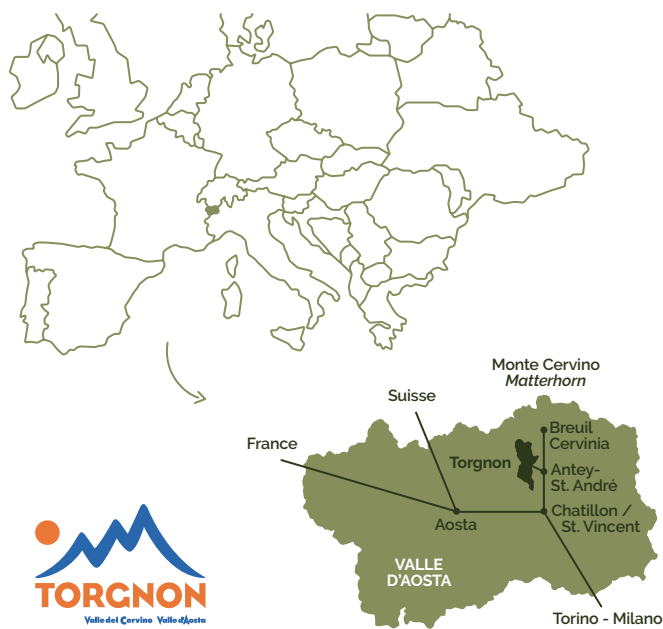


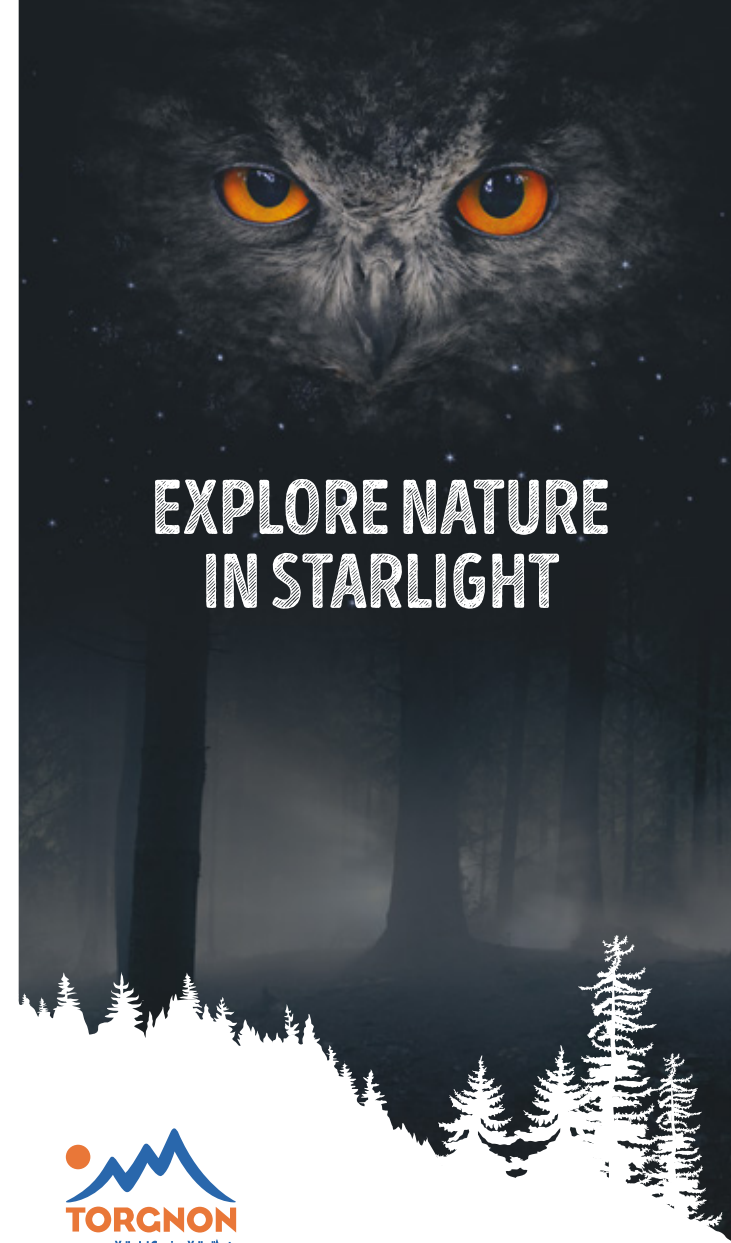
# AT TORGNON YOU WILL EXPERIENCE NATURE EVEN AT NIGHT

Now you can explore the mountains in starlight with easily accessible itineraries that can be safely travelled in the dark with basic equipment and an environment guide for excursions.



