

FAMILY-FRIENDS HOLIDAY FALL / WINTER

A week in the National Park between mountains, sea, traditions and gastronomy

"Southern Italian Style"

*between mountains, sea, traditions and gastronomy **"Southern Italian Style"***

7 nights / 6 days

Day 1st – Arrival

Arrival at the International Airport "Capodichino". Welcome and transfer to San Rufo a small town into the national park of Cilento and Vallo di Diano. (Unesco's Heritage, Biosphere Reserve and Geo-park)

Dinner and over night at B & B Vallovivo in the historical residence "Palazzo Mattina" (even for the rest of the week).



Day 2nd – The National Park of Cilento, Vallo di Diano and Alburni in winter "La Montagna"

Hiking in the snow by ciaspole (snow shoes) on monte Cervati or on Monte Motola or monte Alburni. The choice depends on the snowfall and the weather conditions. In alternative, a mountains excursion into the mysterious world of truffles under the guidance of the truffles' expert and his devoted dog. Packed breakfast or lunch. In the afternoon visit to a cheese factory to assist the "cacciocavallo" dairy processing, a typical local product.

Dinner at home.



Day 3rd – "Relax" to the Contursi Spa Center

A day to Contursi hot baths for the welfare of the body and the spirit in a completely natural and pure environment. Visit to the natural hot pools and lunch to a local restaurant.

Dinner at home.



Day 4th – "Pertosa Caves" and "cooking class"

Visit to the caves accompanied by an expert staff. An amazing itinerary of 100 minutes, sailing the underground river Negro, reaching the internal waterfall and visiting the "paradise hall". The second part of this itinerary is made by boat admiring the stateliness of the "Big Hall", the particular "Sponge Hall" and the fascinating "Waterland Arm". An itinerary of 1500 meters made by foot and 400 by boat.

Lunch at home. In the afternoon will take place a 'cooking class'. A wonderful afternoon where it can be prepared typical local dishes with fresh and local ingredients.

Dinner with the plates created during the "cooking class".



...the experience will continue... to the next page

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Day 5th – "Certosa di Padula" and the "San Giovanni baptistery" both located in the city of Sala Consilina

Visit to the 'Certosa di Padula', one of the most magnificent monuments in the south of Italy. Unesco in 1998 has nominated it like a World Heritage of Humanity. A place full of history and spirituality. "Certosa di Padula" even hosts the archaeological museum of the East Lucania with a big collection of finds from the necropolis of Sala Consilina e Padula. Finds coming up from the prehistory until the Hellenic period.

Lunch in a trout based restaurant.

Visit to the Baptistery of San Giovanni in the city of Sala Consilina. It is unique in the whole world because it uses the baptismal water directly from the springs where the baptistery is built on. Its construction ascends in the first ages of Christianity.

After the visit, shopping in the town of Sala Consilina.

Day 6th – Medieval village of "Teggiano" and the mills of "San Rufo"

Visit in the center of Teggiano village, ancient stronghold of Sanseverino princes.

Lunch at home

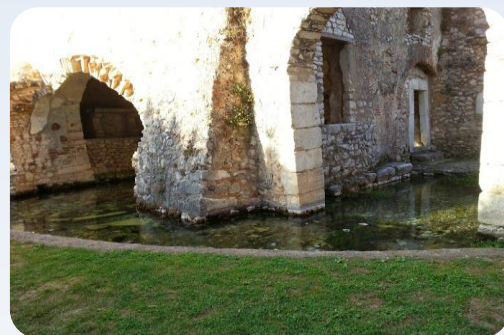
Visit to the Mills of San Rufo. Although it is considered a small town it counts 14 water mills. One of them, located in the center of town, is in perfect conditions and it works perfectly with electric power.

Evening "happy hour" in a wine house. It will be possible to taste typical salami and cheeses with a local wine goblet.

Day 7th – Departure

Breakfast and transfer to the airport.

... the experience is over but it can be repeated with different itineraries ...



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Rates for groups of minimum 4 persons

Individual quota in double room	Euro 1.000,00
Individual quota in double room with single use	Euro 1.500,00
Discount 20% groups 7-8 people	
Discount 10% groups 5-6 people	

Are included in the price

- transfers from and to the airport
- overnights and meals even during the outing
- all the transfers during the excursions
- entrance ticket to the "terme di Contursi" pools.
- entrance and guided tour to "Grotte di Pertosa" and "Certosa di Padula"
- cooking class

Aren't included in the price

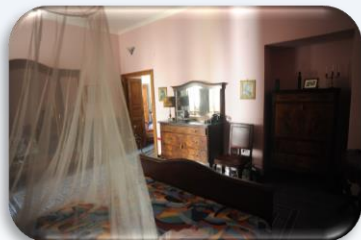
Flights, alcoholic beverages, specific treatments at the Spa of Cortusi Terme



All foods used are genuine and products in the territory of the Vallo di Diano

The house

Consists on a lounge, a dinning room, a living room, 4 double bedrooms, 1 kitchen, terrace and garden.
In the middle of the house is situated the dinning room through which can access all the rooms of the house and the terrace.
"Rosa room" and **"Avorio room"** (both double) are coadjacent and have a shared living room and bathroom.
This could be a perfect solution for a family or 2 pairs of friends.



Stanza Rosa



Salotto



Stanza Avorio

The **"red room"** has got a private bathroom, the **"yellow room"** is a double and it is united to a single **"cameretta"** with a shared bathroom.
These could be ideals for a family with a son or a pair of friends.



Stanza Rossa



Stanza Gialla



Cameretta



For information and reservations please send an email to info@vallovivo.it