

ACTIVITIES AND SERVICES

In contact with animals. Visit to the farm

Have you ever seen how cheese is made? In direct contact with nature it will be possible to visit one of the neighboring farms where it will be possible to see how cheese is made.

Truffle hunting

Thanks to expert truffle hunters we give our guests the opportunity to experience firsthand one of the most requested and interesting activities to carry out in Umbria. Thanks to the many woods surrounding our area it will be possible to see how the truffle is found. Experience of about 2/3 hours with the final preparation of truffle dishes.

Yoga for children and adults

A millennial discipline that involves body, posture, breath, spirituality. Thanks to our large outdoor garden, in the midst of tranquility and relaxation, we offer yoga classes for young and old on request. Yoga, also done once a week, offers perceptive psychophysical benefits right away, which is why we decided to include it in our activities.

Relax, home massage and Spa

We know that the watchword for those who go on vacation is Relax. Precisely for this reason we provide our guests with a massage expert who, upon reservation, will come directly to the structure. In addition, we will be able to recommend one of the best spas just minutes from the hotel.

Baby sitter in English

For those who want to leave their children free to discover new activities in English, they have chosen the right place. A teacher with years of experience teaching children will ensure that your children spend an hour learning and having fun.

Visit to the Marmore Falls

One of the most requested attractions by those who come to visit Umbria. About 30 minutes by car from our farmhouse, the Marmore Falls await you. We advise you to check the opening hours with us.

Horseback riding

Horse riding is a wonderful experience in Umbria. Paths, woods and valleys surrounded by breathtaking panoramas. The La Somma Equestrian Center is always ready to meet your every need. Recommended for families, groups of friends, couples and anyone who wants to spend time surrounded by nature.

Rafting

Do you want to experience strong emotions? Rafting is the one for you. Rafting descents in Umbria on the Corno river, between Norcia and Cascia. Children? Ask for information for rafting for children. The As Gaia Rafting Center awaits you every day from April until the first week of November.