



## TEAM BUILDING SPORT EXPERIENCE

**Orienteering:** map and compass to identify the winning direction. Teamwork and strategy combine physical and mental engagement to achieve predefined objectives. Opportunities for outdoor sessions in the woods or in urban environments, with historical and cultural insights.

**Trekking:** a hiking experience immersed in the stunning backdrop of the Orobie Alps. An activity suitable in every season and for all fitness levels. Possibility of sunrise departures, daytime excursions, or evening outings under the moonlight.

**Climbing:** an opportunity to ascend, challenge your limits, and rediscover the world from a new perspective. Sport climbing is dynamic, safe, and visually impressive. Options for outdoor climbing on natural rock or indoor sessions in dedicated facilities.

**E-Biking:** riding along kilometres of cycle paths and trails to explore the magnificent mountains facing the Presolana, the queen of the Orobie range.

**Nordic Walking:** the art of walking in nature using poles. A healthy, accessible activity suitable for everyone, combined with the discovery of natural landscapes and/or urban areas.

## TEAM BUILDING TASTE EXPERIENCE

Guided tours and tastings designed to explore the culture and traditions of the Bergamo area. Exclusive venues, stories and legends that fascinate and make the experience truly memorable.

Possibility of excursions by e-bike, on foot, or with various means of transport to discover the food and wine treasures of the Upper Seriana Valley.

During the summer season, opportunities for excursions on foot or by e-bike with alpine farm visits and tastings.

## TEAM BUILDING LEADERSHIP AND MEMBERSHIP EXPERIENCE

**Objective:** developing relational skills for business leaders and corporate coordinators. Indoor and outdoor activities featuring structured exercises focused on key themes consistently present in team dynamics:

Communication / Active listening / Trust / Problem solving / Ability to face change / Time and deadline management / Strengthening team spirit