



EXPERIENCE DAY TOURS

(Wine, Bikes, Horses, Kayaks, Culinary Experiences, Yoga)

We like to think of Uruguay as a “country of experiences”. Whilst it is not a very well-known destination, Uruguay has that “special something” that will make you fall in love.



COASTLINE FROM LA BARRA TO JOSE IGNACIO

Only 20 minutes from the jarring, glitzy resort fashioned Punta Del Este, expansive golden beaches and low headlands stretch northeast along a single coast road connecting a ribbon of beach settlements. This is where you will find La Barra, Manantiales and José Ignacio, each emptier and more low-key than the last. Little shops and restaurants sell floaty dresses and Gucci sunglasses, dulce de leche ice cream, the local Chivito sandwich and Japanese sushi. This area is to Uruguayans as the Hamptons are to New Yorkers; a chic retreat from city life that exudes barefoot elegance with a distinctly South American, bohemian charm.



HORSEBACK RIDE - COUNTRYSIDE & LAGOON

Enjoy a horseback ride overlooking the shores of the Lagoon and along the Uruguayan campo. We will ride cross-country along the prairies of private estancias to discover local trails that will take us to landscapes of native forests, ample lagoon and countryside where we will be able to see Ñandúes (American Rheas), mulitas (armadillos), capybaras, local deer and many different birds.

Includes: Guide, horse and helmet / **Does not include:** Any transfers

Starting/Ending point: Estancia Anastasio (Jose Ignacio Rural)

Duration: 1 hrs.

HORSEBACK RIDE TO THE BEACH

Enjoy a horseback ride along the countryside to the sandy Atlantic coast. We will ride cross-country and along trails private estancias to discover the sand dunes at the beach. We will enjoy the freedom of cantering along the shore to the rhythm of the waves, which will lead us to the beautiful Laguna Garzon. We will cross the lagoon feeling part of an incredible landscape of dunes, waves and ocean. An unforgettable experience that you will never forget!

Includes: Guide, horse and helmet / **Does not include:** Any transfers

Starting/Ending point: Estancia Anastasio (Jose Ignacio Rural)

Duration: 2 hrs.



HORSE BACK RIDE IN AGUERVERDE VINEYARDS

Enjoy a horseback riding tour overlooking the rocky landscape of the Maldonado stream. The horse is an integral part of nature, and its passage does not disturb the environment around us, so there is a big chance of seeing a great variety of birds, armadillos, foxes and hares that live in the area. You will ride to Aguaverde vineyards where we will cross the forest and vines.

Includes: Guide, horse and helmet.

Does not include: Any transfers

Starting/Ending point: Aguaverde Vineyards (La Barra Rural)

Duration: 1 hrs.

HORSEBACK RIDE TO ESTANCIA VIK

Enjoy a horseback riding tour cross country along private trails of local ranches. We will open several “porteras” (gates), going from one neighbor to the next one across corn crops, cattle estancias and dairies before reaching Camino Sainz Martinez. We will enjoy the freedom of cantering along the Uruguayan countryside to arrive just on time for a family- style lunch at Estancia VIK (not included).

Includes: Guide, snacks, water, horse and helmet. / **Does not include:** Any transfers

Starting point: Estancia Anastasio (JIG Rural)

Ending point: Estancia VIK (JIG Rural)

Duration: 3-4 hrs.



HORSEBACK RIDE UNDER THE FULL MOON

The celebration of the full moon means to connect oneself with the harmony of the universe and the cycles of nature. Join us each full moon for a memorable evening combining food, adventure and horses. The reflection of the moon on the lagoon, the sky full of bright stars that seems within reach and the magic of the fire pits create an unforgettable night held each moon, throughout the year.

Includes: Horse, helmet, guide and informal dinner around the fire

Does not include: Any transfers

Starting/Ending point: Estancia Anastasio (Jose Ignacio Rural)

Duration: 3-4 hrs.

Available: Every full moon year round; please ask for dates, program and availability.



HORSEBACK RIDE TO “EL CARACOL” PROTECTED AREA

Enjoy a horseback riding tour along the countryside, unspoiled coastal lagoons and the shores of the Atlantic Ocean. Ride bordering the coastal strip of the natural reserve of Laguna Garzón and into the forest through a trail of cactus and native trees that will take you to a secret spot in the forest where the fire pits will be burning under the stars. Enjoy an unforgettable dinner under the moonlight with noise of the waves reminding you that the sea is only a few meters away.

