



Breathe in the salty sea air, let the wind blow through your hair, wander barefoot through the sand and discover the treasures of the sea!

The Oosteroever in Ostend is a unique nature reserve, where peace and quiet reign, natural dunes stretch out, and no mechanical beach cleaning takes place. It's the perfect spot for a beautiful nature walk, with plenty of opportunities to find beach treasures and discover marine life.

What is there to discover?

Where do oysters come from? Which shells end up in your paella? Which seaweeds are edible? And which jellyfish sting? Join us in search of the most beautiful little shell on the coast, the wentletrap, and discover what lives on and in the beach: from hermit crabs and lugworms to sandhoppers and more.

And have you ever wondered what happens to all that sand that gets pumped onto the beach? What are the consequences of sea level rise? Our guide-animator answers all your questions and makes the experience extra fascinating.

After the walk, there's time to chat over a drink. The guide shares anecdotes about the fishermen and shows multimedia about the life of the shrimp.

Team building options

For groups, there is the option of a "combo-teambuilding". For team members who want to go into the sea, there is the "Experience the North Sea Shrimp" team building. After catching the shrimp, the results are examined together and the day is wrapped up with a relaxed "Après Krui" and a drink.

Practical information

- **Target audience:** companies, associations, families and groups
- **Duration:** 2 hours
- **Distance:** max 3 km
- **Type:** outdoor activity
- **Period:** 1 February to 31 December
- **Number:** min. 6 to 25
- Not possible in the period **1 hour before and 1 hour after** high tide - more info on the tides can be found in our FAQ
- **To bring:** always bring a sweater and a raincoat. It can be windy on the coast and up to 5 degrees cooler than inland.
- **Meeting point:** Horizon Educatief vzw - Fortstraat 128, 8400 Oostende
- Can be **combined** with the "**Experience the North Sea Shrimp**" team building - only **two hours before** low tide

Rates

- Flat rate: **EUR 100**
- Team building for non-profit organisations (families, associations, other groups): **EUR 15 per person**
- Team building for for-profit organisations (companies): **EUR 20 per person**
- The prices listed above **include one drink** per person.