

## **Day 1:**

The programme begins with an introduction to the secrets of diving. You will experience, with an **introductory dive**, close-up, just how exciting the new use of the former industrial facility, the Gasometer in the Scenery Park Nord, can be. Previous experience is not necessary, but you must be in good athletic condition.

**Duration: about 3 hours**

## **Day 2:**

We invite you on the second day to a **bicycle tour** of the most exciting **highlights of the industrial culture**- the Coal Mining Customs Union World Heritage Site; the Tetraeder Bottrop; the Gasometer Oberhausen; and we will wind up at the Scenery Park Duisburg Nord. Breaks will be taken at the chips stand, as typical of the region, or on the banks of the canal.

**Duration: about 7 hours**

## **Day 3:**

Experience the natural environment of the Ruhr region close up today on a **canoe tour on the Ruhr**. Previous experience is not necessary. Canoe team leaders accompany you safely through the river.

**Duration: about 7 hours**

## **Services:**

Sport programme as described, incl. equipment, team leader and insurance

2 nights in double room, incl. breakfast in a Duisburg 4-star hotel

Tour bus from hotel to the programme locations and return

**Price:** €301.00/person

**Participants:** min. 10 persons to max. 40 persons

**Booking period:** throughout the year depending on availability

## **Tour company:**

Duisburg Marketing GmbH

Touristinformation

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