

Nature as source of inspiration

Relaxed efficiency!

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 to 3,5 hours

Location: On demand

Group: Maximum of 18 people

Difficulty: Easy

The price includes: Information and consultancy after activity

Travel agency GC - 004776

www.naturalwalks.com