

COOKING CLASS

In the Fosdinovo Castle

**LIVE A UNIQUE EXPERIENCE:
LEARN THE ITALIAN CUISINE
IN AN ANCIENT ITALIAN CASTLE**

with our extraordinary local chef!

per adult
€75

photo by Carola Haupt

We invite you to discover the taste of Lunigiana, to experience its traditional flavors and dishes. Join us and the keepers of these savory secrets: be our guests at the **Fosdinovo Castle** where you will have the privilege of not only learning how to prepare delicious Lunigiana recipes but also of experiencing the true Italian art of living in the kitchen.

DEPARTURE	From THUR to SUN 09.00 a.m. & 03.00 p.m.
MEETING POINT	Office - Sarzana
DURATION	Approx 4.30 hours
DIFFICULTY	EASY
INCLUSIONS	Market tour + Cooking Class + Tastings + Use of apron and cooking utensils + All ingredients + Lunch/Dinner with wine + Graduation Certificate + Transportation IN/OUT of town
NOTES	Rain or shine, the tour is assured to take place.

40% discount
for children 6 - 17
Free
for children 0 - 5



SAFETY NOTES & REQUIREMENTS

Please inform us of any food intolerance or allergy in advance.
Please let us know in advance of any special need or impaired mobility of the clients and we will do our best to accommodate them.

MEDIEVAL HORSERIDING TOUR

Along the Via Francigena

**EXPLORE THE VIA FRANCIGENA
ON HORSEBACK**

among ancient paths, hills and ride
into a medieval Castle!

per adult*
€95

photo by Carola Haupt

Imagine a place suspended in time, where silence is part of the landscape, where the roads have been trodden by centuries of pilgrims and merchants: this is the **Via Francigena!** **Join us and experience its trails and luxuriant nature on horseback.** Discover its Castles, medieval villages and enjoy the spectacular horse ride inside the walls of the **Fosdinovo Castle**, an entrance that was once an exclusive privilege of knights and noblemen.

DEPARTURE	From THUR to SUN 10.00 a.m. & 04.00 p.m.
MEETING POINT	Office - Sarzana
DURATION	Approx 4.00 hours - 10Km
DIFFICULTY	EASY
INCLUSIONS	Horse riding + Helmets + Professional Horse Guide + Light Lunch/Dinner + Fosdinovo Castle visit + Transportation IN/OUT of town
NOTES	Rain or shine, the tour is guaranteed. In case of bad weather, you will be offered an alternative tour/the tour will be rescheduled. Wear long-sleeve pants and sports shoes (no flip-flops)

40% discount
for children until 17
***Price per person (+14)**
Kids under 10 y.o are
not allowed if not experienced



SAFETY NOTES & REQUIREMENTS

Please note that children under 10 are allowed in this tour only if experienced. Please let us know in advance of any special need or impaired mobility of the clients and we will do our best to accommodate them.

SECRET & MAGIC LUNIGIANA

Walking tour in Pontremoli

**DISCOVER LUNIGIANA'S
ANCIENT LEGENDS
AND SECRETS:**

a mysterious tour through the narrow
streets of Pontremoli...by night!

photo by Luca Provinciali

Ghosts, spirits, werewolves, spooky sounds... ancient narrow streets of medieval Castles and the dark side of Lunigiana's nightlife! When the moon is down on the town of **Pontremoli**, many say that werewolves howling in the distance...and if you are one wandering through the alleyways, remember that the eyes or fear will strike you dead on the spot. Don't be afraid and we'll show you the legends of Pontremoli.

DEPARTURE	From THUR to SUN 10.00 p.m.
MEETING POINT	Pontremoli - Piazza (just in front of the castle)
DURATION	Approx 2.00 hours
DIFFICULTY	EASY
INCLUSIONS	Pontremoli Castle entrance and guided tour + English speaking guide
NOTES	Rain or shine, the tour is assured to take place.

40% discount
for children 6 - 17
Free
for children 0 - 5

SAFETY NOTES & REQUIREMENTS

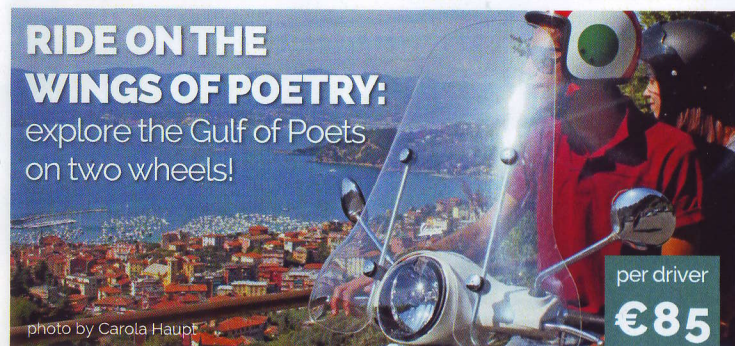
Please note that this tour is not suitable for people with impaired mobility.

VESPA TOUR

in the Gulf of Poets

RIDE ON THE WINGS OF POETRY:

explore the Gulf of Poets on two wheels!



per driver

€85

A scooter and for hours to fall in love! The Gulf of Poets inevitably mesmerizes visitors and travelers worldwide: the fisherman's villages of **San Terenzo** and **Tellaro**, the narrow streets of **Lerici**, the **Blue Venus Beach** and, towering majestically over the waters, the ancient **Castle of Lerici**, stone guardian of one of the most beloved bays of the eastern **Ligurian Riviera**. This stunning experience wouldn't be complete without a mouthwatering ice cream tasting tour and an enchanting seaside Aperitivo.

