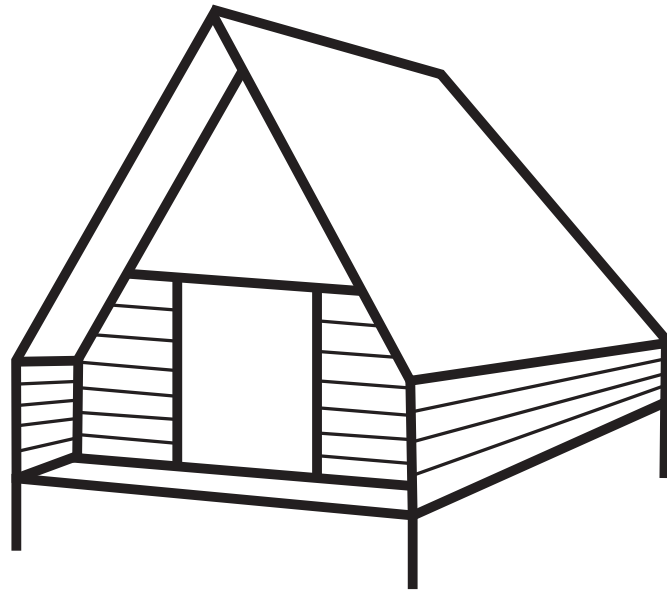


CIRELLI Wine\_GLAMPING



*Activities*  
GUIDE

## CIRELLI'S GLAMPING ACTIVITY GUIDE

### To do @Cirelli Wine Glamping – Activities available upon booking

#### Picking wild herbs – depending on seasonal availability

A walk in the proximity of the winery to pick up different types of herbs: chicory, lettuce, wild asparagus. These will be then handed to the guests to take home.

Observation and explanation of native flowers like: sulla, orchids, and chamomile; and their importance for the pollinators.

These pieces are native plants of the centre and south of Italy, and they can be found in several regions of the Mediterranean basin.

Duration: 1h roughly  
Price per person €25.00  
Free of charge for kids

#### DEGUSTATIONS and WINERY VISITS

At the end of the visit, we will reach the dedicated degustation area.

Tables, comfortable chairs and a stunning panorama will act as a frame to this beautiful experience while you sip our amphora wines, and you enjoy a generous selection of local products.

#### All about Amphora

*What does it include:*

- Visit of the cellar and the vineyards
- 4 glasses of wine of the Amphora variety
- Generous selection of local products

Duration : 1,5h roughly  
Price per person €35.00  
Free of charge for kids

#### Exclusive Agricola Cirelli -

*What does it include:*

- Visit of the cellar and the vineyards
- 3 glasses of wine of the Amphora Riserva variety
- Generous selection of local products

Duration : 1,5h roughly  
Price per person €65.00  
Free of charge for kids

#### SPECIAL - Yoga & Wine -

Guests will enjoy an hour of yoga with our yoga instructor. After the yoga class, the winery tour will start. The tour will take you through the amphora cellar and the vineyards, and it will end with a charming degustation of our wines, accompanied by an aperitivo based on native products.

*What does it include:*

- Visit of the cellar and the vineyards
- 4 glasses of wine of the Amphora variety
- Generous selection of local products

Duration: 3h roughly  
Price per person €90.00  
Free of charge for kids under 11 years old. From 12 years old onwards: € 10,00 each for the yoga class

#### Traditional cooking classes:

A unique occasion to discover the secrets of the typical recipes of the Teramo hills.

It goes without saying that one of the dishes taught will be the queen of the abruzzesi first courses: the spaghetti chitarrina prepared the Teramo way, with meatballs.

The cooking classes are open to adults and kids, and what gets prepared will then be consumed by the guests.

Duration: 3h roughly  
Price per person €55.00  
Free of charge for kids under 10 years old. From 11 years old onwards: €25,00 each  
Minimum 2 participants

### **IN-BEDROOM MASSAGE**

Our masseur Fabio will meet you directly in your lodge with the massage table. You can choose to get the massage done in the bedroom or on your terrace.

The massage offers the functional rebalance of the body system: it includes relaxation, connective activation, and lymphatic action.

A treatment that rebalances the body system in its totality.