Includes: Guide, horses, saddlebags, helmet and dinner with water and wine included.

Does not include: Any transfers / **Duration:** 3 - 4 hours

Starting point: Estancia Anastasio (Jose Ignacio Rural)

Ending point: Refugio El Caracol (Laguna Garzon)

BIKE RIDE IN RURAL JOSE IGNACIO

Enjoy a ride along the rural trails of Jose Ignacio that lead to Laguna Garzon and the circular bridge. We will tour the town, the lighthouse and Main Square to continue on Route 10 towards “La Lengüeta” of Laguna Garzon. We continue on internal roads of local ranches across the Uruguayan campo. We will return along picturesque trails that only locals know.

Includes: Guide, support vehicle, snacks & water, bikes with helmet, handle bag

Does not include: Meals

Duration: 1 hrs. (Average distance cycled would be 20 kms)

Starting/ Ending point: Lighthouse of Jose Ignacio



BIKE RIDE IN LA BARRA TO THE ATCHUGARRY FOUNDATION

Enjoy a cycling tour from the crazy bridge of La Barra to the Atchugarry Foundation, a nonprofit institution created in 2007, by the sculptor Pablo Atchugarry with the intention of encouraging the arts, an ideal area for the union between nature and art. After enjoying a typical picnic lunch in the forest, continue the ride back through local trails back to the starting point.

Includes: Specialized guide, support vehicle throughout the ride, snacks and water, bikes with helmet, handle bag & picnic / **Does not include:** Any Transfers

Duration: 4-6 hrs. (Average distance cycled would be 22 kms)

Starting/ Ending point: La Barra Bridge

BIKE RIDE FROM PUNTA DEL ESTE TO JOSE IGNACIO

The tour begins at the intriguing “Casapueblo”, a spectacular property on the hillside over the Atlantic Ocean. We will bike to Punta Del Este and continue along the shimmering shoreline enjoying views of unspoiled beaches and beach shacks as we ride into the raw landscape of the Uruguayan “campo”. We will enjoy a well-deserved picnic lunch before continuing our ride to Jose Ignacio.

Includes: Transfers from hotel in La Barra or Jose Ignacio Guide, support vehicle, snacks & water, picnic, bikes with helmet & handle bag. / **Does not include:** Any Transfers

Duration: 4-6 hrs. (The average distance ridden is 50 kms)

Starting point: Hotel in La Barra or Jose Ignacio / **Ending point:** Jose Ignacio



BIKE RIDE IN GARZON, THE “URUGUAYAN TUSCANY”

The tour begins with a visit to the Garzon Winery with tasting included. Built atop a rocky outcrop, the winery offers amazing views of the vineyards located within rocky hillsides with mineral-intense, well-draining soils that create high-quality grapes. After the visit, enjoy a bike ride to the sleepy town of Garzon where we will visit the main square, chapel and train station. Suggested lunch (not included) at “El Garzon” restaurant (owned by the renowned Argentinean chef, Francis Mallmann). After lunch, transfer back to your hotel.

Includes: Transfers to/ from hotel in La Barra/Jose Ignacio, Guide, support vehicle, visit with tasting at winery, snacks, water, bikes with helmet and handle bag.

Duration: 4-6 hrs. (Approx. 12 kms). / **Starting/ Ending point:** Hotel La Barra / Jose Ignacio



BIKE RIDE IN PUEBLO EDEN, WINES & OLIVES

The experience begins at a local Olive oil plantation where we will learn about the extra virgin Olive oil production in Uruguay. After an olive oil tasting, we will ride to Viña Eden winery located on the rocky outcrops of Pueblo Eden, an exceptional place where wines combine the climate of the hills and freshness of the Atlantic ocean. Enjoy a tasting and light lunch overlooking the vineyards before continuing the ride to Laguna del Sauce.

Includes: Transfers from La Barra/ Jose Ignacio, guide, support vehicle snacks and water, bikes with helmet, handle bag, olive oil tasting and lunch at Viña Eden.

Duration: 4-6 hrs

KAYAK TOUR (OR PADDLE BOARD) TO THE GARZON LAGOON

The natives of our country used canoes as a primary means of transport. These were the Guarani people who, upon navigating the rivers and streams, discovered all the geographical features of Uruguay leaving us a legacy of native names like Aiguá (springs), Batoví (bosom), Cebollatí, and, of course, Uruguay, which means "River of the painted birds." As Uruguayans, we carry the native spirit of these lands within us thus so many people love to go kayaking!

