



FOOD

&

RELAX

Our proposals

Wine & Food

Yoga & Wellness

History & Culture

Eco-Tourism

Beach Holiday

Pilgrimage

Hiking & Trekking



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www.foodandrelax.com



EXPLORE

The Taste

PERSONALIZE YOUR TRIP



Farmer's Tour

Taste the true flavor of Italian cuisine as you explore the area on foot or by bike. Visit farmers and sit at the table with them. Follow the farmer in his daily chores as you talk and listen to his life stories.



Food Art Tour

Knowing how to eat is an art. Tours organized with food coaches to learn how to eat healthily combined with light training lessons. Learn how to use food for a healthy and happy life while you are on vacation.



Wines and Wineries

Explore the best wineries in the Marche region through a combination of food and wine tours and tastings. Visit our carefully selected wineries, take in breathtaking views from scenic trails, and create memories with your family and friends.



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EXPLORE *The Nature*

PERSONALIZE YOUR TRIP



Hiking Tours

Wellness involves the body, mind and emotions on a biological level, it motivates and excites us in our relationship with the environment that surrounds us. Outings and activities in nature, at any age and condition, can help anyone find their inner and outer well-being.



Bike tours

We offer bicycle tours that allow you to discover unknown and uncontaminated corners of the area, far from mass tourism. These routes will allow you to taste the true character and get to know the true soul of Italy.



Yoga & Detox

Body and mind health through joy and freedom. This is our objective. Yoga, running, silent meditations to listen and observe what surrounds us but also dynamic meditations and Sufi dances to cleanse the mind and tune in with the vital force. Try it!



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EXPLORE

The History & Culture

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Historical Reenactment

Historical reenactments are very atmospheric and allow us to travel back in time. These events not only keep our past alive and share it with the public, but also create tourism activities for our small towns.



Ancient crafts tour

Guided tours among ancient crafts, artisans' workshops and art galleries. We go on a discovery of small workshops where wonderful and unique objects are created such as: lace, earthen vessels, jewelry, sculptures and paintings.



Archaeology tour

It's easy to say past. But discovering it is just as difficult as interpreting it. And the further it is, the more that past challenges our tools. Still, that's where we all come from. Understanding even a remote era is a way to understand ourselves.



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