Duration : 1,5h roughly  
Price per person €100.00  
Activity suitable to adults only

### **PERSONAL TRAINER**

Our Personal Trainer Fabio will give you the chance to choose a “functional training” or a “health training” session, which focuses on the posture and the energy aspects.

Duration: 1h roughly  
Price per person €100.00  
Activity suitable for adults only

### **E-BIKE RENTAL - WITH A TOUR GUIDE**

Adventurous excursion in the Piomba river valley.

Cycling along a charming path through the green and wild Piomba river valley, you will be able to admire from close-up distance the spectacular sculpted shapes of the native calanchi of Atri.

The itinerary features a mix of gravel and side tarmac streets, and it suits mountain bikes and gravel e-bikes.

Total distance: 32km  
Elevation: 700m  
Technical challenge level: medium  
Physical challenge level: medium  
Duration: 3h  
Price per person €35.00 (includes: e-bike rental, qualified tour guide, support, assistance and insurance).  
Activity suitable for adults only  
Contacts : <https://www.cerranobikeland.com/> Andrea: 3473769361

### **THE CALANCHI WAY:**

The Calanchi Way is a very easy trekking path measuring 3kms roughly, that you can undertake by departing straight from our glamping site.

You will walk on gravel roads, admiring the colours and the silence of the surrounding nature.

This mini-trek can be undertaken autonomously. A map is available at the reception of the clamping.

Total distance: 6km (back and forth)  
Technical challenge level: easy  
Duration: 3h  
Gear: comfortable, sporty gear required, we recommend to wear long pants and trousers  
Timing advice: best to do this trek early in the morning, or from 18.00 onwards

### **WHAT TO DO IN THE AREA**

#### **WITHIN A 10KM RADIUS OF OUR GLAMPING:**

#### **WWF RESERVE I CALANCHI DI ATRI**

The Calanchi of Atri, in Abruzzo, also known as the “Dante’s bolge”, make up the most charming and spectacular shape of the hilly landscape of Abruzzo. They look to stand as real natural sculptures that resemble the moon’s landscape.

Inside the Riserva I Calanchi you will find all the information concerning guided treks -with or without a guide- and an app is also available to all visitors featuring the explanations of the natural wonders you are looking at.

Activity suitable for adults and kids

Gear: sports gear

Gear: sports gear

Price: starts at €35.00 per person (includes the guide).

Without a guide: free of charge

Contatti : Via Colle della Giustizia, 64032 Atri [+39 331 579 9191](tel:+393315799191)

Sito web : <https://riservacalanchidiatri.it/>

### **BABILHOP BREWERY VISIT**

This lovely brewery sits at the foot of Atri. It produces an agricultural beer. The difference with a craft beer is that the craft beer is produced by a small, non industrial brewery, however the hop, or the barley contained in the beer can be sourced very, very far away. Agricultural beer, on the other hand, comes from at least 51% native raw materials, which are produced in that brewery itself.

“This is the concept of 0km (km0 in italian) and of traceability applied to each and every ingredient, at every step of the supply chain”.

From the field to the jug, without interruptions. “To drink an agricultural beer is a unique tasting and olfactory experience, that allows you to taste the soul of a land, season after season”.

We offer the chance to visit the brewery and its fields, and an optional degustation of beers and cheese and cured meats boards can be arranged.

Activity suitable for adults and kids

Price: €20.00 per person (includes 3 beers+ 1 cheese and cured meats board)

ACTIVITY AVAILABLE UPON BOOKING: visits take place on Friday, Saturday and Sunday only

Contacts : Pasquale +39 3279487567 <https://www.babilhop.com/cosa-ti-offriamo/>

### **GUIDED TOURS OF THE CITY OF ATRI:**

Atri is one of the most ancient and fascinating art cities of Abruzzo. It stands on a green hill a few kms from the sandy beaches washed by the Adriatic sea and by the most imposing mountain of central Italy: the Gran Sasso. Its location and history make it really unique and special.

Associazione Culturà offers unique experiences such as: Underground Atri, Secret Atri, and Authentic Atri.

Activity suitable for adults and kids

Gear: comfy clothing

Price: 25€ per person, part of a group. Kids pay €5 each

Private tours are available depending on the season

Contacts : Maria Serena +393299260980

Website : <https://cultourabruzzo.it/>

### **DAIRY FARM DEI CALANCHI:**

This dairy farm was established in 2009, right at the heart of the NATURAL RESERVE DEI CALANCHI OF ATRI, and it has been producing high quality milk for the last 30 years.

