



# ELEVATE YOUR FITNESS IN TUSCANY

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Tour and activities to enjoy the  
Tuscan way of life



**VILLA  
BENEFIZIO**  
RESORT & SPA MONTEPULCIANO

# CONNECT WITH NATURE

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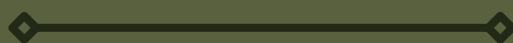


Enjoy an active journey through Val d'Orcia with our fitness-focused itinerary. Explore the beauty of the region while discovering hidden gems, local landmarks, and unique experiences. Perfect for combining wellness with the natural and cultural wonders of Tuscany.





# DAY 1



## WINE BIKE TOUR

The Wine Bike Tour combines cycling with wine tasting. Participants ride through scenic vineyards, visit local wineries, and sample fine wines, all while learning about the region's winemaking traditions. It's a fun and sustainable way to explore local culture.



# DAY 2

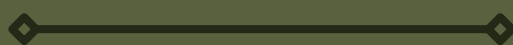


## GREEN MINDFULNESS TREKKING TRAIL

Green Mindfulness Trekking is a nature-based experience that combines hiking with mindfulness. Participants focus on the present moment, using techniques like breathing and meditation to enhance relaxation and mental clarity while connecting deeply with nature.



# DAY 3

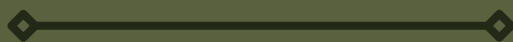


## RAFTING AT THE MARMORE WATERFALLS

Rafting at the Marmore Falls offers an exciting adventure along the Nera River, where participants navigate thrilling rapids in a raft while surrounded by stunning natural scenery. The experience includes a close-up view of the impressive Marmore Falls, one of the tallest man-made waterfalls in the world.



# DAY 1



## TRUFFLE HUNTING

The bond between man and his dog, to go in search of the truffle, is a wonderful experience, walking on the edges of the woods in an unspoiled countryside, maybe even be rewarded by finding of a beautiful tuber to be able to then buy or have it cooked in one of our restaurants is a really nice time to live.



# DAY 2



## HORSEBACK RIDING

Ride through rolling hills, vineyards, and historic trails, connecting with nature and the horse. It's an adventure that blends relaxation and exploration, offering breathtaking views of Tuscany's picturesque countryside.



# DAY 3



## HOT AIR BALLOON RIDE

It's a peaceful and unforgettable experience, allowing you to enjoy Tuscany's beauty from above as the sun rise, completing your journey in the most spectacular way.