DEPARTURE

From THUR to SUN
9:30 a.m. & 02:30 p.m.

MEETING POINT

Office - Sarzana

DURATION

Approx 4 hours - 40Km

DIFFICULTY

EASY - Average speed
20Km/h (12.5 mls/h) Minivan support
always guaranteed

INCLUSIONS

50cc original PIAGGIO scooter
+Helmets + Aperitivo with wine & fish
near the sea + Small group Vespa tour
+Professional Tour Escort
+ Minivan Support

NOTES

Rain or shine, the tour is guaranteed.
In case of bad weather, you will be
offered an alternative tour/the tour will
be rescheduled.

SAFETY NOTES & REQUIREMENTS

A valid driving license is required (although you do not need a motorcycle license) and you must be at least 18 years of age to drive and at least 13 y.o. to be a passenger. Previous experience is highly advised and useful. The tour operator reserves the right of final judgement in deciding whether the client's participation will consist in actual scooter driving or in riding as a passenger, or to discontinue scooter use at any point of the tour. Any participant unable to drive scooters may ride with a partner, on the guide's scooter if available or continue the tour on board of one of our support vehicles in order to safeguard

his/her safety. No refund will be granted in this case. OUR FIRST and FOREMOST CONCERN IS EVERYONE'S SAFETY. The tour is operated with Piaggio Zip scooters which are light and easy to ride. A THIRD-PARTY insurance for civil liability is INCLUDED in the price of the tour. Please note that clients will be given the option to subscribe an additional insurance against vehicle damages. Please let us know in advance any special need or impaired mobility of the clients and we will do our best to accommodate them.

BIKE TOUR

in the Gulf of Poets

A GREAT ITALIAN EXPERIENCE:

e-biking through the Gulf of Poets!



per adult*

€65

The enchantment that inhabits Liguria's **Gulf of Poets** is still very much alive and its unique colors and landscapes relive through the eyes of every passing visitor. Trame di Lunigiana offers the **incredible possibility of enjoying a riveting e-bike ride** that from the fisherman's village of **San Terenzo** will take you through the magnificent **Blue Venus Beach** and the narrow streets of **Lerici**. An ice cream tasting pit stop and a seaside Aperitivo will quench your thirst for typical Ligurian flavors!

DEPARTURE

From THUR to SUN
9:30 a.m. & 02:30 p.m.

MEETING POINT

Office - Sarzana

DURATION

Approx 4 hours - 25Km

DIFFICULTY

EASY - Minivan support always
guaranteed

INCLUSIONS

E-bike bicycle + Helmets and
water bottle + Aperitivo with wine&fish
near the sea + Professional Tour Escort
+ Minivan Support

NOTES

Rain or shine, the tour is guaranteed.
In case of bad weather, you will
be offered an alternative tour/
the tour will be rescheduled.
Wear comfortable clothing!

***Price per person (*13)**

**Not suitable for
children under 13 y.o**

SAFETY NOTES & REQUIREMENTS

The itinerary is not strenuous but please note that a sporty outfit is required. Due to uneven surfaces, this tour is NOT recommended for those with walking disabilities or using a wheelchair.

MARBLE HIKING TOUR

Carrara M

HIKE THROUGH THE WORLD'S MOST FAMOUS MARBLE CAVES and learn their secrets!

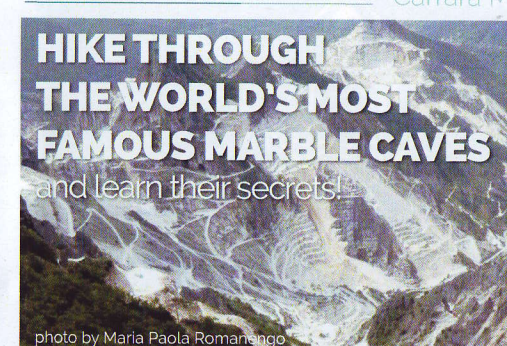


photo by Maria Paola Romanengo

All over the world, Carrara rhymes with marble most valuable, extracted and solid rock since the most valuable, extracted and solid rock since the Marble quarries are the crystallized pulsating **Apuane Alps'** picturesque landscape. Our tour of this mesmerizing world, departing from the characteristic mountain lodge surrounded by the view opens up to the spectacular, majestic **Sagro's marble quarries**.

DEPARTURE

From THUR to SUN
10.00 a.m. & 04.00

MEETING POINT

Office - Sarzana

DURATION

Approx 4 hours - 5

DIFFICULTY

EASY

INCLUSIONS

Professional and li
+ Transportation IN
+ Colonnata: lard ta

NOTES

Rain or shine, the tour is guaranteed. In case of bad weather, you will be offered an alternative tour/the tour will be rescheduled. Wear comfortable clothing!

40% discount

for children 6 - 17

***Price per person (*5)**

**Not suitable for
children under 5 y.o**

SAFETY NOTES & REQUIREMENTS

The itinerary is not strenuous but please note that a sporty outfit is required. Due to uneven surfaces, this tour is NOT recommended for those with walking disabilities or using a wheelchair.