Includes: Guide, kayak, life jacket, water and snack

Does not include Any transfers

Duration: 1 hr.

Starting/ ending point: Estancia Anastasio or Garzon Lagoon Bridge



KAYAK (OR PADDLE BOARD) TO LA BARRA BAY

The tour begins at the Maldonado Stream with an amazing view of the local wetlands that are populated with a great variety of birds. We will paddle across the crazy bridge of "La Barra" and enjoy the view of the town from the water, a very different perspective! On arrival to The Bay, enjoy a delicious picnic lunch and a refreshing swim before paddling back!

Includes: Guide, kayak, life jacket, water and snack

Does not include Transfer to/ from starting point

Duration: 1 hr. / ***Starting/ ending point:*** La Barra Bridge

Available: All year round with previous booking only

BIKE RIDE & KAYAK TO THE ANASTASIO LAGOON

The day begins with a bike ride along rural trails and private estancias to a secret entrance to the Anastasio Stream. From there we will kayak to the lagoon! This lagoon has an outlet to the sea during winter months and constitutes a bird paradise with Flamingos, Swans, Herons and storks among others. We will enjoy a traditional picnic lunch and bike back to Jose Ignacio (or you can add a transfer).

Includes: Guide, bike, helmet, kayak, life jacket, water and picnic

Does not include Transfers

Duration: 4-6 hr.

Starting point: Lighthouse of Jose Ignacio

Ending point: Estancia Anastasio (Jose Ignacio Rural)



BIKE RIDE & BOAT TRIP TO THE ROCHA LAGOON

The day begins with a bike ride from the lighthouse of La Paloma to the Rocha Lagoon, a semi-freshwater lagoon of 72 km² (28 sq mi). The lagoon has an outlet to the sea during winter months and constitutes a bird paradise with 220 species like the migratory waders, Flamingos, Swans and Herons. Enjoy a boat trip along the lagoon and learn about the local way of life. After a picnic lunch, transfer to Jose Ignacio.

Includes: Guide, bikes with helmet, boat trip, picnic lunch and transport from hotel in La Paloma and to Jose Ignacio / ***Duration:*** 4 hr.

Starting point: Hotel in La Paloma ***Ending point:*** Hotel in Jose Ignacio



SURF CLASSES

Uruguay is an unknown surfing destination, despite the many breaks that are scattered along just 200kms (124mi) of Atlantic coast. There is everything from left or right point breaks to beach breaks, not to mention the river mouths and even outer reefs with big waves. If you're an experienced surfer, enjoy your favorite sport with one of our local instructors, who will take you to the best spots! If you're new to the activity, no better place than Uruguay to start!

Includes: Instructor, board and wetsuit

Does not include: Transfers to/from the starting point / **Duration:** 1 hrs.

Starting/ending point: Brava Beach in Jose Ignacio

KITE SURF

It is a windy day in the eastern coast of Uruguay and a beach day does not seem like a good option. The alternative? KITE SURFING! Even before arriving to Laguna Garzon, you can already see them flying: colorful kites sliding to the rhythm of the waves and wind. If there is a sport that shines in this region, this is for sure kitesurfing. An almost permanent wind with calm lagoons and wavy sea. This is the place to try it: Go ahead and fly over the lagoon; you will not want to leave!

Includes: instructor, equipment and wetsuit

Does not include: Transfers to/from the starting point / **Duration:** 1 hrs.

Starting/ending point: Laguna Garzon



ATV TOUR TO "EL CARACOL" THE PROTECTED AREA

The day begins with an ATV ride along Camino de las Portuguesas and down to the coast bordering the lagoon strip of the natural reserve of Laguna Garzón. After crossing the circle bridge, we will arrive to the protected area of "El Caracol" and enter the forest by a trail of "acacias", cactus and local native plants before arriving to the northernmost point of the Lagoon. We will return along the coast to the region of Jose Ignacio

Includes: ATVs, Guide and helmet. / **Does not include:** Transfers to/from the starting point

Starting/ending point: Lighthouse of Jose Ignacio

Duration: 2 hrs.

