

Material for the experience (TOUR)

- Meeting Point: Azienda Agricola Mantenera
Google Plus code: J4QM+QRPTricarico, Provincia di Matera
- Title of the experience: Olives grove Forest Bath
- Short description: After a short presentation and a small preparation to welcome the meditative space we will leave room for silence and we will begin to walk focusing our attention on breathing and on the different views of the landscape, we will slowly walk towards the Mantenera Forest, respect and silence are required, if you needs to communicate, this can only be done with the leader, respecting the other participants. The walk will last approximately 30 minutes on the way out and 30 on the way back. At the end, a Tis'Olivo olive leaf herbal tea and home made dessert will be offered on the end.
- Long Description during the experience we will walk through the centuries-old olive grove enjoying the sounds and colors of the surrounding nature, breathing and doing simple meditation exercises, at the end we will sit under the olive trees and "taste" the olive trees through the olive leaf herbal tea Tis'Olivo and enjoying some homemade desserts.

Azienda Agricola Mantenera was born in 2014 from Andrea's idea of giving new life to a semi-abandoned olive grove with 460 trees, many of which are centuries-old, and has an area of 4 hectares entirely cultivated organically. The suggestive position at 460 meters above sea level completely surrounded by forests of holm oaks and downy oaks and with a breathtaking view of the Lucanian Dolomites and the Gallipoli Cognato Park and the distance of only 4 km from the town center of the Saracen/Arab/Norman village of Tricarico, rich in history and culture.

- Highlights of the experience (3 bullet points)
 - Landscape
 - Olives Grove Forest Bath
 - Nature
 - Relax
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- Inclusions / Exclusions Tis'Olivo olive leaf herbal tea selection of cookies and dessert.
 - Availability From March to September, in case of rain the event will not be available
 - Cut off time for the reservation (tempo di preavviso per le prenotazioni : 48 hours
 - Time 2 hours, one for go one for back
 - Duration of the experience 120min.
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- Price Net to You 35€ adults 15€ childs
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- Minimum and maximum number of people
minimum 4 peolples maximum 8 peoples

- 5 to 10 Nice Pictures







Video (if it is possible)