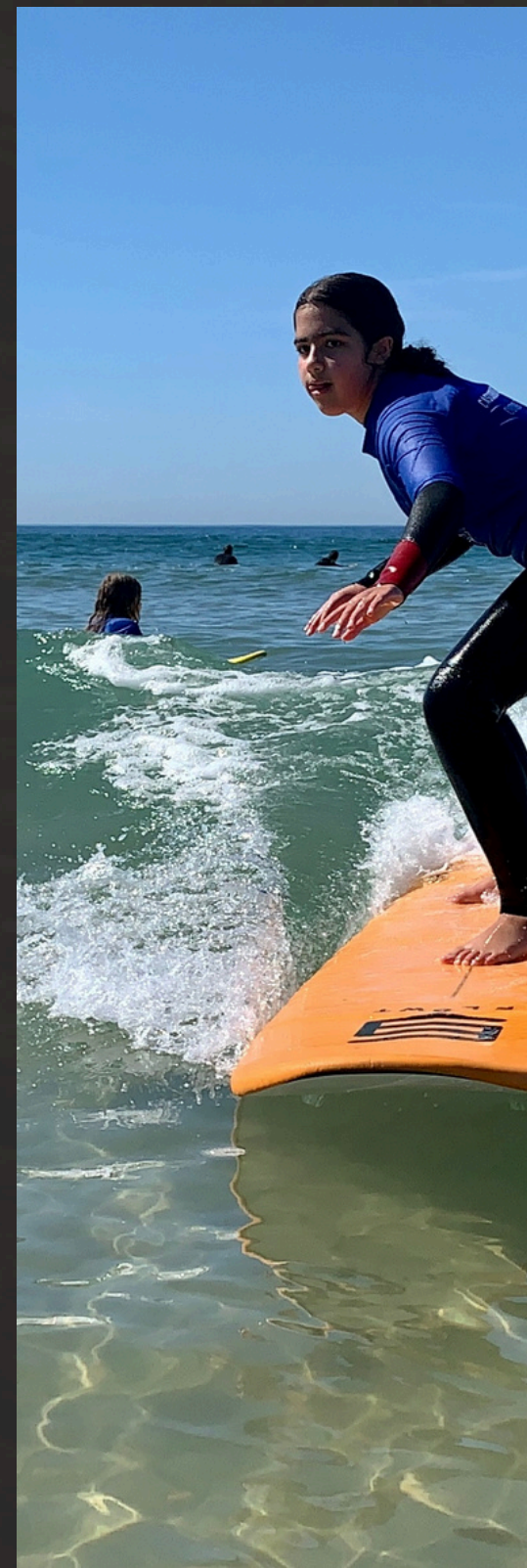




KIDS NATURE SPORTS CLUB

AFTER SCHOOL PROGRAM

WE BELIEVE IN THE TRANSFORMATIVE POWER OF OUTDOOR EXPLORATION



AN EXCLUSIVE OPPORTUNITY DESIGNED
TO ENGAGE CHILDREN AND TEENS IN A
DIVERSE RANGE OF OUTDOOR ACTIVITIES



A UNIQUE CHANCE FOR KIDS TO BUILD AND
ENHANCE THEIR SKILLS IN THEIR CHOSEN SPORT
THROUGH REGULAR PRACTICE SESSIONS HELD
ONCE OR TWICE A WEEK



OUR GOAL IS TO FOSTER THE DEVELOPMENT OF BOTH MOTOR AND COGNITIVE SKILLS WHILE FACILITATING A DEEPER SELF-DISCOVERY THROUGH THE WONDERS OF NATURE AND SPORTS. DELIVERED BY A TEAM OF HIGHLY SKILLED AND PROFESSIONAL COACHES.





