

## **A 3-day plan for the program of the Outdoor Adventure and Recreation**

**An educational program that offers visitors the opportunity to learn new outdoor skills and participate in a range of recreational activities, such as hiking, camping, rock climbing, and water sports.**

**This program includes guided expeditions, skills workshops, and safety training.**

### **Day 1:**

#### **Morning:**

Arrival and check-in at the accommodation facilities

Welcome orientation and introduction to the program

Safety training and equipment check for the outdoor activities

#### **Afternoon:**

Guided hike to a nearby mountain trail, with a focus on nature observation and identification of local flora and fauna

Picnic lunch at a scenic spot

#### **Evening:**

Dinner at the agro-ecotourism center's restaurant

Workshop on basic camping skills and techniques, including tent pitching and fire building

### **Day 2:**

#### **Morning:**

Breakfast at the agro-ecotourism center's restaurant

Rock climbing workshop, including basic safety measures and equipment handling

Practice session on an indoor rock climbing wall

**Afternoon:**

Lunch at the agro-ecotourism center's restaurant

Guided kayaking excursion on a nearby river, with a focus on water safety and paddling techniques

**Evening:**

Dinner at the agro-ecotourism center's restaurant

Stargazing and astronomy workshop

**Day 3:**

**Morning:**

Breakfast at the agro-ecotourism center's restaurant

Advanced hiking expedition to a nearby peak, with a focus on challenging terrain and navigation skills

Lunch at a scenic spot on the trail

**Afternoon:**

Return to the agro-ecotourism center

Shower and rest time

Feedback session and program evaluation

**Evening:**

Farewell dinner at the agro-ecotourism center's restaurant

Campfire and music jam session, with traditional Georgian instruments and songs.