

Multi-Sport Day Challenge

An action-packed day combining three different outdoor sports: trail running (or hiking), kayaking, and mountain biking. Tests versatility and endurance across disciplines. Includes equipment transitions and recovery planning.

Day 1 — Multi-Sport Challenge

Day Overview

Info

Description:	Three-sport day: trail run/hike, kayak, and mountain bike. Total active time approximately 6.5 hours across the three disciplines. Transitions between sports are built into the schedule. Participants need moderate-to-good fitness across all three activities. All equipment provided at each venue.
Group Size:	4-8 participants, 2 guides
Fitness Requirement:	High — three sports back to back in one day

Transfer to First Venue

Transport

Description:	Drive to the trailhead for the first sport. Gear bags for later activities stay in the vehicle or are pre-positioned at the next venue.
Duration:	30 min
Start Time:	07:30

Trail Run or Hike

●●●●● Challenging

Activity

Description:	First discipline: trail run on a loop course through forest and open terrain, or a fast-paced hike for those who prefer walking. Mixed surface — dirt trails, some rocky sections, a few short climbs. Focus on steady effort — this is a warm-up for the day, not an all-out race.
Distance:	8.0 km
Duration:	2h 0min
Start Time:	08:00

Kayaking

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Activity

Description:	Second discipline: kayaking on a lake or calm river. Uses different muscle groups from running — arms, shoulders, and core get the workout now while legs recover. Includes a quick safety brief and paddle technique refresher before launch.
Distance:	5.0 km
Duration:	1h 30min

Quick Lunch

Meal

Description:	Fast but nourishing lunch between the second and third sports. Wraps, energy bars, fruit, and plenty of fluids. Keep it light — heavy meals before mountain biking cause discomfort. 20-minute transition time built in.
Duration:	40 min
Price:	12 €

Mountain Biking ●●●●● Challenging Activity

Description: Third and final discipline: mountain biking on forest trails. A mix of flowing singletrack and wider fire roads. Mostly downhill or rolling terrain to account for accumulated fatigue. Focus on technique over speed — tired riders make mistakes on technical sections.

Distance: 15.0 km

Duration: 2h 0min

Bike Setup Notes Info

Description: Mountain bike setup for the group: suspension set to mid-travel (not fully open), tire pressure 1.8-2.2 bar for the trail surface, saddle lowered for technical sections. Check brakes before the first descent — bed in new pads if rental bikes. Helmet mandatory, gloves strongly recommended.

Cool Down & Stretch Free Time

Description: Essential recovery time. Full-body stretch focusing on legs, shoulders, and lower back. Foam rolling if available. Drink at least 500 ml of water or electrolyte mix. Compare Strava segments and share the day's highlights.

Duration: 30 min

Return Transfer Transport

Description: Drive back to accommodation. Everyone will be tired — designated driver should not have over-exerted. Return any rental equipment that was loaded in the vehicle.

Duration: 30 min

Recovery Tips Info

Description: Post-challenge recovery: eat a protein-rich meal within 1 hour. Take a cool shower followed by warm to aid circulation. Gentle walking tomorrow is better than complete rest. Expect muscle soreness in unusual places — multi-sport days use muscles that single-discipline training misses.

What's Included Info

Description: Two guides for the day, all technical equipment for the three disciplines — kayak with paddle and buoyancy aid, mountain bike with helmet, and trail poles if wanted — transfers between the three venues, a packed lunch and trail snacks, and group safety equipment.

What's Not Included Info

Description: Personal clothing and footwear for three different sports, which is more than people expect: shoes that can get wet, shoes that can pedal, and something dry for the drive home. Also excluded: travel insurance, drinks beyond the water provided, and gratuities.

Insurance & Documents Info

Description: Travel insurance covering kayaking, mountain biking and hill walking is required — policies that cover one often exclude another, so check all three rather than the headline. You need to be comfortable enough in water to right yourself after a capsize on flat water, which is what the kayak leg asks of you and nothing more. Bring photo ID and your insurer's emergency number.