

The section orienteering dell'ADS CRAL Trieste Trasporti code 0805 FISO has organized for 03/10/2021 the event Orienteeringwalking and workout open FISO.

Orienteering non-competitive educational day.

Where: Draga S'Elia (TS) small country by Basovizza (TS)

2 paths with manual punching

path of "Orienteering walking" 3.5 km effort
2.7 as the crow flies 80 meter difference in height positive

path of workout open for FISO subscriber of 4.7 km effort 3,5
as the crow flies 120 difference in height positive

It'll be needed that you are registered with FISO, if you isn't registered with a sport society. the cost for DAY CARD is € 2.00 for walker and € 5.00 for OPEN workout but in this last case you're going to need also a sports medical certificate.

For either maps, the cost is 1 euro.

It is a workout of orienteering, so there will be no the scoring.

Map of "Draga" scale 1:7500 with an equidistance of 5 meters, and the owner is CAI XXX OTTOBRE

The meeting point at "Casa di Marina" as specified on the map.

The first start is at 10:30 and up to at 12:00 for last start.

End of Workout is at 13:00.

The location of the start and the arrive, each are at 2 minutes of the meeting point or i.e. check in.

More information about party event....

Program:

- 10.00 OPENING of the event;
- 10.00 Orientwalking: educational path of orienteering and Open training for Fiso members by A.S.D. C.R.A.L. TriesteTrasporti;
- 10.30 "Spasseggiata per famiglie": excursion on level of child with playings and sensorial experiences, inspired of pedagogy of the wooded, it's getting taken care "La Cordata" association;

- 11.00 Try the karate for between 5 and 90 years old it's getting taken care "ASD Shinryukaratetrieste" association;
- 11.00 Performance "Action painting" on dressed clothe with Fedele Boffoli and Raffaella Mates;
- 11.00 Guided excursion with master of oleolito Furio for picking up herb;
- 14.00 presentation and guided excursion to the "iazere" with "Legambiente Trieste";
- 14.00 project presentation "CambiaVenti - L'emergenza climatica e noi" (on climatic emergency) it's getting taken care NikoliRečiNikoli
- 14.30 "Lecture su prato" (readings on the lawn) with Susanna Rigutti (she wrote a book "Le lunghe notti di Efa, la Signora del Lanaro")
- 15.00 guided tour of the "azienda agricola di Alan e Janko" (Alan & janko's farm);
- 15.30 "Respiro d'Autunno: pratiche di yoga e meditazione" (autumn breath: yoga and meditation practices) with Sofia e Enrica.

During the day:

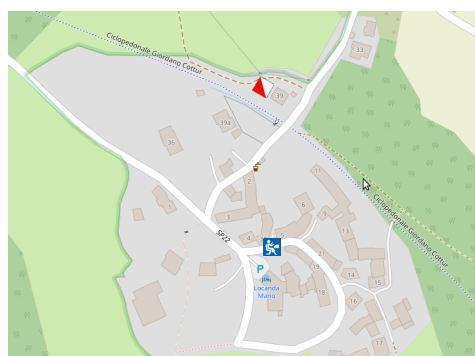
- Exhibition of local products and handicrafts and information banquets;
- Contemporary art exhibition;
- Archery with Ennio
- Traveling music with the Holy Smog

For information: Tiziana +393287908116

For booking lunch and dinner: "Locanda Mario" +39 040 228193

Have Careful: You Must Put On The Mask When You Can't Keep The Proxemic distance of One Meter.

Arci Servizio Civile, Bioest, Legambiente, MaiDireMai-NikoliRečiNikoli



Legend:

▲ Start point

■ Check in