

1 days / 0 nights

Yoga and Trekking at Voltigno


Guided Hike with High-Altitude Meditation



Price on Request

SKU: PARTNER00107

 Availability on Request

 Group  Round trip


 Hiking - Yoga  1 giorni

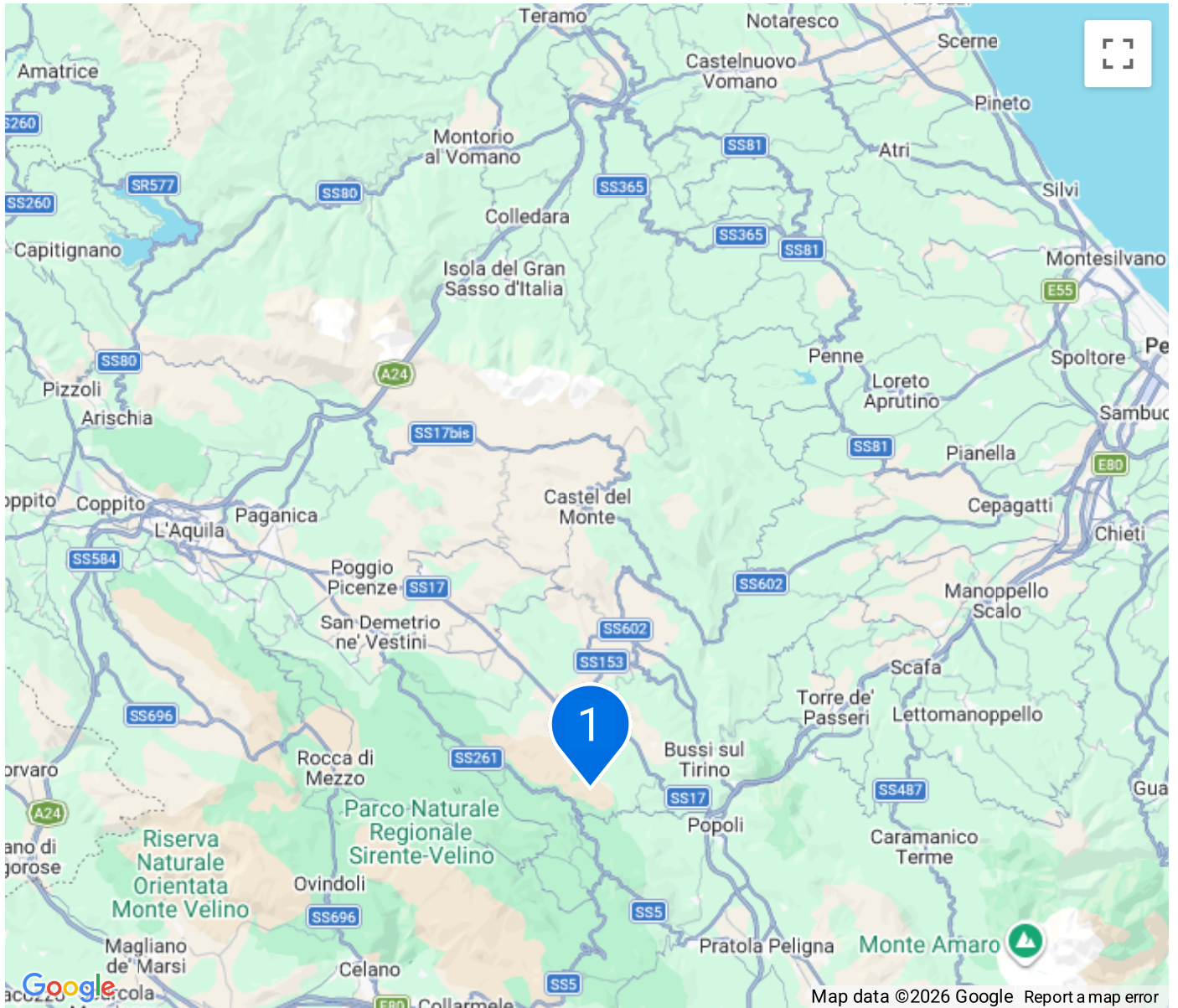
 4 hours  **Easy**

 Operated by **Kensho Yoga**

Tour Overview

A panoramic trek featuring moments of meditation and yoga, immersed in the unspoiled nature of Voltigno. An experience designed to rejuvenate body and mind amidst some of the most captivating landscapes of Abruzzo.

