



Welcome,

at Villa Anna Elisa we take the utmost care in organizing your stay, please allow us to help you in planning your holiday, introducing you to some special experiences, recreational activities or cultural tours, to discover the wonderful area of Bevagna and Montefalco and the Umbria in general.

Immerse yourself in nature, visit places of art, delight the taste among cellars and olive oil mills, you will surely find the right experience for you.

Have fun!



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PLEASE NOTE

The services listed below are subject to charges.

You can contact the providers directly if you intend to use them and experience some of their offerings.

The services are performed by third party suppliers, not dependent on Emma Villas spa and the property and will be paid locally to them directly.

Società Agricola Attone srl and Emma Villas spa are not responsible for these activities, but we are happy to partner with other providers to make your stay better.



MASSAGE

CLASSIC MASSAGE

60 minutes

Decontracting massage: works the muscles and improves the overall condition

DRAINING MASSAGE

50 minutes

Massage tailor-made for you, manual skills will be accompanied from specific synergies for each type of imperfection. A panacea to feel lighter

GENTLE HUG MASSAGE

60 minutes

Expert hands will give a touch of warmth to your whole being

LOCALIZED MASSAGE

30 minutes

Relaxing massage of your choice - Legs – head – feet – back

FOUR SEASONS OF THE EARTH MASSAGE

60 minutes

AUTUMN – WINTER – SPRING – SUMMER

You will be transported in the journey of seasonal cycles, with relaxing, energizing dexterity, so that may your body experience the awakening of the earth

INSTRUMENTAL THERAPIES – Tecar therapy

Tecar therapy is a non-invasive treatment method that is based on the use of radio frequencies capable of stimulating biological responses in tissues, both superficial and deep.

Sofia Raspa Physiotherapist

Mobile : (+39) 340 008 3959 – Email : sofia.raspa1993@libero.it



HIRE CAR & DRIVER

Good morning, mine is a young and dynamic company operating in the passenger transport sector since 2018.

I am specialized in meeting the travel needs of individuals or groups, using exclusively 8 seater vans, efficient and safe, discreet and elegant and driven by professional drivers.

My services range from transfers in Umbria, for tourism and more, to connections with the main international airports or other destinations throughout the national or foreign territory.

My office is located in Spello, my services are in everywhere.

You can find us on social networks at the following links:

<https://www.facebook.com/DiegoTordoniNCC/>

<https://www.instagram.com/diegotordoni.ncc/>

You can view our website www.nccspello.it

For more information do not hesitate to contact me.

Sincerely

Diego Tordoni

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TREKKING

A stroll in Bevagna.

Departure and arrival at the villa. Length 5 km and elevation difference 200 m. Suitable for families with children from 6-7 years onwards and those who want to do a more comfortable ride.

- ✓ Expected duration approximately 3 hours including stops.

Excursion to Bevagna.

Departure and arrival at the villa. Length 7.9 km and elevation difference 300 m. Suitable for families with children from 10-11 years onwards and for those who want to spend half a day outdoors.

- ✓ Expected duration approximately 4 hours including stops.

Excursion to Torre del Colle.

Departure and arrival at the villa. Length 8 km and elevation difference 260 m. Suitable for families with children from 10-11 years onwards and those who want to spend half a day outdoors.

- ✓ Expected duration approximately 4 hours including stops.

Excursion to Montefalco.

Departure and arrival at the villa. Length 19 km and height difference 700 m. Fit only to expert walkers who want to spend a whole day in the open air.

- ✓ Expected duration approximately 6-7 hours including stops.



N.B. all excursions can be customized and it is also possible to go trekking moving by car to other areas of the Umbrian Valley. With trips of approximately 30 minutes it is possible to make excursions from Assisi to Spoleto (Parco del Monte Subasio, Protected area of Sassovivo, Montagna di Trevi, Monteluco di Spoleto) and in the areas of Montefalco, Giano dell'Umbria and Monti Martani.

EQUIPMENT necessary for the trek: trekking shoes, long pants and layered clothing suitable for outdoor activity and the season. Backpack with at least a 1 L of water per person, jacket, extra shirt and K-way/rain cape, hat, sun cream.

RECOMMENDED: trekking poles for those who are used to using them.

In the summer period, given the heat, we recommend moving towards itineraries that include the shade of the woods or to plan trekking at sunset or even at night.

All references for possible excursions on www.mtb-trekkingvalleumbra.com

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MOUNTAIN BIKE (WITH YOUR OWN BIKE OR WITH RENTAL)

Bevagna-Cannara.

Departure and arrival at the villa. Length 27 km and elevation difference 400 m. Suitable for families with children from 15-16 years onwards and those who want to spend half a day outdoors.

- ✓ Expected duration approximately 4 hours including stops.
- ✓ Using the e-bikes, physical preparation is not necessary for this tour.

