# 7 days and 6 nights

# Complete Re-Boost

## at La Forestale Luxury Ecolodge

## 1 599 €

(for two nights for two people, breakfast included)
(Starting from, depending on room selection and availability)

### Day 1:

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

5-7 PM - To relax immediately upon arrival, enjoy a 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 - Don Merlino's exceptionally healthy breakfast, 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 (or to shop at nearby outlet stores, although this is less environmentally friendly).

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

3-5 PM - A guided trek with Don Merlino to discover free-roaming horses on the summit of Monte Pietralata.

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.

Third night in your room.

## Day 4:

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-4 PM - Free time to discover the food and wine routes created by Don Merlino through the gentle hills of the Marche region.

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

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

Fourth night in your room.

## Day 5:

8:30-10 AM - Don Merlino's exceptionally healthy breakfast, served on the terrace with peaceful views of the Furlo Gorge.

11 AM-4 PM - Guided hike with Don Merlino along the Paganuccio Loop, a beautiful route through varied landscapes: woods, meadows, mountain summits and free-roaming horses.

1-2 PM - Picnic lunch on Monte Paganuccio.

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.

Fifth night in your room.

## Day 6:

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 will be served.

1-4 PM - Free time for a city tour of Urbino and/or Gubbio.

5-7 PM - Guided meditation session with Giorgia.

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

Sixth night in your room.

## Day 7:

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:

- An e-bike route through the Furlo Gorge Nature Reserve.
- Shopping at nearby outlet stores.