

## **The Dunes of Putú**

<b>Duration:</b>	<b>1 days (7.30 am – 7pm)</b>
<b>Level of difficulty:</b>	<b>Easy</b>
<b>Real hiking time:</b>	<b>3 – 4.5 hours</b>
<b>Total hiking distance in km:</b>	<b>Variable 6 - 8 km</b>
<b>Age restriction:</b>	<b>6 -69</b>
<b>Other restrictions:</b>	<b>Not eligible for people with heart problems or asthma</b>
<b>Necessary experience and skills:</b>	<b>Body condition for hikes up to 4.5 hours, experience in hiking.</b>
<b>Accident insurance available:</b>	<b>Yes</b>
<b>Min – Max number of participants:</b>	<b>1 -12</b>
<b>Season:</b>	<b>All the year</b>
<b>Allocated equipment:</b>	<b>Tekking sticks</b>
<b>The tour includes:</b>	<b>Transportation, bi- or trilingual tour guide, equipment and lunch box</b>
<b>Not included:</b>	<b>Personal clothing, extra insurance</b>
<b>You should bring:</b>	<b>Light shoes, comfortable hiking clothes, sun glasses, head gear, sun cream, water, high spirits</b>
<b>Basic rules for a successful tour:</b>	<b>Follow the instructions of the tour guide Never leave the group Don't hesitate to ask your guide in case of doubt High spirits for a nice and relaxing day in the nature</b>