It also features a cheese production: mozzarella, nodi, burrate, fresh cheeses and yoghurt.

The proposed activity offers:

- Visit to the cattle breeding
- Cheese making: you can choose between mozzarella and giuncata
- Degustazioni of the cheeses made during the visit (matched with our wines)
- Possibility to take home what you made at the dairy farm

Activity suitable for adults and kids

Gear: comfy clothing

Price for the giuncata making: €25 per person (free of charge for kids under 10 yrs old; from 11 to 18 years old: €12 each)

Price for the mozzarella making: €35 per person (free of charge for kids under 10 yrs old; from 11 to 18 years old: €12 each)

Contacts: Francesca +39 3208327562

### **WITHIN A 16KM RADIUS OF OUR GLAMPING:**

#### **HYPERBOREA**

This is a tiny company that specialises in growing herbs used to produce infusions and teas

The proposed activity offers:

- Visit of the field where the herbs are grown
- Degustation of 2 infusions among: cornflower, marigold, chamomile, rose, lavender, and saffron (depending on the season).
- 1 alcoholic cocktail prepared with their own herbs (herbs-based cocktail with either gin or vodka)
- Savoury snacks

This activity needs to be booked at least 24h prior to the visit, to allow the infusions to simmer and cool down in order to obtain the best resulting cocktail.

Activity suitable for adults and kids

Price: €10.00 per person (free of charge for kids under 10 yrs old; from 11 to 18 years old: €5 each)

Contacts: Alessandro+39 3405816338

Website : <https://www.hyperboreafarm.it/>

#### **GUIDED TOURS OF CITTA' SANT'ANGELO**

Città Sant'Angelo sits on top of a hill 30 minutes away from the mountains.

Its morphology is predominantly hilly, but it also features a strip of land less than 1km wide that separates the municipalities of Silvi and Mantesilvano, and ends up in the Adriatic Sea.

Since 2009 it is featured as one of the most beautiful villages in Italy

Activity suitable for adults and kids

Guided Tours with Eleonora: +39 3496438906

Price: Half a day Tour €90,00 per person

Minimum participants number: 2

#### **E-BIKE RENTAL WITH A TOUR GUIDE - CYCLING ALONG THE PINETA AND THE SEA**

A very scenic itinerary suitable for all family members, that follows the Ciclovía (bike lane) Adriatica del Cerrano. It entails riding through the Pineta (pine forest) and to the Serrano tower.

Total distance: 32km

Elevation: 700m

Technical challenge level: medium

Physical challenge level: medium

Duration: 3h

Price per person €35.00 (includes: e-bike rental, qualified tour guide, support, assistance and insurance).

Activity suitable for adults only

Contacts : <https://www.cerranobikeland.com/> Andrea: 3473769361

#### **DAY AT THE BEACH:**

If you want to spend a day or two at the beach, we recommend **Eucaliptus Beach** in Pineto, nearby Teramo, one of the most beautiful and unique areas of the Abruzzo coastline.

This is more than your average beach resort, as it is located within a natural parc.

The sandy beach connects the clear blue waters and the lush green pineta, which sits 50m from the sea.

You can rent a sunshade (parasol), deckchair and sunbeds online: <https://www.spiagge.it/stabilimenti-balneari/12768-eucaliptus-beach/?from=2023-07-11&to=2023-07-11&se=1>

Contacts:

#### **HORSEBACK RIDES**

From the hills to the countryside, from the sea to the mountains: enjoy nature through a horseback ride, and discover the wonders of a unique territory. Easy rides (minimum duration 2h) or longer treks lasting more than 2h. For more info on the optional treks, please visit the website reported below.

Activity suitable for adults and kids from 14 years old onwards.

Tour Minimum time duration: 2h  
Maximum number of participants: 3  
Contacts : +39 3883407470 - <https://www.cavalcandolabruzzo.com/servizi/passeggiate-trekking/>

### **BEYOND 25 KM FROM OUR GLAMPING:**

#### **VISIT TO THE OIL MILL:**

Cradled in the view of the Appennino mountains and the panorama of the Adriatic Sea, the Montecchia oil mill sits at the heart of the Abruzzo hills of Morro d'Oro. The variety of the territories that surrounds the mill translates directly in its products.

