

**COUNTRY**

Bulgaria

**LEADING  
ORGANISATION**

BG Be Active

**WEBSITE**

[www.bgbeactive.org](http://www.bgbeactive.org)

# Children and elderly together on a hike

**OBJECTIVE OF THE GAME**

To promote a more active way of life in nature  
with the aim of enriching the motor skills

**AGE GROUPS**

A group of youngsters and elderly - the activity can  
be planned according to the needs of the  
participants (level of difficulty)

**MATERIALS/RESOURCES NEEDED**

Equipment for a hike - walking sticks for hiking,  
backpack, hiking boots, windproof and waterproof  
jacket, hat, sunglasses, sunscreen, bottle or thermos  
for liquids, basic food for lunch, first aid kit - standard  
equipment

**HOW TO PLAY?**

1. Preparation: Selecting the mountain route, the end  
point of the hike and degree of complexity of the  
route according to the age of the participants /  
Arranging the logistics (bus to the starting  
location, instruction for the participants, planning  
the route transition points on the way
2. Route: Gathering at a specific location / Instructing  
the participants on code of conduct in the  
mountains / 2 guides should accompany the group  
- at the beginning and at the end / In order to  
facilitate interactions, participants can be given  
specific tasks in groups for the route (find endemic  
animals/plants, take pictures at specific points -  
chapels, views etc.)
3. Ending point: Gathering at an ending point and  
traveling back with a transport.

**OTHER INFORMATION (TIPS & TRICKS)**

Not all routes are for everyone - it is crucial to adapt  
the route to the needs of the participants.

It is obligatory to use a route specifically designed  
for hiking and having special markings.

