

"RIGENERATIVE RELAX" 5 DAYS/ 4 NIGHTS (ADAPTABLE IN WEEKEND)

Sleep one night in the Foresta del Teso, at "Vivaio" where the owner will host his visitors in suspended tents, in the middle of the trees. He will prepare a tasting of his products. In Pian dei Termini you can practice Forest Therapy thanks to the team of Podere Pian dei Termini, qualified specialists who have studied and built a method recognized by medicine to heal body and mind in nature. Here it is possible to have an exquisite tasting of local products. The visit to the Astronomical Observatory of Pian dei Termini is associated. The relaxation continues thanks to horse riding, with educational workshops and the care of farm animals for children. Yoga day in nature, in the forest of the Teso Forest or on the water of the river at Canyon Park. Alternatives for children: survival workshops in the Foresta del Teso or adventure park on the river at Canyon Park. Last stop, tasting of typical products in a natural location surrounded by a view of the mountains: the Casa Luigi restaurant in Oasi Dynamo in Limestre, a WWF affiliated oasis where you can get there on foot or by shuttle. If a trekking walk is appreciated during the holiday, the path marked by the large red installations of the Segnavie is a tour in CAI path with low mountain paths that allows you to reach villages or areas with wonderful views, perfect for selfies.