 More information regarding the time and meeting point for the first/last day will be provided after the booking.



Itinerary

Travel Notes

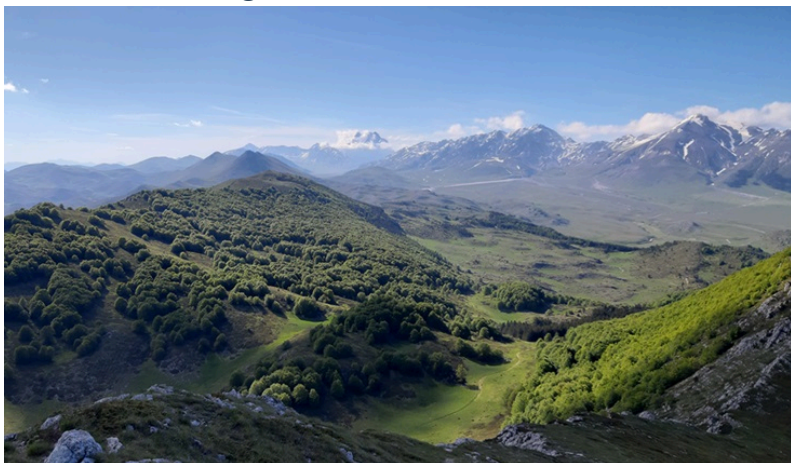
Voltigno

Meeting point: 2:30 PM in the village of Castel del Monte. The hike starts from the charming village of Castel del Monte, considered one of the most beautiful routes in the area for its rich natural environment and local wildlife. The trek is of moderate to moderate-high difficulty due to uneven terrain that requires technical hiking shoes. The route covers approximately 8 km with 500 meters of ascent and an equal descent. For those seeking a less demanding experience, it is possible to start from Rifugio Ricotta, reducing both the duration and difficulty without sacrificing the beauty of the landscape. The walk leads up to the summit of Monte Meta, at 1,780 meters above sea level, where a meditation session will take place in a unique setting with breathtaking views of ancient forests, the surrounding plateau, the Majella mountain range, the Adriatic Sea, and Campo Imperatore framed by the southern rock formations of the Gran Sasso massif.

Duration:

Height difference: 500 m

Accommodation: Voltigno



Supplements

Basic insurance (see terms and conditions)




Corresponds to 2.50% of the full participation fee, per person (terms and conditions, available only for residents of Italy).

[Download insurance details.](#)

Price and discount rooms




Triple Room

Third place is entitled to:






-  60% discount if occupied by a child
-  40% discount if occupied by a child
-  10% discount if occupied by an extra adult

Quadruple Room

The two additional seats are entitled to:

-  60% discount for each child
-  40% discount for every child
-  10% discount for each extra adult

What's included

-  Mineral water and fruit
-  Phone assistance
-  Guide
-  Meditation session
-  Membership to participate in all Kensho Yoga activities

What you will visit

-  Voltigno

To know

✓ How to get there

By car: Exit A24 motorway Rome-L'Aquila

By train: L'Aquila train station

By plane: Rome Fiumicino International Airport or Rome Ciampino Airport

✓ Features of the trip

Open to all nature and wellness enthusiasts, this tour is ideal for those seeking a moderate difficulty walk combined with moments of outdoor meditation and yoga. It is important to wear comfortable, season-appropriate clothing and technical trekking shoes to ensure stability and comfort on varied terrain. The hike is led by experienced local guides to guarantee a safe, engaging, and unforgettable experience.

✓ General travel information

Please remember to bring a valid ID (identity card or passport) with at least 6 months of remaining validity. The itinerary may undergo slight changes before and/or during the trip depending on local conditions.

✓ Currency

Euro

✓ Vaccinations

No

✓ Documents and visas

ID Card, Passport

✓ Emergency numbers

Emergency number: 112

✓ Electrical sockets

220v

Level of difficulty of the experiences

 **Difficult**

 **Medium**

 **Easy**

 **Hard**

Travel terms and conditions

We invite you to read the documentation regarding the general terms and conditions of sale for travel packages at the following link: [Travel Terms and Conditions](#)

Thank you for choosing our services. Be real. It's Isy!