

# 3 days in Umbria: Adventure with Style

The outdoor soul of Umbria, with a touch of elegance: trekking, e-bike, yoga, and authentic village life.



## **Day by Day Program**

Day 1 -Arrival & Village Life  
Check-in at boutique agriturismo. Guided walk in a medieval village. Dinner with local specialties.

Day 2 – Active Discovery  
Morning hike along the Franciscan Way or e-bike ride through the hills. Picnic lunch with local products.

Afternoon rafting on the Nera River or visit to a traditional olive mill. Dinner included.



Day 3 – Slow Morning  
Yoga session or sunrise meditation walk. Farewell brunch with seasonal products.

