

Wellness and relax are the key words of these tours that combine massage and spa services to Nordic walking, a natural cure to regenerate your body and soul!



Period	March / November
Target	for all
Duration	3 days / 2 nights
Min people	2 / 4

WALKS AND MASSAGE IN PARADISE

Three days in the nature of Gran Paradiso National Park to get closer to Nordic Walking with a basic course combined with relax, massage, sauna and jacuzzi at the Maiolandro Noasca.

Rates per person in double: min. 2 people from 220 euro; min. 4 people from 195 euro

Rate include: 2 nights accommodation with breakfast in a double room B&B at Maiolandro Noasca, 1 dinner in Ceresole Reale at Hotel Blanchetti; Nordic walking basic course with instructor, 1 session of massage and use of the wellness center.

Not included: transportation (available on request), personal expenses, drinks, and anything not mentioned in "Rates include".

WALKS AND TASTE ON THE VIA FRANCIGENA – BASE COURSE

Three days to approach the practice of Nordic Walking with a basic course between vineyards and chestnut trees, combined with the "discovery" of local products, wine Carema and the local cuisine in the borderlands between Piedmont and Valle d' Aosta.



Rates per person in double: min. 2 people from 225 euro; min. 4 people from 205 euro

Rate include: 2 nights accommodation with breakfast in a double room at Hotel Campo Base** in Settimo Vittone, 2 dinners at restaurants La Baracca e La Sosta in Settimo Vittone; Nordic walking basic course with instructor.

Not included: transportation (available on request), personal expenses, drinks, and anything not mentioned in "Rates include".



WALKS AND TASTE ON THE VIA FRANCIGENA – ADVANCED COURSE

Three days to deepen and improve the technique of Nordic Walking. Lessons will take place through vineyards and chestnut trees, along the Via Francigena. Walks will be combined with the discovery of typical products and local cuisine.

Rates per person in double: min. 2 people from 225 euro; min. 4 people from 205 euro

Rate include: 2 nights accommodation with breakfast in a double room at Hotel Campo Base** in Settimo Vittone, 2 dinners at restaurants La Marena Sinoira in Settimo Vittone and La Maiola in Carema; Nordic walking advanced course with instructor.

Not included: transportation (available on request), personal expenses, drinks, and anything not mentioned in "Rates include".