COOKING CLASS AT THE HOME OF A LOCAL CHEF

Join one of our local chefs in a culinary experience coordinated in a private format (by reservation only), for those interested in going beyond mere tasting. The experience takes place within an informal atmosphere, accompanied by a glass of good wine. Learn about the local products of Uruguay, how to cook them and the local traditions of our country! Participants will be able to prepare the main course or the complete menu (which is pre selected by our chef taking into consideration guests' food restrictions and personal tastes).

Includes: All the ingredients, equipment and guidance of our local chef!

Does not include: Transfer to/from the place of the cooking class.

Duration: 4hrs. / **Starting/ending point:** Chef's house in La Barra



COOKING CLASS: COOKING WITH FIRE IN THE FOREST

This culinary experience takes place in a secret spot in the middle of the forest where you will learn first hand how Uruguayans cook their meats and vegetables with fire! Iron pots, parrillas, griddles, coals and wood will be the stars of our evening... Organic vegetables, fresh fish or our traditional red meats... you will be able to prepare the main course the Uruguayan way!

An unforgettable evening!

Includes: All the ingredients, equipment and guidance of our local chef!

Does not include: Transfer to/from the place of the cooking class.

Duration: 4hrs. / **Starting/ending point:** El Caracol, Laguna Garzon



HIKE FROM JOSE IGNACIO BEACH TO THE COUNTRYSIDE

Hike along the beach alternating coastal views of the Atlantic Ocean with sand dunes. We will traverse a beautiful pine forest and follow a local trail to the rural region of Jose Ignacio. Local farms, estancias and summer homes will surround the landscape. The walk offers several lovely viewpoints, and despite being relatively close to the town, there is a deep rural tranquility. On arrival to the Anastasio Lagoon, we will enjoy a picnic lunch.

Includes: Transfers to/from hotel in Jose Ignacio, Guide, water, picnic lunch and transfer back. / **Duration:** 4 hrs / **Distance hiked:** 12 kms / 8 miles

Starting: Lighthouse of Jose Ignacio **Ending point:** Estancia Anastasio

HIKE AT "EL CARACOL" THE PROTECTED AREA

Our day begins at the circle bridge of Laguna Garzon. We will cross the anglers' settlement and follow the trail to the coast of the lagoon continuing along the forest to the northern extreme of "El Caracol" known as "El Bonete". Only a few local neighbors live in the area and their houses are hidden within the forest. We will return to the coast along the lagoon and enjoy lunch at a secret spot within the forest.

Includes: Guide, water, snacks and picnic lunch
Duration: 4 hrs (Distance hiked 12 kms / 8 miles)
Starting/ ending point: El Caracol, Laguna Garzon



HIKE THE ROLLING HILLS OF GARZON

The day begins at the small town of Garzon where we will start our hike across the hills of Garzon. We will follow a local trail only known by locales to traverse the rolling hills of this region known as the "Tuscany of Uruguay". After 12 kms, we will arrive to the Garzon winery built atop a rocky outcrop that offers amazing views of the vineyards located within rocky hillsides. Enjoy lunch overlooking the vineyards before returning to your hotel.

Includes: Transfers to/ from hotel in La Barra or Jose Ignacio, Guide, support vehicle, lunch at Garzon Winery, snacks and water.

Duration: 4-6 hrs. (The average distance hiked is 12 kms).

Starting/ ending point: Hotel in La Barra or Jose Ignacio

HIKE TO THE ROCHA LAGOON

Our day begins at the lighthouse of La Paloma from where we start our hike along the coast to the Rocha Lagoon, a semi-freshwater lagoon with an outlet to the sea that constitutes a bird paradise with 220 species like the migratory waders, Flamingos, Swans, Herons and storks. After lunch at "Cocina de La Barra", a small restaurant managed by the wives of the fishermen, meet a local angler who will take you on a boat trip along the lagoon! We will learn about the local way of life and enjoy birdwatching in the area.

Includes: Transfers, Guide, boat trip, snacks and water and picnic
Duration: 4-6 hrs. / **Starting/ ending point:** Hotels between Punta and La Pedrera



HIKE TO SANTA TERESA NATIONAL PARK & CERRO VERDE

Our day begins with a drive to Santa Teresa National Park. We will hike along the coast to the Green Hill Protected Area. We will be looking for green turtles and dolphins, hoping to be lucky to spot them (November to March). We will continue to La Coronilla, where we will visit the visitors' center of the local NGO Karumbé (which means "turtle" in the local Guaraní language). A specialist will tell us about the different activities they are carrying out in the area. After a Picnic lunch, visit the hanging bridge and transfer back

Includes: Transfers, guide, snacks, water, and picnic.

