

WELLNESS IN VALDELSA VALDICECINA

3 days to slow down, breathe and find balance again

In today's fast-paced daily life, taking time for oneself is an increasingly precious luxury. This itinerary is designed to offer a wellness experience where nature, silence, and the region's ancient traditions become tools to restore balance, serenity, and mindfulness.

Traversing the hills of the Valdelsa Valdicecina region, this journey invites you to slow down, breathe deeply, and rediscover the pleasure of simple things: contact with the earth, pristine landscapes, natural nourishment, the warmth of thermal waters, the tranquility of the woods, and the energy of places rich in history.

Snapshot:

- 3 days / 2 nights
- Target: individuals
- Price per person in double room starting from € 449,00 (the fee is calculated on a minimum of 2 people)

Program

Day 1

Forest bathing in Radicondoli.

Activities:

- ★ Arrival in Radicondoli, meetup with the environmental guide and forest bathing activity.
- ★ Free Time, walk through the village and hotel overnight stay.
- ★ Dinner and overnight stay

Day 2

The geothermal energy in Sasso Pisano and Larderello.

Activities:

- ★ Breakfast at the hotel and transfer to Sasso Pisano.
- ★ Trekking activity in the Sasso Pisano geothermal area.
- ★ Lunch in a geothermal brewery.
- ★ Transfer to Larderello to visit the Geothermal Energy Museum and the demonstration geothermal well.
 - * Alternatively, only in summer, relax in Sasso Pisano bio-lake.
- ★ Transfer to Pomarance, visit to a biodynamic agricultural company and dinner in its organic restaurant.

Day 1

Garden of Emotions in Monteverdi Marittimo.

Activities:

- ★ Breakfast at the agricultural company and transfer to Monteverdi Marittimo.
- ★ Guided tour to the "Giardino Emozionale" (Garden of Emotions). The same structure also offers activities such as yoga, meditation and tea tasting.
- ★ Light lunch and end of services

Useful information

What's included:

- ★ Forest bathing activity with an environmental guide.
- ★ 1 overnight stay in a 3-star hotel in Radicondoli (Bed & Breakfast treatment in a double room)
- ★ Lunch at the geothermal brewery
- ★ Visit to the demonstration geothermal well
- ★ Visit, dinner and overnight stay in an agricultural company in Pomarance (Bed & Breakfast treatment in a double room)
- ★ Visit to the Monteverdi Marittimo "Giardino Emozionale"

Exclusions:

- ★ Transfer
- ★ Hotel supplements, extra and tips
- ★ Any services or meals not explicitly listed under "*The Price Includes*"

INFO AND BOOKING

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