







# Active adventures

An experience that is only available 3 weeks a year.

Opportunity to try blue clay- a natural source of beauty.

Curiosity, adventure, an exceptional experience.

autumn, interesting stories from the guide.

Rowing in the golden

### **ACTIVE TRIPS**

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## The Loops of the Valley: Golden Autumn

An experience for body and soul - golden nature and the search for blue clay

There is something incredibly magical about the golden autumn in the Dyburiai Loops on the Minija River! Experience this incredible time of year like never before - while gently paddling a kayak surrounded by wildlife.

Let nature show its beauty and watch the leaves change colors, while the quietly flowing Minija creates a unique charm. Our experienced instructors guides will help you enjoy this wonderful experience safely and interestingly.

An additional option is to refresh not only the soul, but also the body by testing the effects of blue clay. During the trip, you will have the opportunity to try blue clay - a natural source of beauty. This wellness procedure has not only a relaxing effect, but also detoxification capabilities.

This is a great way to escape the hustle and bustle of the city and immerse yourself in a world of peace, which is completely different from summer. This dose of adventure will inspire and leave exceptional memories!

### **Activity facts:**

Duration: 2.5-3 hours

Location: Start: Aleksandravos village, Plungė district, Lithuania. After the excursion, transportation to the starting point.

Season: From the second half of September to the beginning of November (while there are leaves on the

No.of participants: From 2 to 20 persons, or max 12 kayaks

Level of activity/previous knowledge required: Moderate rapids, irregular waves, possible fallen trees or not enough water in places. Recommended for people of moderate physical fitness with experience in kayaking. What to bring: Dress appropriately for the weather, and bring a spare set of clothes. In shallower parts of the river, the tour guide will push the kayaks. If you wish to try the blue clay treatment, it is recommended to bring a towel.

Whats included in the experience: Guide services, guide system, kayak and life jacket, transportation to the starting point.

Price: From 39 euro /person

