



CILENTO

EXPERIENCE

Enter our World

Connect with Nature

Find out our Identity !

MONDAY	
MORNING	Hatha Yoga & Warm Up (price € 12 per person - minimum number of participants: 3- Activity suitable for children aged 10 and over)
	Gentle practice of melting and muscle awakening, ideal to practice in the morning to activate the muscles and circulation. Suitable for all levels, it helps to recharge and welcome the new day with a nice full of healthy energy!
AFTERNOON	Cilento Taste: Visit at Excellences Local Producers
	The oil mill and the winemaker become the starting point to discover some of the Cilento food and wine excellences. A visit with tasting that will allow us to get in touch with local producers, know their stories and their products.
	Il Viticoltore: - We visit the vineyards, the cellars and discover the production process of a product of excellence Company: Viticoltori De Conciliis (Prignano Cilento) Duration: 60 minutes - Number of participants: min 2 - max 15 Cost: Tasting of 5 wines accompanied by salami, cheese and bruschetta: € 20 per person Il Frantoio - Discover the extra virgin olive oil, king of the Mediterranean Diet, in a multi-sensory tasting tour. Producer: Frantoio Oleario Pietrabilanca (Casal Velino) Duration: 120 minutes - Cost: € 5 per person Activities to be carried out preferably in September and October to assist the milling process
TUESDAY	
Whole day	Trekking “Oasi di Morigerati e Grotte del Bussento” with packed lunch (price € 23 per person – packed lunch included - Activity suitable for children from 7 years old and up used to hiking)
	This is one of the most beautiful excursions within the Cilento National Park. A canyon covered by lush vegetation to visit along a path that winds from the old town along a stream with springs, waterfalls, an old mill to the cave where you witness the resurgence of the karst river Bussento.
	Km 3 - Duration 3h – Ascent: 130 m
WEDNESDAY	
Morning	Hatha Yoga & Warm Up
Half day/whole day	Excursion on Boat
	By boat, caressed by the sea breeze, to discover the beautiful Cilento coasts, among coves, natural caves and beaches accessible only by boat.
	Destination to choice: North Coast (Pioppi –Acciaroli- Ripe Rosse-Ogliastro – Licosa Island) or South Coast (Ascea Cliff- Pisciotta-Grotta Azzurra-Grotta Sulfurea- Buon Dormire Bay-Grotta delle Ossa-Arco Naturale) Full day: from 9am to alle 6pm Half-day: morning: from 8:30am to 1pm – Afternoon: from 2pm to 7 pm Costs and Number of Participants:

	<p>From 2 to 5 people Half day: € 210 - Full day: € 300</p> <p>Up to 7 people Half day: € 280 - Full day: € 380</p> <p>Up to 10 people Half day: € 300 - Full day: € 450</p>
THURSDAY	
Whole day	Trekking - The itinerary varies according to customer requirements:
	<p>“Sentiero Blu da Casal Velino ad Acciaroli” Duration: 2-5h This trek can be considered a classic of the area and takes place along the southern slopes of Monte Stella. It starts from the farm along a quiet path that offers a beautiful view to get, remaining at high altitude, to the village of Celso. If you want you can take the historic road that goes down through the green valley of the Mortelle stream crossing it through an old bridge. From here a beautiful stone staircase leads to Celso. From Celso, a panoramic path leads to the convent of S. Francesco and then to Pollica, which boasts a beautiful old town and a small castle. Now the path is almost all downhill; you pass through Cannicchio, a village almost unchanged in time and you cross a beautiful Mediterranean scrub up to the sea. The walk ends along the sea and along the streets of Acciaroli, a famous seaside village.</p> <p>“Punta Licosa” From Ogliastro Marina to San Marco di Castellabate passing through Punta Licosa... between myth and beautiful landscapes that make this a lovely place! The promontory of Licosa is the point where the Cilento leans more towards the sea. This is a maritime charm where the sea breeze blows and the trees dance. The name is linked to the myth of Ulysses: it is said that right here the mermaid Leucosia would drown for the love of Odysseus. When the sky is clear, the view ranges from the Amalfi Coast to Palinuro.</p> <p>“Baia degli Infreschi e Costa della Masseta” (available only in June and September 4,5 Km - Duration: 3,5h A dream sea view trekking to reach Baia degli Infreschi, an enchanting natural port with crystal clear waters reachable along a panoramic path in the Mediterranean scrub among brooms, rosemary, carob and prickly pears. One of the most beautiful sides of this trek is the possibility of making intermediate stops stopping in two of the most beautiful bays of Cilento, namely Cala Bianca and Baia Pozzallo.</p>
FRIDAY	
Morning	Yoga & Warm Up
Late Afternoon	Aperitif Under the Stars (price € 15 per person)
	At sunset, in the countryside, an agri-aperitif with the products of our organic farm: goat cheese, salami, jams, wine, bread and lots of joy!
SUNDAY	
Late Afternoon	Forest Bathing (price € 10 per person – Activity suitable for people aged 12 and over accustomed to meditation and relaxation practices)

