

Extra activities:

	<p>Luggage transport: you prepare your luggages and we carry them for you. While you are enjoying on the trails, your luggage is carried at the final destination and it will be already there once you will arrive after a nice day running or trekking. When you pack your stuff remember that the Mandala Trail fellas are very available but they are not weight lifting athletes.</p>
	<p>Light pack: What is more exciting than an multi-days adventure with all you need in your backpack? You will realize that you will need much less stuff than you thought. Before choosing the equipment to bring with you we recommend you to read carefully the "Compulsory equipment" section. If you need some advice do not hesitate to contact us.</p>
	<p>Massages: after a full day on the trails there is nothing better than a good massage to regenerate and stretch the muscles. Our masseurs are available for customized treatments for any kind of muscular fatigue.</p>
	<p>Yoga: body and soul have to be in armony, our Yoga instructor Tite will teach us how to get a perfect balance. The Yoga is not only healthy and terapeutic, but it gives you awareness and internal armony. If some positions showed by Tite are too challenging, don't worry: the main goal of the Yoga is not to stay in equilibrium on the hands or to put the foot behind the head. The Yoga is a searching process that, starting with the practice of the positions, brings inside the body, up to get an awareness, a internal peace and a clearness of the mind that let us live a more complete life.</p>
	<p>Wellness centre: give yourself time and care just to relax. Jacuzzi, sauna, and steam bath for a total relaxation to regain harmony and wellbeing. The everyday stress will be a faided memory.</p>



Wine tasting: who knows how many wine glasses we had in our life, but have you ever realized what there is behind this incredible nectar? Thanks to the explanations of an expert we will have a look in this fascinating world. Nothing complex, no technical terms, just the willing to understand and to know the stories and the traditions of a product that all the world envies us.



Traditional cuisine: Italy offers some of the most delicious food in the world. In these journeys you will have to occasion to eat authentic italian food well-know worldwide like pizza of Naples, lasagna pasta of Bologna or pesto sauce from Liguria, plus some others local food, less known but surely not less tasty. And if after the feast you want to try to replicate the dish at home, just sit and listen our chefs that will teach you their recipes and some of their secrets.



UNESCO site visit: Italy is the country with the highest number of UNESCO sites, over 50. Val d'Orcia in Tuscany, Cinque Terre, Costiera Amalfitana near Naples, Eolie Islands, the active volcano Etna in Sicily, the Dolomites and the vineyards of the Langa in Piemonte are just some examples of UNESCO sites that can be visited by foot. If the history and the culture are your passions you can devote an afternoon to the historical city centres of Florence, Siena and San Gimignano while you are running through the Via Francigena in Tuscany, or you can visit the archeological sites of Pompei and Ercolano during the Amalfi Coast Trail, or you can wander through the Baroque historical centre of Catania at the end of the Etna Tour Trail. Not bad for such a small nation like Italy.



Family activities: do you think that is impossible to manage an adventurous holiday with kids? Never say never! Our trekking guides will propose you an easy trek to do with your kids searching for flowers and fruits. Meanwhile you are having dinner, our staff will organise playful activities for kids of any age. And if your kids want to imitate you they can attend at the minitral that is organised on the Salina Island during the Sicily Volcano Trail. Fun guaranteed!



Swimming: after a full day on the trails are you still keen for some extra activity? We have a big panoramic swimming pool at the Hotel Excelsior in Amalfi. Otherwise you can have a dive in the crystal clear waters of the Orosei Gulf in Sardinia during the Selvaggio Blu Trail.