Bevagna-Montefalco.

Departure and arrival at the villa. Length 24 km and elevation difference 650 m. Suitable for trained cyclists and to those who want to spend half a day outdoors.

- ✓ Expected duration about 4 hours including stops.
- ✓ Even using the e-bike, this track requires a fair amount of physical preparation and skill in off-road cycling.

Bevagna-Limigiano-Castelbuono.

Departure and arrival at the villa. Length 30 km and elevation difference 600 m. Suitable for trained cyclists and to those who want to spend half a day outdoors.

- ✓ Expected duration about 4 hours including stops.
- ✓ Even using the e-bikes, this track requires a fair amount of physical preparation and skill in off-road cycling.

Bevagna-Cannara-Montefalco.

Departure and arrival at the villa. Length 49 km and elevation difference 900 m. Only suitable for expert cyclists who want to spend a whole day outdoors.

- ✓ Expected duration about 6-7 hours including stops.
- ✓ Even using the e-bikes, good physical preparation and skills are required in off-road cycling.



EQUIPMENT required for bike tours: cycling helmet (supplied with bike rental), layered clothing suitable for cycling and the season. Backpack with extra shirt and K-way/rain jacket, snacks and water bottle, sunscreen.

RECOMMENDED: sunglasses.

N.B. all excursions can be personalized and it is also possible to go on bike tours moving by car to other areas of the Umbrian Valley. With trips of approximately 30 minutes it is possible to make excursions from Assisi to Spoleto (Parco del Monte Subasio, Protected area of Sassovivo, Montagna di Trevi, Monteluco di Spoleto) and in the areas of Montefalco, Giano dell'Umbria and Monti Martani.

All references for possible excursions on www.mtb-trekkingvalleumbra.com

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ROAD BIKE (with own bike or with rental)

Bevagna-Montefalco-Bevagna.

Departure and arrival at the villa. Length 38 km and elevation difference 600 m. Suitable for trained cyclists and to those who want to spend half a day in the open air.

- ✓ Expected duration about 4 hours including stops.
- ✓ E-bikes cannot be used for this tour.
- ✓ A good physical preparation is required for this tour.

The Great Track Bevagna-Montefalco-Foligno-Assisi.

Length 72 km and elevation difference 750 m. Suitable for trained cyclists and for those who want to spend a day outdoors.

- ✓ Expected duration approximately 5-6 hours including stops.
- ✓ E-bikes cannot be used for this tour.
- ✓ A good physical preparation is needed for this tour.

EQUIPMENT required for bike tours: cycling helmet (supplied with bike rental), layered clothing suitable for cycling and the season. Backpack with extra shirt and K-way/rain jacket, snacks and water bottle, sunscreen.

RECOMMENDED: sunglasses.

N.B. all excursions can be personalized and it is also possible to go on bike tours moving by car to other areas of the Umbrian Valley. With trips of approximately 30 minutes it is possible to make excursions from Assisi to Spoleto (Parco del Monte Subasio, Protected area of Sassovivo, Montagna di Trevi, Monteluco di Spoleto) and in the areas of Montefalco, Giano dell'Umbria and Monti Martani.

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HORSE RIDING EXPERIENCES

Giovanni Cerretti

- Horse Riding Tech. *Italian Equestrian Sports Federation*
- Horsemanship and Ethological approach

Option 1 / Hit the Valleys

When it comes to horses, the world of humans parts in two, those who just want to ride them and those instead who want to understand them to better love them, communicate with them and lead them.

If you are in the second kind of people, you will love this experience.

"Hit the valleys" gives you a unique chance to take your first step in the world of "horse-man-ship". You will establish sincere and trustworthy communication with these fantastic animals according to the Pat Parelli natural approach training principles in which my horses have been educated.

You will meet me at the stables, get to know my equine family, help me saddle the horses up and move to the arena to get the feel with the horse which will be assigned to you.

In this phase (1 hour), you will be exposed to the basics of the Parelli natural approach, and you will have to work with the horse on the ground and do what you will have seen doing with mine. You will learn about the "horsenality" and discover that horses have their own and according to your personality you will have the keys to understand how to deal with different types of horse characters.

The second phase (1 hour) is when you mount the horse, adjust your posture, your balance, learn the concept of pressure, and realize how well you can apply the previous instruction. Time to go then to ... naturally hit the valleys.

We will saddle the horses off on our way back, take good care of them as they have done with us, and feed them, finally, we will relax on rocking chairs, enjoying a beer and our horse chats.

Some previous experience is a plus.

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Option 2 / Join my rides

Unlike “Hit the valleys”, this idea is more on riding and sightseeing our gorgeous areas. Guests will join my usual horseback rides to the familiar places the horses know very well; however, prior experience is necessary.

I have selected 3 of my usual best rides of different difficulty levels.

