



1 day: Durata 2 hour

In the afternoon, a visit to a farm practicing organic and biodynamic farming including horses and geese as their 'special partners'. A nice carriage tour through the vineyards and relaxed pic nic will complete this amazing experience before tasting a delicious wine!

Dinner in the Hotel

2 day cayoning. Duration (from 9 – 16.00)

Depart 7.30. to **Forra del Casco**

Articulated and rather aquatic excursion, it now represents a classic descent of the Apennine canyoning circuit. Rich in many points of interest, starting from the magnificent natural setting in which it is located, an environment at times imposing, with impressive manifestations of erosion that have redesigned the morphologies of a territory rich in large vertical walls, reddened by the limestone-marly rocks thickly stratified and fractured, where it is easy to identify deep gorges and entrances of mysterious caves that peek through the lush vegetation, only at times domesticated by the work of man, who in this area still lives of a purely rural economy, preserving the most genuine values of peasant culture.

Alongside the exciting suggestion of the environment inside the canyon, many other aspects stand out: the beautiful wooded access path, an ancient connecting road between the perched villages of the Papal States and the rich lands of the Duchy of Spoleto; the ruined village of Sensati, a characteristic hillside castle guarding the border crossing overlooking the vertical walls of the gorge; the abundant waters that meet along the route, whose purity testifies to the integrity of an environment rich in rare fauna and vegetation; the wide views of the highest peaks of the Valnerina, up to the ridges of the Sibillini Mountains.

An extraordinary, multisensory experience, which offers rare emotions in the exploration of the secret ways of water in a still wild nature.



- Packed lunch

Dinner in a Hotel

3 day caving. Duration (9.00 – 14.30)

In the morning still tired of the previous day after a hearty breakfast we are ready for caving.

Depart 8.00

The cave of the "Pozzi della Piana" opens with 5 entrances on the right bank of the Forèllo gorges, 150 meters above the current course of the Tiber river. Explored in the 60s, this complex natural cavity, of tectonic origin, develops in the upper part of an extensive travertine bank on a path of over 2500 meters and a maximum depth of 25 meters; Inside there is an extensive and labyrinthine network of tunnels and galleries always richly concretioned with the most varied, bizarre and spectacular formations and interesting deposits of evaporitic rocks.

The relative ease of access of the cave, its enchanting beauty and the natural shelter that it offered in a wild, very panoramic and naturally fortified setting by the high rocky buttresses that fall towards the Tiber river, have favored a large frequentation of the entire area since the most remote antiquity. In fact, numerous prehistoric sites have been found in the area, such as the well-known "cinte di Titignano", in particular in the cavity where stratigraphic studies have ascertained that prehistoric man went as far as the natural entrances of the cave, as early as the late Neolithic, as evidenced by the remarkable abundance and relevance of the prehistoric finds made on the site, which embrace a wide period of time between the ancient Neolithic and the Bronze Age.

The excursion begins with a brief visit to the characteristic medieval village of Titignano, with a magnificent view of Lake Corbara. We then continue through the green Orvieto countryside, with wide views of the middle Tiber valley and the hills of Todi, between farmhouses and testimonies of genuine rural life; Near the cave you will provide the



necessary equipment and, after a preliminary briefing on the internal characteristics of the cavity and its modes of travel, you will enter a forest to visit the suggestive entrances of the vast hypogeum system. Through an easy "natural slide" you will then enter the cave to stay there for about 3 hours if you make the short ring route, or for about 6 hours if you make the entire crossing (between two different entrances), during which the speleogenetic mechanisms will be described, the morphological and lithological characteristics and provided news on hypogean biology and on human attendance in the sites themselves object of findings (pottery, residues of hearths, ochre deposits, etc.), as well as on the problems of pollution of groundwater.

After exciting discoveries with caving you deserve a nice lunch on a farm with food at km 0

Option for the 2th or 3th days

In the morning Duration (2 hours)

our first cooking class will take you to a farm which produces a special type of wheat used to make bread and pasta.

After a brief introduction to this special wheat, you will make your own pasta and bread while sipping a glass of wine and listening to soft music. And then, at lunch time, the class will sit down around a lavishly prepared table to enjoy the fruits of your labour: your freshly prepared handmade pasta and fresh bread, along with cold cuts and cheese, vegetables and good wine produced by local farmers.

After lunch

we leave for a nice walk with the quad near Orvieto. (duration 3 Hours)

- Cantina: carriage ride – Light Lunch. 68,00€ per pax gross
- Cayoning 101,00€ per Pax gross



- Caving. 68,00 € per Pax gross
- Lunch in a farm 59,00€ per Pax gross
- Cooking class. 84,00€ per Pax gross
- Quad 160,00€ per pax gross two seater quad 257,00 € per 2 pax
- Hotel double room HD 118,00 € per day per pax
- Hotel double room for single use 131,00 € per day per pax
- Stay rate to be paid at check out
- Transfer Roma/Firenze 600,00€
- FD 600,00€
- HD 451,00€
- Sup.extra hour 80,00€.