

# NATURE ACTIVITIES

JULY 2023

.....  
Canoeing and seabed observation



## QUINTA DO PISÃO

### FAMILIES IN THE FOREST

8<sup>th</sup> of july

Bring your children to play in the forest! It is a unique opportunity for families to set off to discover their nature. There is time and place for running, climbing, playing, getting creative, building shelters, or creating works of art with natural elements!

10.30 am to 12.30 pm

8€/ participant

## PEDRA AMARELA CAMPO BASE

### BIODIVERSITY WALK AND TREE CLIMBING ACTIVITY AT PEDRA AMARELA

8<sup>th</sup> of july

Participate in a guided walk where you will get to know the biodiversity of the Pedra Amarela Base Camp, followed by a moment of adrenaline in the tree climbing track! Combine the enjoyment of nature and adventure in a morning full of fun!

3.00 pm to 5.00 pm

8€/ participant

## BAÍA DE CASCAIS

### CANOEING AND SEABED OBSERVATION IN STª MARTA

15<sup>th</sup> of july

Canoeing initiation with ADN - Nautical Sports Activities of Cascais. The course starts at Ribeira Beach and heads towards the Stª Marta lighthouse, where you can observe the seabed with a diving mask. Take part in this adventure!

9.00 am to 12.00 pm

13€/ participant

## RESERVATIONS

**+351 215 811 750**

(Call to national fixed network)

[atividadesnatureza@cascaisambiente.pt](mailto:atividadesnatureza@cascaisambiente.pt)