





DISCOVER THE EXCELLENCE OF THE MARCHE REGION

ORGANIZATION OF GUIDED TOURS IN PARTICULAR GASTRONOMIC EXPERIENCES TO DISCOVER TYPICAL PRODUCTS AND THE LOCAL FOOD



WINE AND OLIVE OIL TASTINGS COOKING SHOW WITH TASTING TRUFFLE HUNTING & TASTING PICNIC IN THE VINEYARD & ON THE BEACH YOGA & NUTRITION CLASSES









MARCHE REGION

TASTING TOURS

DISCOVER THE SECRET OF ITALIAN LONGEVITY. **IMMERSE YOURSELF IN REAL ITALIAN CUISINE AND DISCOVER ITS** SECRETS THROUGH OUR TOURS.

- LEARN TO MAKE PASTA AND PIZZA WITH OUR COOKING CLASSES WITH TASTING.
- TASTE OUR EXTRAORDINARY WINES AND DISCOVER WHICH FOODS THEY PAIR BEST WITH FROM OUR WINEMAKER.
- GO TRUFFLE HUNTING AND EVEN IF YOU HAVEN'T FOUND ANYTHING YOU CAN STILL PARTICIPATE IN THE TRUFFLE DINNER.
- TASTE OUR OLIVE OIL AND DISCOVER HOW MANY VARIETIES OF **OLIVES THERE ARE. YOU WILL BE SURPRISED!**

TRY OUR TYPICAL PRODUCTS AND YOU WILL TAKE THE MEMORY OF A UNIQUE AND EXTRAORDINARY EXPERIENCE.









YOGA, NUTRITION & RELAX



WE GO ON HOLIDAY TO RELAX AND RECHARGE WITH NEW ENERGY. WITH OUR TOURS YOU CAN REALLY DO IT.

- WE ORGANIZE IMMERSIVE YOGA SESSIONS FOR BOTH BEGINNERS AND MORE EXPERIENCED PEOPLE.
- YOU CAN ALSO TRY OUR LESSONS DEDICATED TO NUTRITION, WHICH IS THE BASIS OF OUR GENERAL WELL-BEING.
- WE ALSO ORGANIZE RELAXING WALKS IN NATURE. THE COACH WILL TEACH YOU HOW TO GET THE MOST BENEFIT FROM A SIMPLE WALK.
- AND YOU CAN ALSO ENJOY RELAXING MASSAGES, SAUNA, HYDROMASSAGE AND EMOTIONAL SHOWERS AT OUR PARTNER WELLNESS CENTRES.

RELAX, THAT'S ALL YOU HAVE TO DO. WE WILL TAKE CARE OF YOU.



+39 338 4824000









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ALL OUR TOURS ARE TAYLORMADE. WE ALWAYS FIND SOLUTIONS TO ALL REQUESTS, EVEN WHEN THEY HAVE BEEN SPECIFIED IN THE ACCEPTED QUOTE. WE LOVE OUR JOB AND WE LIKE IT WHEN OUR CUSTOMER IS HAPPY. OUR TOURS ARE AVAILABLE FOR INDIVIDUALS, FAMILIES AND FRIENDS IN GROUPS OF MAX. 12 PEOPLE.

SO, DO NOT HESITATE TO CONTACT US BY EMAIL OR PHONE, EVEN VIA WHATSAPP, TO ASK US ANYTHING YOU WANT TO KNOW ABOUT YOUR FUTURE VACATION WITH US.

IF A PERSON IS HAPPY IT MEANS THAT HE HAD A HAPPY HOLIDAY.

www.foodandrelax.com



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