# TORGNON WILD NATURE

Nighttime adventures



## EXPLORE NATURE IN STARLIGHT

### FOR INFORMATION CONTACT

**TORGNON TOURIST BUREAU**

Piazza Frutaz, in the town centre.

Telephone: 0166.540.433

Fax: 0166.540.991

E-mail: info@torgnon.net

Opening hours:

Sun-Mon-Tue-Wed-Thurs: 9.00 am-12.30 pm

Fri-Sat: 9.00 am-12.30 pm / 3.00 pm-6.30 pm

[www.torgnon.org](http://www.torgnon.org)



### DETAILS OF THE ADVENTURE



3 HOURS



€ 90 PER GUIDE  
(GROUPS OF  
MAX. 12 PEOPLE)



ALL YEAR  
ROUND



FAMILIES WITH CHILDREN,  
COUPLES AND SMALL GROUPS



IN GOOD WEATHER:  
9.00 PM - 12.00 AM  
WINTER: 6.00 PM - 9.00 PM



TORGNON. PURE EMOTION



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## REDISCOVER YOUR SENSES

Humans are not accustomed to finding their way around in the dark, especially in a natural environment. The experience activates different sensory channels, which are amplified by the stimuli nature offers at night. Sight, for instance, is penalised, while the other senses are heightened to help us understand our surroundings.



### HEARING

Hearing is the most stimulated sense. The ears perceive with greater intensity a multitude of different sounds, such as the wind that moves tree branches, the noise of your steps (which gives an idea of where you are - the rustling of grass in the field, the crack of branches that have fallen in the undergrowth, pebbles on the path), but especially **sounds that tell us about the intensity of the life that animates nature at night.**

Many animals leave their dens and seek food at dusk and at night, protected by the shadows. Nature resounds with their voices and calls, and even the slight noise of their movements amidst branches or on the ground.



### SIGHT

A **forehead torch light** can help you see, though a beam of light can light up limited areas and aspects of the environment.



### TOUCH

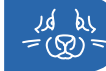
Touch enables you to better understand some **signs of the presence of animals** or perceive the characteristics of certain woodland plants, such as, for instance, the broad leaves of broad-leaved trees or the needles of conifers.

## NIGHTTIME MEETINGS



### PREDATORY BIRDS

Nighttime predators are birds of prey that have adapted to night life. Particularly at Torgnon you can see the **Boreal owl**, the **Eurasian pigmy owl**, the **tawny owl**, the **Eurasian scops owl** and the **Eurasian eagle-owl**.



### MAMMALS

Though many mammals, small medium and large ones, have not specifically adapted to night life, they are mostly active at night, which they prefer as it is safer to hunt for food.

Hence, you might encounter the **fox**, **wolf**, **badger**, **dormouse**, **deer**, **roe**, **hare** and **squirrel**.

## SOME TIPS TO OBSERVE ANIMALS IN NATURE



**DO NOT GO TOO CLOSE**



**SEEK A GOOD OBSERVATION POINT**



**FIRST STUDY THE HABITS OF THE ANIMALS**



**DRESS WITH WARM CLOTHES THAT ARE NOT VERY COLOURFUL**



**SILENCE IS PRECIOUS**



**DO NOT TOUCH OR FEED THE ANIMALS**



**DO NOT PICK UP ANYTHING**



**DO NOT USE DECOYING DEVICES**



**DO NOT BLOCK THE PATH OF ANIMALS**



**BE THANKFUL FOR WHAT YOU SEE**

Visit the dedicated page on the website and discover all the details of the adventure

