

SUMMER SPORTS

NOÉ THIEL, MOUNTAIN LEADER

a-Hike, the partner to support and realize your events in the nature. The specialist for customized nature events. It offers hikes to the desired dates. The thematic range gives ideas to organize an excursion adapted to every need: for business, wild kitchen, snowshoeing, parents, children and development in consciousness.

GOOD TO KNOW

- Wild kitchen & edible wild plants
- The small dishes in the large and simply condiment
- Prepare and enjoy at home
- Preparation at the inhabitants or in the forest
- Initiation and deepening
- Company outings & team building
- From farm to cheese
- Brainstorming with a winemaker
- Team games and treasure hunt
- Survival and sauna
- Hikes parents and children
- Where do you find a beaver?
- Snow Architect
- Water and energy Games
- Croqu'nature
- Fulfillment conscience
- Creation of land art
- 5 senses and Hike
- Meditation in power places
- Fasting and march in silence
- Snowshoe
- Fondue and torchlight descent
- From hut to hut
- Snowshoe and sled dogs
- On the slopes of winter animals