Duration: 6-8 hrs. / **Starting/ ending point:** Hotel between Punta and Punta del Diablo



CABO POLONIO TREKKING TOUR

Morning drive to the small Village of Valizas. Enjoy a barefoot trek across the sand dunes to the village of Cabo Polonio where you can visit one of the largest colonies of sea lions in South America. Completely isolated from the nearby towns by a big strip of Sand dunes, this village remains loyal to its charm and spirit! This marvelous 4-hour trekking will take you from the middle of the desert to experiencing breathtaking view of the Atlantic Ocean. Includes basic lunch at a fisherman's restaurant that can be upgraded to lunch overlooking the sea

Includes: Transport to Valizas, guide, snacks and water, boat crossing of the Valizas Stream and 4x4 monster trucks out of the town. **Basic Lunch.** Visit to lighthouse & sea lions reserve.

Does not include: Upgraded Lunch. / **Duration:** 9 hrs.

Starting/ending point: Hotel in Punta, La Barra or Jose Ignacio

PHOTOGRAPHY TOUR

Do you love photography? Are you dreaming of photographing stunning landscapes? It is hard to describe just how magical it is to be out in the Uruguayan landscape with your camera. Uruguay is a photography lover's paradise. Lavender and flowers in full bloom, horses galloping along green and yellow fields, surfing waves, lagoons full of birds, and best of all, you are there to capture it all with your camera! Enhance your photo skills while discovering new locations. Excellent for all photography levels.

Includes: Specialized guide, necessary equipment for the activity and transfers

Duration: 2-3hrs. / **Starting/ending point:** Hotel in Jose Ignacio or La Barra



ART TOUR

It is hard to believe that a small country like Uruguay would have so many talented visual artists. From the map of South America, which Joaquin Torres Garcia placed head over heels in 1935 to the present, many liters of painting have run on canvas and Uruguay has been placed in the world map of contemporary art drawing collectors from all over the world. The tour includes private visits to artists' studios and local exhibitions. A local art specialist will guide you and introduce you to local artists.

Includes: Guide, museum and atelier entrances and transport / **Duration:** 4 hrs.

Starting/ending point: Hotel in Punta, La Barra or Jose Ignacio

PUNTA DEL ESTE & SURROUNDINGS PRIVATE TOUR

Private tour of Punta Del Este and the surrounding villages. Begin with a visit to the intriguing "Casapueblo", a spectacular property on the hillside over the Atlantic Ocean, designed by the renowned Uruguayan artist Carlos Paez Vilaró. Visit the main attractions including the marina and port, usually frequented by the massive sea lions. Continue to the undulated bridge of La Barra and local towns, famous for its antique shops and charming stores. End with a visit to the Atchugarry Foundation and sculpture park.

Includes: Transport, guide, entrances to museums. / **Does not include:** Lunch

Duration: 4-6 hrs. / **Starting/ending point:** Hotel in Punta, La Barra or Jose Ignacio



TOUR OF PUEBLO EDEN, WINES & OLIVES

The experience begins at a local Olive oil plantation where we will learn about the extra virgin Olive oil production in Uruguay. After an olive oil tasting, continue to Viña Eden winery located on the rocky outcrops of Pueblo Eden, an exceptional place where wines combine the climate of the hills and freshness of the Atlantic ocean. Enjoy a tasting and lunch overlooking the vineyards before continuing to Altos de la Ballena winery for our last tasting.

Includes: Transfers from La Barra/ Jose Ignacio, guide, olive oil tasting and winey tasting and lunch at Viña Eden.

Duration: 4-6 hrs



VISIT GARZON, THE “URUGUAYAN TUSCANY”

The tour begins with a visit to the sleepy town of Garzon where we will visit the main square, chapel and train station. Continue onto Garzon Winery for a visit with tasting and lunch included. Built atop a rocky outcrop, the winery offers amazing views of the vineyards located within rocky hillsides with mineral-intense, well-draining soils that create high-quality grapes. Add an extra cost to enjoy lunch at “El Garzon” restaurant (owned by the renowned Argentinean chef, Francis Mallmann) or partake in a cooking class with Mallmann’s team!