Plenty of lush green, hundreds of fruit trees, the precious olive trees, and a beloved and cured horticulture that supplies the degustations.

During the tour you will be shown the production process of the olive tree in all its stages, all the way through to the end products (products preserved in oil, pate', pickled olives), which you will be able to taste during the degustation.

Price per person: €25.00  
Activity suitable for adults and kids  
Contacts: <https://www.frantoiomontecchia.it/> Martina: +39 3392177405

### **WALK, VISIT, AFTERNOON SNACK OR APERITIVO IN THE ORCHARD**

Walk through nature, surrounded by the orchard

The tour guide will talk you through the different types of fruit trees and the characteristics of each of those.

You will spend a few lovely hours immersed in nature, and you will learn a lot of interesting things about fruit trees, their cultivation and their production.

At the end of the walk, you will be offered an afternoon snack or an aperitivo featuring the orchard's products: fruit juices, jams, fresh fruit of the finest quality.

Activity suitable for adults and kids  
Gear: comfy clothing  
Price for: the visit, the presentation and the afternoon break/apertivo: 30€ per person (free of charge for kids under 10 yrs old; from 11 to 18 years old: €15 each)  
ACTIVITY AVAILABLE UPON BOOKING ONLY  
Contacts: Manuel +39 3318841537 - <https://www.poderefrancesco.it/>

### **BOAT TOURS ALONG THE TRABOCCHI COASTLINE**

Enjoy the splendid sea of Abruzzo along the trabocchi coastline. One full day excursions; half a day; or sunset tours along the charming coast of the trabocchi. Alternatively you can do a one day boat excursion of the stunning Tremiti islands, departing from San Salvo.

Activity suitable for adults and kids  
Prices available upon request  
Contacts: +39 3929901492 - <https://www.abruzzoskipper.com/>

### **BOAT TOURS AROUND ROSETO DEGLI ABRUZZI**

A wide variety of boat excursions departing from Roseto degli Abruzzi.

Array of activities: watching the sunrise from a boat; visit to the cozzara (mussels farm); brunch out at sea; night excursion; dolphins watching

Activity suitable for adults and kids  
Prices available upon request  
Contacts: Rossella +39 3669015892 - <https://fuoriporto.it/>

### **BOAT TOUR: ABRUZZO'S ATLANTIDE: Activity available only from July 1st to September the 15th.**

The land today covered by the waters of lake Capo D'Acqua once hosted a mill in the Middle Ages. Nowadays its ancient treasures can be seen by taking a tour on an electric powered glass-bottomed boat that fit 4 guests, plus the pilot.

The seats below the water level fit 2 people only, which means that during the tour guests will take turns to admire the stunning underwater view.

Proposed activity: A brief welcome by the grass knoll by the entrance, featuring local pastry and a drink; 1.5h guided tour on the electric powered glass-bottomed boat; access to the grass knoll area for the whole day, for those interested.

Activity suitable for adults and kids

#### SCHEDULE

	BOAT 1	BOAT 2	BOAT 3
1 TOUR	09:00 – 11:00	09:30 – 11:30	10:00 – 12:00
2 TOUR	11:00 – 13:00	11:30 – 13:30	12:00 – 14:00
3 TOUR	13:00 – 15:00	13:30 – 15:30	14:00 – 16:00
4 TOUR	15:00 – 17:00	15:30 – 17:30	16:00 – 18:00

#### PRICES

Price per person	€ 30,00
Family/group package	€ 100,00
Exclusive boat package	€ 100,00

Contacts: + 39 3515072326

#### HORSEBACK RIDES BY THE SLOPES OF THE GRAN SASSO:

A 50 minutes horseback ride along the Tirino Valley and the Gran Sasso National Park.

ASD Abruzzo a Cavallo welcome briefing featuring; local pastry from the Tirino Valley, and a refreshment; a brief on the land; on the basic notions of horse riding; and assistance getting on the horse.

