

STONE AGE DAY

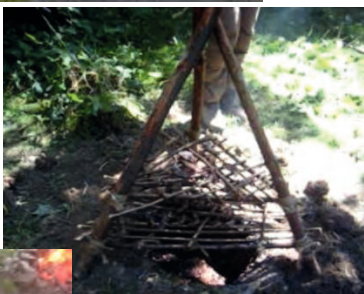
1 Book this activity at the B-Active center (Situating inside the Strand Fjordhotel)



Our guide will welcome you the Osa Nature Center (just a short walk from the Osa kafeen where you can park your car.)



3 Then we learn about prehistoric cooking techniques without pots or pans



2 The stone age day starts in Osa with an initiation in determine edible plants. Then we go and pick our lunch



4 Then we prepare the steam packages with food we provide along with edibles we have found in nature and steam them in the ground.



5

We need fire to cook our food. No lighter, no matches.. Get to know the secrets about making fire with only natural materials. Then it's up to you to get a fire going. No fire...no food!



6 Become a hunter! Learn how to use one of the oldest hunting weapons in the world..the Atlatl



7

After lunch, you will learn to make some tools. We do this out of silex (flint stone). The instructor will show how to work flint and shape tools



After this day, you can proudly state that you survived a day in..the stone age!