



**Nature as source
of inspiration**

Relaxed efficiency!

TEAM BUILDING - NATURE – CATALONIA

Nature as source of inspiration

Relaxed efficiency!

A pleasant walk in natural surroundings where, strolling through forests, meadows and along Mediterranean cliffs at the Costa Brava, you will discover the infinite lessons that nature can give us to be efficient in life and also at work, with animated and interactive demonstrations from our expert guide.

Discover, for example, how plants manage to survive in hostile environments like dunes or cliffs by using minimal energy. Or how the apparently most delicious plants, traditionally used in our Mediterranean diet, are at the same time the most repellent species that defend themselves successfully from predators.

Or find out how nature creates relationships between species and how these examples can improve your performance. Nature is a source of life ... and also of inspiration!

This is an easy, short walk with between six and eight stops where we engage in different demonstrations and activities.

Season: All year round
Duration: 1.5-3.5h walk
Location: Catalonia
Group: Maximum of 18 people
Price: Consult our rates

The price includes: A private custom-made activity. Professional guide and trainer of nature guides: Evarist March, botanist and consultant at Restaurant El Celler de Can Roca. Subsequent consultation by email

Travel agency GC - 004776

www.naturalwalks.com