

HIKING, REBEUVELIER

# KARINE CAVALLARO CHARMILLOT, MOUNTAIN LEADER

**Mountain leader and nature adventurer, Karine takes young and old in immersion in our natural environment, powerful and magical. Of a joyful and benevolent nature, she offers outings on different themes and collaborates with other companies, such as A-Hike and Potentiel montagne for a greater diversity.**

## GOOD TO KNOW

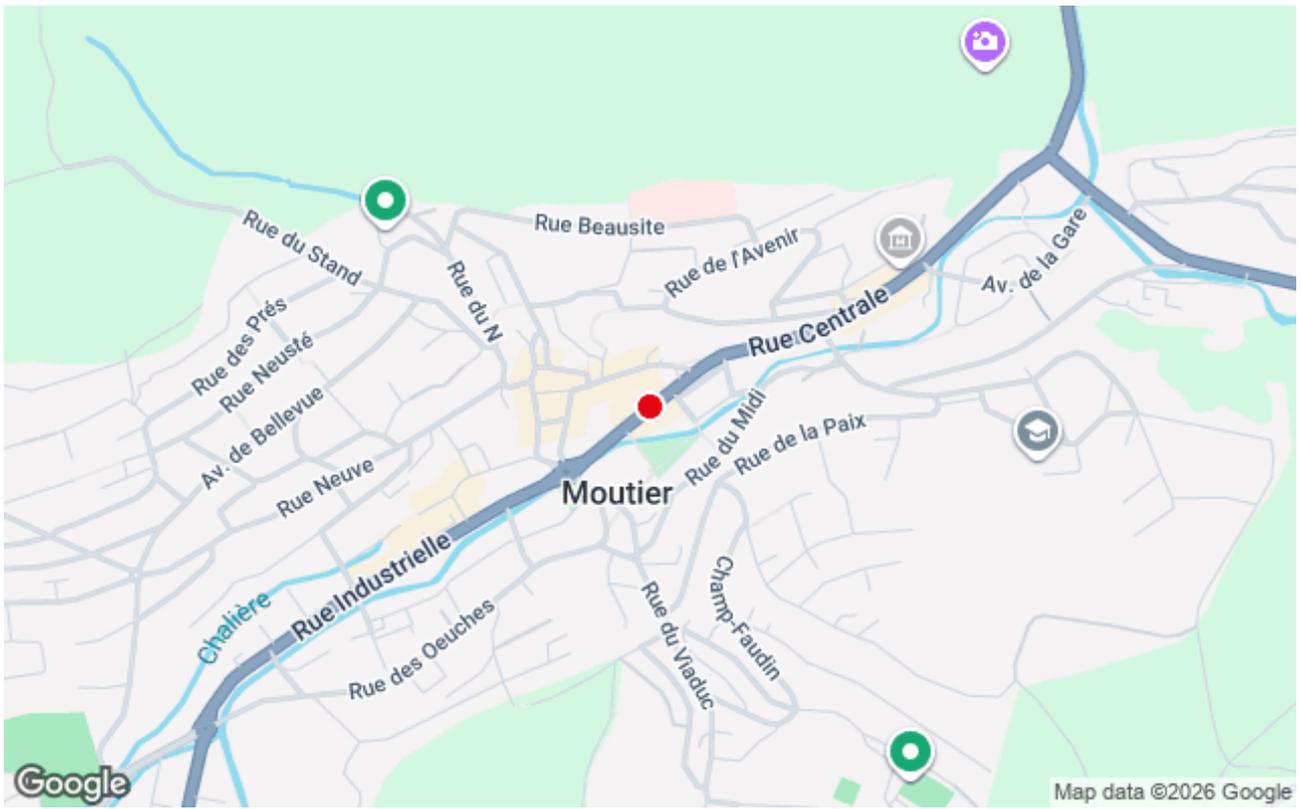
- BASKETRY INITIATION, all year round
- Plants are all around us – bending, growing, weaving, shaping, or breaking. It's time to discover what nature offers and meet your creative self. Each season brings different harvesting techniques: fibres, bark, roots, or branches. I offer continuing education workshops for teachers – with joy, knowing they'll pass on these skills.
- HIKING OUTINGS, all year long
- Push your limits: listen to your body, follow your breath, and go beyond.
- Relax and reconnect: observe, listen, touch, smell, and taste what nature truly is.
- One-day or multi-day trips with overnight stays in mountain huts or hotels. Location: Switzerland, on request.
- NATURE MOMENTS FOR GROUPS
- For birthdays, school outings, company events or family gatherings – nature experiences leave lasting memories. Team games, challenges and mutual support help strengthen bonds. With a festive atmosphere, you'll go home light-hearted and full of beautiful memories.
- OUTINGS FOR CHILDREN (ages 6–14)
- Half or full-day, ideal for birthdays or school days. Fun and age-appropriate themes: treasure hunts, insect exploration, creative herbariums, natural painting. For older kids: hut building, woodcraft or orienteering with trail markers. I join school outings and camps each season.
- NIGHT HIKES, in all seasons
- Immersing yourself in the dark is a rare experience nowadays. Your senses awaken, bringing a unique feeling to everyone. Various options: meals in mountain huts, carriage rides or evenings by the fire.
- BIVOUAC OUTINGS, summer and winter
- Step out of your routine for two days and dare to leave your comfort zone. Together and with kindness, we set up our sleeping spot, cook meals and light the fire. As the flames fade, the sounds of nature take over.



## CONTACT

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