	<p>Forest bathing is a subjective practice of reconnection to Nature that relieves stress, encourages relaxation and increases the well-being of those who practice it. I propose forest baths in suggestive places to discover the regenerating power of Nature. Try to experiment it by feeling the grass, the earth under your feet, its warmth and its consistency, perhaps after a barefoot walk, in direct contact with the roughness of the ground. I will accompany you in a truly unique experience!!</p>
<p>Extra Activities: (on request)</p>	
<p>Cooking Class (price € 50 per person- lunch included)</p>	<p>Discover the Cilento recipes with our cooking classes. We will go together to collect vegetables in the garden or in the henhouse to get eggs before we put our hands in pasta! And at the end we will taste what is prepared in a convivial lunch.</p>
	<p>We can organize courses of Homemade Pasta - Vegetarian Cuisine - Desserts The course can be arranged according to the client's requests.</p>
<p>Complete/partial Ayurvedic Massage (price € 70/35 per person Duration: 60 or 30 minutes)</p>	<p>Ayurvedic massage is used to promote and stimulate the psychophysical well-being of the whole body. It is carried out with a particular manipulation technique and with the use of natural oils, which according to the Ayurvedic philosophy would be able to achieve perfect harmony between body and mind. But among the main advantages of undergoing an Ayurvedic massage, there are some very interesting:</p> <ul style="list-style-type: none"> It relieves muscle tension Combats insomnia Heals from anxiety and stress It is effective for joint and cervical pain It calms the headache Deflate legs and feet Minimizes cellulite and localized fat deposits Acts against slight alterations or disorders of blood and lymphatic circulation
<p>Private Session with Personal Trainer (price € 35 per person – duration 60 min)</p>	<p>You may require a private session of yoga, pilates, postural gymnastics or meditation.</p>
<p>Hatha Yoga for Children (price € 10 per person- minimum number of participants: 5- Activity suitable for children aged 6 and over))</p>	<p>Children approach yoga as a pleasant and fun game, both because they can do shared positions and then do a job/ team game, and because many positions are inspired by nature and have the names of animals, flowers or elements of the planet: Who doesn't know the location of the tree, the cobra, the dog upside down or the mountain, to name a few? Yoga teaches them to maintain the correct posture, manage their emotions, stress and anxiety, raise self-esteem, improve memory, concentration, resilience, self-knowledge.</p> <p>Yoga improves their relationships with peers, parents and teachers, conveys to them important values such as respect for themselves, others and nature. Promotes awareness and healthy growth that guarantees a harmonious and conscious adult life.</p>

NOTES:

- All activities, both those provided by the weekly program and the extra ones, are subject to payment and reservation
- Participants must reach the various destinations by their own cars. In case of request, an external transfer service can be requested for a fee.
- For visits to local producers, the aperitif and packed lunches it is necessary to communicate any allergies and/or food intolerances
- The activities of Yoga, Trekking, Forest Bathing, Ayurveda Massage and Personal Training are managed by the Amateur Sports Association "Vale Experience Asd" in the person of Valeria Pasqualina Bellantuono, who is the President.
Customers of the farm that will carry out the activities will be registered to the OPES sports affiliate with a basic card that includes accident insurance coverage.
The activities must be paid in cash or by bank transfer directly to the Association.
For the purchase of 3 activities there is a 10% discount