1) ‘The Montefalco valley ring’ is a peaceful ride in the valley which the stable overlooks. After leaving the barn, we will ride through country roads and wine yards. It is one hour and half ride totally in the green, passing by two-three famous wine houses in the area.

Level intermediate: i.e. the participant knows the gaits, can trot continuously for 10-15 minutes, can canter for short distances, even if only uphill; physically has a good level of training (cycling or jogging or other activities that are practiced continuously for 1-2 hours in aerobic mode) When getting on and off the horse, he may sporadically ask for help.

2) ‘The Casale ride’ implies riding uphill and reaching Casale’s tiny village where the horses enjoy freshwater. It is a 120-minute ride on all country roads, with two asphalt roads to cross, and requires more skills than the previous.

Advanced level: i.e. the participant is at his ease in the gaits, he knows how to autonomously choose the trot, the pace, or ask for the canter which he can also manage on the flat and together with other horses. He can manage the small tests (dominance or fears) that the horse although trained and safe can present him. Physically he has a fair level of training (cycling or jogging or other activities that are practiced continuously for 1-2 hours in aerobic mode) In getting on and off the horse he is autonomous.

3) The Sanctuary is the most intense ride instead, advisable for very skilled and experienced guests. We will primarily be trotting on Bevagna’s hills crest. After leaving the barn, we will also have to be on one asphalt road (open to local traffic). Horses will have to get uphill the crest of the surrounding hills. Getting to the Sanctuary and enjoy the silence and the view is really worth it. Riding time is about 150 minutes. Guests will be then decide to stop at their villa, I will organize the re-entry of the horse.

Expert level: in addition to the advanced level: the participant can face ups and downs on horseback, managing the balance in the saddle, both uphill and downhill. Can trot uphill and downhill, can do short distances at canter downhill. He can switch from canter to gallop which he manages well, also with other horses. Physically, he has a good level of fitness, cycling or jogging or other activities that are practiced continuously for 1-2 hours (or more) in aerobic or training mode. When he gets on or off a horse he is autonomous.

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Option 3 / Horse riding lessons.

Unlike my previous two experiences, this one aims at people who have never been on a horse, and need a kick-off on horse riding combining two important aspects: learn ethological principles that ground the instruction and the horse mentality (prey-animal). You will have to acknowledge yours (predator's, and if you are vegetarian or vegan, believe or not, horses don't know it!) to be able to create a bond with these fantastic animals. A two-step experience, the first happening in the arena where you will learn the basics and the second in the gorgeous countryside surrounding the barn and the mesmerizing valleys, where the class will continue. About 1 hour for each part of the experience. This is your chance to learn, the know-how that you will always carry along with you. For this reason, it is aimed to be one by one to allow you a better focus on your progress, on your horse and understanding.



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Option 4 / Horse therapy - Special needs

This experiences aims at letting you perceive the level of sensibility horses have. Hectic lives may impact significantly the way we brace events. At times we just feel overwhelmed and we feel .. lost. Clingy problems affect us and everything may become a problem and we end up losing control over ourselves.. Learn to relax with the horse, learn to ride with your breath. Feel the energy that the horse conveys, feel the magic, control his fear to manage yours.

We look forward to welcoming you here!



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HOT AIR BALLOON RIDE

Standard balloon flight

An approximately one hour flight followed by an Umbrian Style breakfast and wine tasting at Cantina Dionigi.

It is on a shared basis with other passengers (we can fly a maximum of 18 passengers in the balloon).

Exclusive charter, Large

Only your guests in the balloon, any number of passengers from 8 to 18.

An approximately one hour flight with an Umbrian Style breakfast and wine tasting at Cantina Dionigi.

Exclusive charter, Small

Only your guests in the balloon, any number of passengers from 1 to 2. Ideal for a couple.

An approximately one hour flight with an Umbrian Style breakfast and wine tasting at Cantina Dionigi.

Please note that we fly between 1st of April and 1st of November every year. We get very busy, especially in July / August / September, so you need to book well in advance.

You can book by calling **(+39) 366 314 0558** or writing to info@balloonadventures.it.

EXCLUSIVE

cooking class



Courses

1

Cooking class up to 8 (pax)
pasta dough, filled pasta, long and
short shape.

2

Cooking class up to 8 (pax)
pasta dough, filled pasta, long and
short shape. Plus Italian happy
hour

3

Cooking class up to 8 (pax)
pasta dough, filled pasta, long and
short shape. Plus Italian dinner

IN THE HEART OF UMBRIA TO TOUCHE THE NATURE

If you looking to sharpen culinary skills are spoilt for choice with the largest variety of cooking classes offered in Umbria. Focusing on culinary Italian techniques instead of merrily replicating recipes, our classes offer in depth learning experience with our hands on approach.



