3 days and 2 nights
Anti-Stress Weekend
at La Forestale Luxury Ecolodge
599 €
(for two nights for two people)
(Starting from, depending on room selection)

Day 1:

2-4 PM - Guests are expected for check-in.

5-7 PM - Bioenergetic massage session (one per person): a gentle, highly personalised treatment designed to release muscular tension associated with emotional conflicts, helping body and mind regain their precious harmony and restore energetic balance.

Dinner at your leisure. Don Merlino can recommend restaurants in Furlo and the surrounding area.

First night in one of the rooms at La Forestale Luxury Ecolodge.

Day 2:

8-8:45 AM - After a deep, restful sleep, meet Don Merlino for a morning awakening in the fully glass-walled yoga studio. As the sun rises over the mountain, gently move your body and recharge your energy.

9-10 AM - After a shower, Don Merlino's exceptionally healthy breakfast is served on the terrace with peaceful views of the Furlo Gorge.

10 AM-1 PM - Free time to walk through the famous Furlo Gorge or the nature reserve above La Forestale.

1-3 PM - Lunch at your leisure in Furlo.

3:30-5 PM - Forest Ritual session (Pilates and guided meditation) in the yoga studio, with exceptional views of the Furlo Gorge.

5:30-6:30 PM - Opportunity to enjoy La Forestale's Finnish "Iglusauna", the only one of its kind in the entire Marche region.

6:30-7:30 PM - Enjoy a sparkling-wine aperitif from La Forestale on the terrace, with relaxing views of the Furlo Gorge.

Dinner at your leisure. Don Merlino can recommend restaurants in Furlo and the surrounding area.

Second night in your room.

Day 3:

8:30-10 AM - After a restful night, Don Merlino's exceptionally healthy breakfast will be served.

11 AM - Check-out.

FREE / OPTIONAL — Guests may choose additional activities according to their preferences:

- A food and wine visit to a local winery in the Marche region producing wine and olive oil. "Don Merlino's Wine Journeys", parts 1 & 2, are sent straight to your smartphone with Google Maps routes and winery information. Smart & Easy!
- An e-bike route through the Furlo Gorge Nature Reserve.