Includes: Transfers to/ from hotel in La Barra/Jose Ignacio, Guide, tasting & lunch at winery.

Duration: 4-6 hrs. (Approx. 12 kms). / ***Starting/ Ending point:*** Hotel La Barra / Jose Ignacio

PRIVATE YACHT TOUR TO PUNTA DEL ESTE BAY

Step aboard a private yacht and enjoy a great day along the Punta del Este Bay. Visit the rocky cliff of Punta Ballena, where steep rocks plunge into the Atlantic Ocean of Uruguay and enjoy the best view of the intriguing “Casapueblo”, a spectacular property on the hillside which was designed and built by the renowned Uruguayan artist Carlos Paez Vilaró. Stop any time to go paddle boarding or simply jump into the green sea for a swim.

Includes: yacht, crew, English guide, stand up paddle board and picnic

Does not include: Transfer to/from Port of Punta del Este

Duration: 4 hrs.



“DIA DE CAMPO” AT A TRADITIONAL ESTANCIA

The day begins with a visit to Estancia La Soleada, a traditional estancia where Rebeca’s family works the land, breeds cattle and horses. The day begins with a hike to the local hills where a lovely view of the region can be appreciated. Enjoy a traditional lunch of empanadas, traditional parrilla (beef, sausage, black sausage and other specialties) and fresh vegetables. After a family music performance, try Rebeca’s local pastries and learn about the local life in the countryside.

Includes: Transfers to/ from hotel in La Barra or Jose Ignacio, guide, lunch at the estancia and activities.

Duration: 4-6 hrs.

Starting/ ending point: Hotel in La Barra or Jose Ignacio

BEACH DAY WITH LUNCH AT “EL CHIRINGUITO” BY MALLMANN

It’s the new opening in Jose Ignacio by Francis Mallmann. You can spend the whole day at the beach and expect delicious food including sushi and seafood delicacies as well as salads, sandwiches and exotic slow-cooked meat dishes. Best time to visit? 2pm in the afternoon when the sleepy model and fashion crowd emerges hungry from their beach residences. Much more than a restaurant, *El Chiringuito* is an experience!

Includes: RT transfer, lunch, beach service, tent and usage of facilities during the whole day.

Does not include: Transfer to/from hotels

Duration: 4-6 hrs.

Location: Costa Garzon Beach (east of Jose Ignacio town)





DIFFICULTY - DETERMINING YOUR LEVEL

1. **Novice:** Someone not used to physical activity and would need a slow or easy pace. This person may not exercise in their life. Physical effort would be minimal. In terms of horseback riding, this person is a beginner and might be riding for the first time.
2. **Advanced Novice:** A person who performs little physical activity but who will be happy with some physical effort in the activity as long as the pace is easy as long as they can take breaks more frequently as the level of activity increases. In terms of horseback riding, this person has ridden before, feels comfortable around horses and has some balance so as to perform a trot but may not feel comfortable cantering and will need assistance around horses.
3. **Moderate:** This type of person performs physical activity on a regular basis. Physical activity may extend to half a day and present more difficult. A moderate level will be able to perform activity at a faster pace and handle more demanding level without feeling exhausted. In terms of horseback riding, this person has some experience riding and feels comfortable at all paces including cantering as long as the horse is easy.
4. **Advanced Moderate:** This type of person is used to physical activity and has experience with at least half a day tours. Activities can last all day and has experience performing activity in different weather conditions. In terms of horseback riding, this person has quite some experience riding and can handle a willing horse.
5. **Expert:** This type of person is used to physical activity and expects challenge in the activity.

Please note: The level of difficulty expressed in each activity is the minimum required to book the tour. In the case of more experienced participants, the activity can be adjusted to more demanding experiences by making slight changes to the route and characteristics.

DRESS CODE DEFINITIONS

CASUAL: Comfortable, informal clothing including a jacket, sweater or vest during evening activities even in summer.

SPORT: Clients will need comfortable sport clothes according to each activity as follows:

Hiking: Dress in layers including short and long sleeves, hiking pants or shorts according to season, hiking shoes or sneakers, sun block and hat

Biking: Dress in layers including short and long sleeves, sport pants or shorts according to season, sneakers, sun block and hat

Horseback riding: Dress in layers including short and long sleeves, trousers, closed shoes, sun block and hat

Surfing and Kite surfing: Swim suit, swim shirt (optional) and towel