PROGRAM HIGHLIGHTS

- EXPLORE VARIOUS SPORTS AND OUTDOOR ACTIVITIES
- COMPREHENSIVE FOCUS ON SKILL DEVELOPMENT

OUTDOOR SPORTS PROGRAMS

- SURFING & WATER ACTIVITIES PROGRAM (SURFING, KAYAKING, STAND UP PADDLE)
- ROCK CLIMBING PROGRAM
- MOUNTAIN BIKING PROGRAM
- MULTISPORTS PROGRAM (INCLUDES ALL THE ACTIVITIES)

SEMESTER PLAN STRUCTURE



Multi Sports Program



MONDAYS



Surfing & Water Sports Program



TUESDAYS & THURSDAYS



Rock Climbing Program



WEDNESDAYS & THURSDAYS



Mountain Biking Program



WEDNESDAYS & FRIDAYS

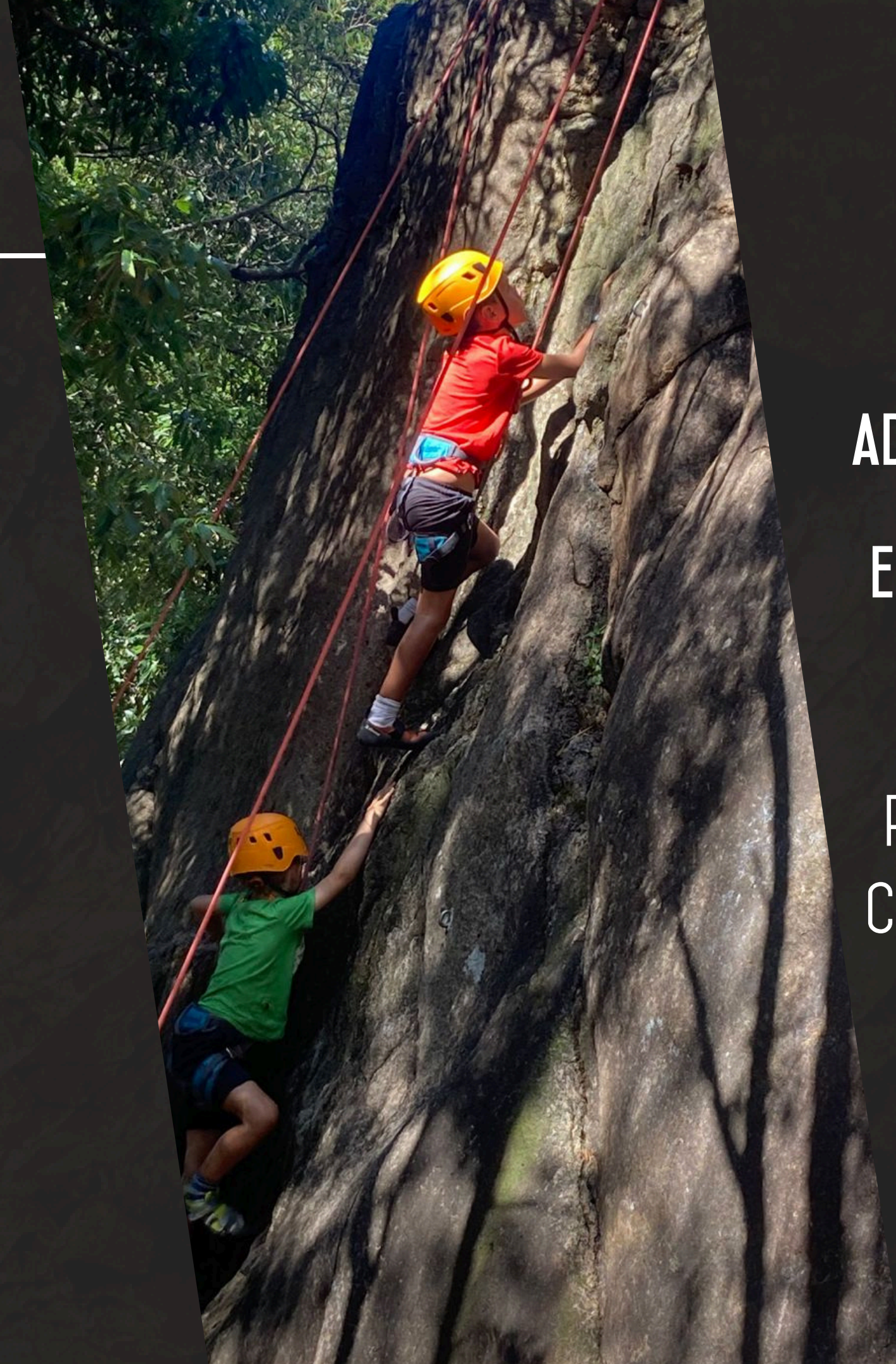
PLAN

CHOOSE YOUR PROGRAM FOR 1 OR 2 WEEKLY TRAININGS

- Duration: 2 hours each

WHAT IS INCLUDED?

