





Types of participation:

	<p>Time trial race: each day you run a time trial stage. The final rank is obtained by the sum of the times of each stage.</p>
	<p>Trail running with a guide: run with a Mandala Trail guide! It's the proper occasion to improve your knowledge of trail running. They will give you tips about the right equipment to bring with you and you will learn how to perfect your running skill on any kind of terrain.</p> <p>The trail running guide will enlighten you not only about technical matters, but also about the history and the culture of the land you are running in. A full experience for body and mind! Every morning there will be different groups that will run at different speed, each one with a guide, and you can choose the one more suitable for you. If you don't feel too fit, don't worry, the last group will adapt at your rhythm.</p>
	<p>Trekking / Nordic-walking with a guide: if you don't like to run you can choose to do a nice trekking with one of our guides, which will show you all the peculiarities of the environment you are walking in and they will give you some advices for a better experience.</p>
	<p>Trekking / Nordic-walking without a guide: you can choose to trek all by yourself, we will provide you a GPS track and all the equipment for enjoying safely your trekking. At the end of the day we will rejoin all together to have some relax and an awesome dinner.</p>