ABOUT ME

The professional Masterchef UK 2017

I'm a skilled, creative, and passionate Italian chef with experience in different countries. As my I have worked within a multicultural team from all around the world I have, a considerable experience of working within a small or large group of persons from a different country.

Job references

Head chef at Private members club **Wimbledon** Championship

Le Gavroche **2 Michelin star**

Private chef for Celebrities

The more you know, the more you can create.

There's no end to imagination in the kitchen.

Julia Child



MY PHILOSOPHY

OBSCURUM PER OBSCURIUS, IGNOTUM PER IGNOTIUS

Like alchemists. We want to create the truth, we want to separate the true from the false. Into the unknown through what is even more unknown. An event in your restaurant. A dinner different from the usual menu, designed in collaboration with your chef. Every dinner has a theme. Each theme is a story to tell. The earth Go for silences. The smells of the earth. The colors of the earth. The seasons of the earth. The sounds of the earth.



COOKING CLASS

WHAT WE DO: WE WILL GO THROUGH THE ITALIAN BASIC FOOD LIKE PASTA. THE JOURNEY BEGINS WITH FLOUR EGGS AND SOON YOU'LL BE ABLE TO CREATE YOUR OWN PASTA. WE START WITH THE DOUGH THEN WE WILL MOVE TO THE LONG SHAPE PASTA, TO THE SHORT PASTA AND TO FILLED PASTA. EVERY PASTA MADE CAN BE EATEN TOGETHER.

WHAT YOU NEED JUST YOUR PASSION FOR FOOD

BOOKING BOOKING MUST BE DONE 10 DAYS BEFORE YOUR ARRIVAL AND MUST BE AGREED WITH THE PROPERTY

PAYMENT PAYMENT MUST BE DONE BEFORE THE BEGINNING OF COURSE CASH OR BY CARD



OTHER SERVICE

OLIVE OIL JOURNEY - FROM SIMPLE TO COMPLEX A REAL JOURNEY TO THE DIFFERENT FLAVOR OF OLIVE OIL AND HOW THE CAN MATCH WITH EXOTIC INGREDIENT - INCLUDING FINE DINING DINNER

INSIDE THE TRUFFLE - SURPRISE YOURSELF WITH MOST FLAVORED INGREDIENT IN THE WORLD GOURMET DINNER

FROM SICILY TO MILAN - A TRAVEL DINNER THROUGH THE PENINSULA WITH DINNER GOURMET

NB: EVERY COURSE MUST BE BOOKED 10 DAYS BEFORE

Mobile : (+39) 335 709131 – Email : claudia.dime@gmail.com

CERAMIC TOUR



At Maioliche Tassi we are happy to let you discover our **Craftsmanship**, introducing you to our ancient **Art** and offering you the opportunity to live a unique experience in our **Studio**.

We open our **Studio** to everyone, adults and kids, in order to share the ceramic **Culture**, you will be able to see the various steps of production process following the ancient **Traditions** handed down through the generations by local artisans.





Enjoy your **Shopping Tour**, pick up from a wide selection or feel free to express your **Creativity** and we will support you to create your **Customized** treasures.

We ship **Worldwide**.



- ✓ Scan the QR-CODE to download our virtual business card and get our position

See you in Deruta!

Mobile : (+39) 349 479 0884 - Email : info@maiolichetassi.com





SOCIETA' AGRICOLA ATTONE

FRANTOIO OLEARIO LA MACINA ROSSA



Visit to the olive grove to see how the olive harvest is done; then you go to the oil mill to watch the processing to finish with a tasting of the new extra virgin olive oil at the farmhouse above the oil mill.

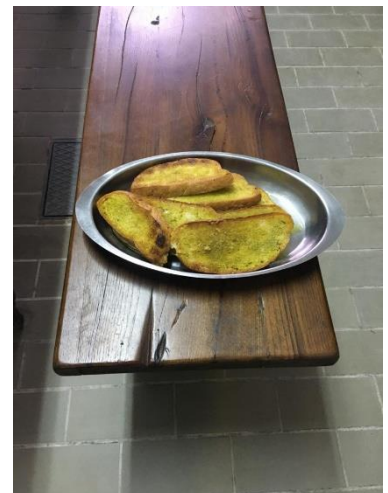
This experience is aimed at those who want to know how our extra virgin olive oil is produced during the oil campaign period (October 15 – November 30).





It starts from the olive harvest in the field and continues with their pressing at the Macina Rossa oil mill, known throughout the Umbria Region for the quality of its services and its virgin olive oil.

The experience ends with the tasting of our incomparable product in front of the fireplace of the farmhouse above the mill, eating the bruschetta prepared by our legendary owner ANNA ELISA.



Unforgettable experience.

Duration 2,5 hours

Mill : (+39) 0742 361 575 Mobile : (+39) 347 832 7653 Mobile : (+39) 337 167 5022

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