- Pick up from school (minimum 4 kids)
- Equipment and gear for all activities/sports
- Insurance
- Expert and Qualified Instructors
- Final certification



AGE GROUPS

ADVENTURERS (6-11 YEARS)

EXPLORERS (12-17 YEARS)

PICK UP AFTER ACTIVITY AT
CASCAIS ROUTES BASE CAMP
[HERE](#)

WEEKLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MULTISPORTS	SURF & WATER ACTIVITIES	MOUNTAIN BIKE	SURF & WATER ACTIVITIES	MOUNTAIN BIKE
		ROCK CLIMB	ROCK CLIMB	

This year's Program will allow kids to choose an activity and build knowledge and skills through the whole term.

Also kids will be able to join for two days per week, whether for the same program or for another program and explore what Cascais Routes has to offer.

PRICES – SCHOOL YEAR 2025/2026

PAYMENT	ACTIVITIES PERIOD COVERED	1 TRAINING PER WEEK	2 TRAININGS PER WEEK
UNTIL AUGUST 23TH	SEP, OCT, NOV & DEC	480 EUROS	900 EUROS
UNTIL DECEMBER 20TH	JAN, FEB & MAR	480 EUROS	900 EUROS
UNTIL MARCH 21ST	APR, MAY & JUN	480 EUROS	900 EUROS
-	COST PER YEAR*	1296 EUROS	2430 EUROS

*Yearly payment option = 10% discount; Sibling discount = 10% on the second sibling
Bring your friends to create a community and get 5% discount, per friend, on subscription, until 5 friends (25%).
Please note that these discounts are not cumulative

BOOK NOW!

HAPPY PARENTS!