Local products degustation along the banks of the Tirino “Rajo” river featuring local chefs and delicatessens (optional)

#### RIDES

RIDE 1	RIDE 2
10:30 – 12:00	15:30 – 17:30
** schedule up to end of May**	

#### PRICES

Price per person	€ 40,00
Degustation (optional)	€ 25,00

Minimum excursion participants number: 2pp

Maximum excursion participants number: 4pp

Suitable for kids 14 years old and over

Maximum weight: 100kg

#### ABRUZZO'S OWN TRANS-SIBERIAN RAILWAY: A HISTORICAL TRAIN RIDE

Sulmona-Carpinone-Isernia service

#### THE PARKS' RAILWAY

An extremely scenic train ride through the heart of Abruzzo and Molise's national parks. This railway runs along a winding and charming track that takes you through mountains and tight gorges.

Departing Sulmona, at 328m above the sea level, you will reach the second highest train station of the railway: Rivisondoli-Pescocostanzo, at 1.268,82m above the sea level, riding along the typical Appennino mountains landscapes: mountains, highlands and woods.

A spectacular track that fluctuates along the Maiella National Park, the Abruzzo National Park, the Lazio and Molise regions, and the MB Collemeluccio-Montedimezzo Alto Molise Reserve. It was the uniqueness of its views that awarded it the name of "Park's railway". Definitely a trip worth taking once in your lifetime, to see the tiny, still inhabited villages, where history left its mark and where traditions can still be seen today along this charming ride. This is not your average train ride, it's a brief geography class that runs past your eyes when you look outside the train's windows. It's a little bit like watching a live version of a documentary.

### **Spring on the Park's Railway**

Sunday 23rd April, Monday 24th April, Sunday 21st May, Sunday 28th May, Saturday 3rd June, Sunday 4th June, Sunday 25th June

### **Summer on the Park's Railway**

Sunday 23rd July, Saturday 29th July, Sunday 6th August, Saturday 12th August, Sunday 13th August, Saturday 19th August, Sunday 20th August, Saturday 26th August, Sunday 27th August, Saturday 2nd September, Sunday 17th September- special date

### **Autumn on the Park's Railway**

Sunday 24th September, Saturday 14th October, Saturday 21st October Sunday 22 October, Saturday 28th October, Sunday 5th November

### **DEPARTING STATION - HISTORICAL TRAIN RIDE**

Sulmona train station (AQ)  
Daily round trip  
Departure 8.45 / 9.00  
Return 18.00 / 19.00 \* depending on the itinerary and the stops

### **STOPS**

1/2 intermediate stops during the day in either: Campo di Giove, Palena, Pescocostanzo, Roccaraso, Alfedena e Barrea, Castel di Sangro.

### **PRICES**

Adults - € 50  
Kids: from 4 to 12 years old- € 30  
*What does it include:*

- Daily return train ticket
- Musical entertainment on board the train
- Online purchase fees and agency fees included
- VAT
- Tour brochure to be found on the train
- Luggage and prams transport included

CONTACTS and BOOKINGS: [www.ferroviadeiparchi.it](http://www.ferroviadeiparchi.it)

### **CIVITELLA DEL TRONTO'S FORTRESS**

Civitella del Tronto's Fortress, sitting at 600m above the sea level, lies in a strategic position from which it dominated the northern border of the former Vice-Reign of Naples, and the neighbouring Pontifical State. It is one of the largest and most important feats of engineering in Europe, and it features an elliptical shape, with a geographical extension of 25.000sqm and a width measuring 500m.

Activity suitable for adults and kids

Contacts: [http://www.fortezadicivitella.it/index.php?option=com\\_content&view=article&id=99&Itemid=53](http://www.fortezadicivitella.it/index.php?option=com_content&view=article&id=99&Itemid=53)

### **WATER PARK - ACQUA PARK ONDA BLU IN TORTORETO**

Onda Blu Acqua Park. Spend a lighthearted day at the most exciting water park in central Italy: 120.000sqm of pure fun for all ages.

Try the super tall Kamikaze toboggan; the multi track water slides; slide down the Blue Hole on a donut, and plunge in the wave pool.



For the less adventurous types, you can chill in the hot tubs, in the solariums, and in the shade of the trees by the grass knoll. There is also an area dedicated entirely to toddlers and young kids: l'Isola Felice, which was thought for them specifically, and fitted with games and slides.

Activity suitable for adults and kids

Contacts: [» Acquapark Onda Blu - Acquapark Onda Blu](#)