

# ERASMUS +

## MEETING IN PALMA DE MALLORCA

FROM 1.10 TO  
6.10.2017

**MADE BY:**

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**TOPIC:**

HIKING

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# HIKING TOUR

## HIKING IS GOOD...

- ...For your blood circulation*
- ... For your stamina*
- ... For learning more about nature*
- ... For spending time with your Family and Friends*



## WHAT DO YOU NEED...

- enough water*
- Mountain boots*
- sports clothes*
- Food*
- rain coat*
- sunscreen and a hat*
- camera*



**YUMMY!**

## SAFETY PRECAUTIONS

- don't get off the trail*
- don't lose your guide*
- take breaks*
- don't stay behind*
- stay hydrated*





WHAT A NICE VIEW!



Valldemossa