

Sports outside

Cycling tour along The River Sventoji Good practice example of non-formal methods of teaching

Target group:	students and teachers
Number of participants:	30
Type of activity:	Cycling tour
Duration of the activity:	7 hours
Main objective:	to exercise and visit Active Tourism objects and routes by the River Šventoji.
Location:	Anyksciai regional park, Horse Museum in Niuronys, Andrioniskis bridge campsite
Pedagogical methods used	Excursion with sport tasks
Necessary materials:	camera, bicycle, sport's equipment

Detailed content of the activity:

- Step 1:* The Start of cycling tour is Antanas Baranauskas schoolyard.
- Step 2:* First stop in Anyksciai Regional Park. Visiting the exhibition about Anyksciai Regional Park.
- Step 3:* Next stop in Niūronys. Visiting The Horse Museum.
- Step 4:* Third stop in Andrioniškis campsite by the river. Playing different outdoor-sports games. Picnic.
- Step 5:* Cycling back to Anyksciai along The Horse Path.

Outcome:

The participants gained a lot of knowledge about Anyksciai Regional Park and main touristic object. Learned a lot about horses. Were active participants and could see everything themselves.

Feedback participants:

The participants liked spending time actively especially cycling and playing spots games.