Cynthia Chan

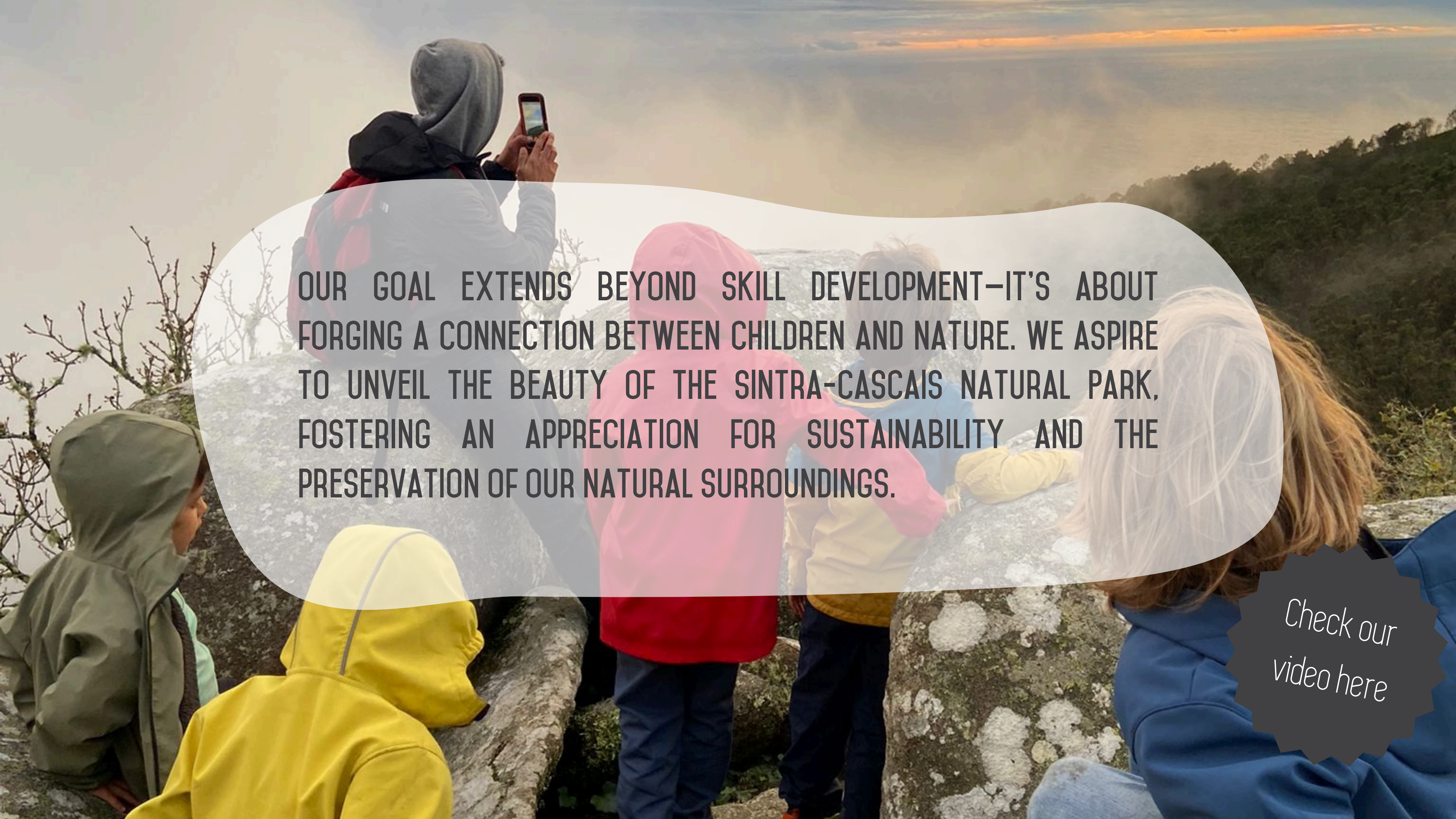
7 reviews



★★★★★ 6 months ago

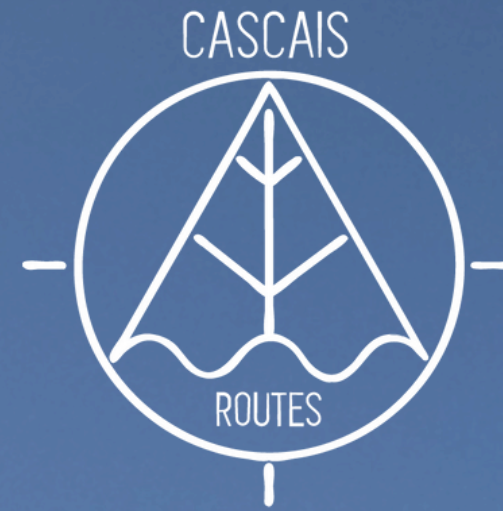
My son goes with Cascais Routes after school (they pick him up along with several others). It is honestly very well organised and fun for the kids. Every week is different with activities such as kayaking, surfing, skateboarding, navigation in the forest, mountain biking, and rock climbing. My son is always very happy playing with his friends when I pick up him up. I really recommend this for kids after school as well as on weekends or holiday camps! João and his team are really nice and excellent with children. My son said they will try to explain it differently if he does not understand the instructions.



A group of children are standing on a rocky mountain peak, looking out over a vast, hazy landscape. One child in the background is holding up a smartphone to take a photo. The children are wearing colorful hooded jackets in shades of grey, red, yellow, and blue. The scene is captured during the golden hour, with a warm, orange glow on the horizon. A semi-transparent white oval is overlaid on the center of the image, containing text.

OUR GOAL EXTENDS BEYOND SKILL DEVELOPMENT—IT'S ABOUT FORGING A CONNECTION BETWEEN CHILDREN AND NATURE. WE ASPIRE TO UNVEIL THE BEAUTY OF THE SINTRA-CASCAIS NATURAL PARK, FOSTERING AN APPRECIATION FOR SUSTAINABILITY AND THE PRESERVATION OF OUR NATURAL SURROUNDINGS.

*Check our
video here*



CONNECT TO NATURE WITH CASCAIS ROUTES

GET IN TOUCH



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www.cascaisroutes.pt



[/cascaisroutes](https://www.instagram.com/cascaisroutes)