

1 days / 0 nights

Yoga and Trekking in the Vallone di Cretarola and Valle di Codorama

Wellness and meditation in the nature of the Gran Sasso



Price on Request

SKU: PARTNER00108

 Availability on Request

 Group  Round trip

 Hiking - Yoga  1 giorni

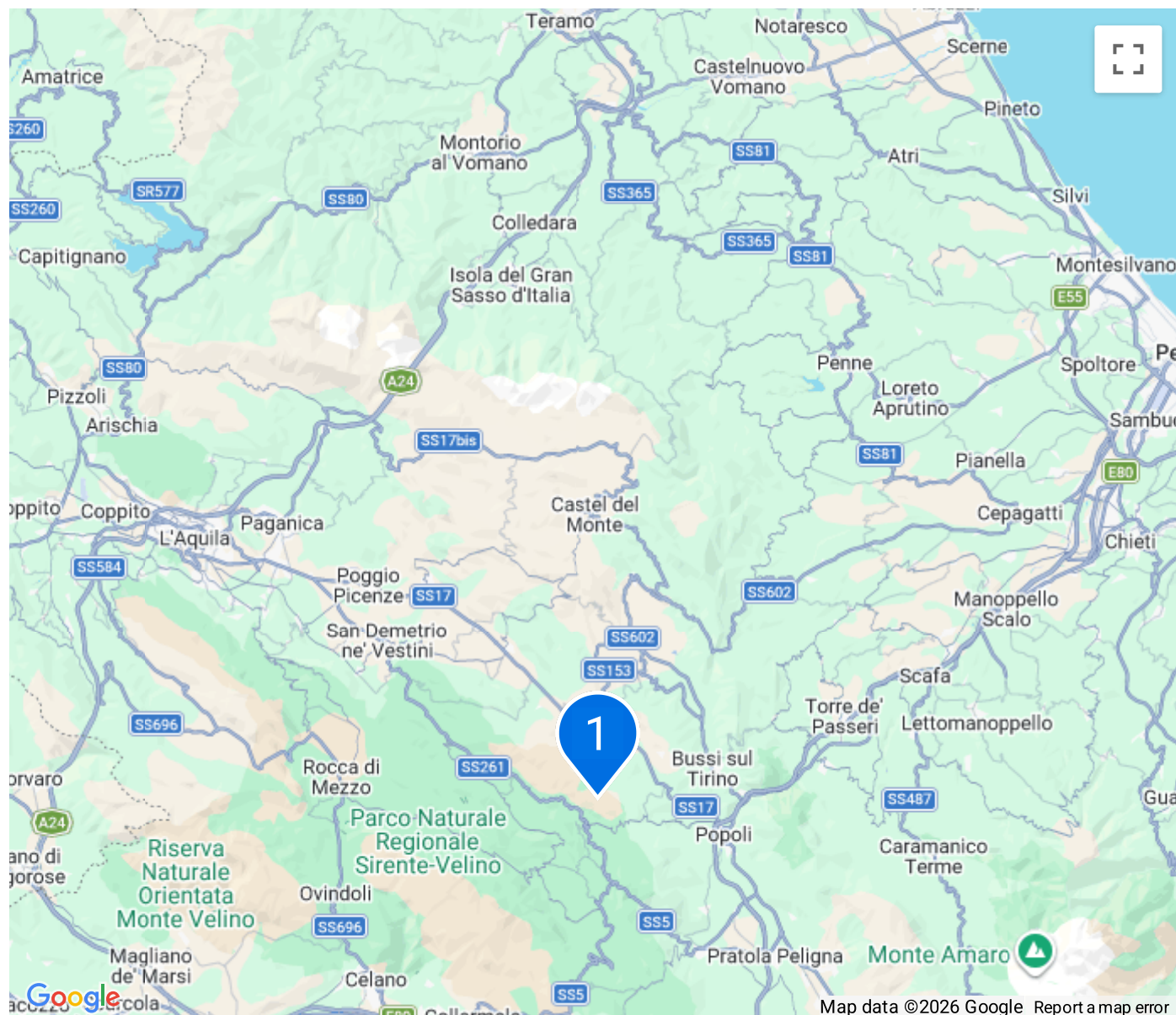
 4 hours  **Easy**

 Operated by **Kensho Yoga**

Tour Overview

A gentle trekking route combined with yoga and meditation sessions in a unique natural setting, ideal for rejuvenating body and mind.

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



Itinerary

Travel Notes

Vallone di Cretarola

The hike begins at **2:30 PM** from the charming village of **Castel del Monte**, the perfect starting point to explore the enchanting Vallone di Cretarola and Valle di Codorama. The loop trail is about 5 km long and easy in difficulty, mostly on flat terrain winding through majestic ancient beech trees and a rich environment full of flora and fauna. We will walk immersed in the tranquility of unspoiled nature, leading us to a hidden clearing with a breathtaking view of Monte Camicia. In this peaceful spot, near an impressive monumental tree, we will hold an outdoor meditation session—ideal for restoring balance and inner serenity. This hike is designed for those who wish to move slowly, breathe deeply, and reconnect with themselves and nature through trekking and meditation.

Duration:

Accommodation: Vallone di Cretarola



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

-  Vallone di Cretarola

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!