, rock climbing and canyoning are frequently listed as separate exclusions and a policy covering three of the four is no use. Swimming competence matters twice here — in the river kayak and again in the canyon, where you swim short sections between obstacles whether you planned to or not. Bring photo ID and your insurer's 24-hour number.
