

NETWORKING ACTIVITIES

Wednesday, November 22nd, 2023

1. FACE GYMNASTYCS LESSON & SPA ENTRANCE

Greeted by **Marc Mességué**, you will be introduced to his wellness philosophy, in which the research and use of herbs and healthy diet are integrated into medicine, phytotherapy and beauty.

You will be then guided to a face gym lesson which provides natural lifting based on exercises specifically designed for the face. You will improve blood and lymphatic circulation while developing your facial muscles for greater expressiveness and more vivid communicative abilities.

After the Face Gymnastic you can access the Indoor Swimming Pool, Spa and Hydromassage room.

Dress code: swimsuit. Bathrobe, flip flops and swim cap will be available in your room.

Duration: 150 minutes.



2. TRUFFLE HUNTING

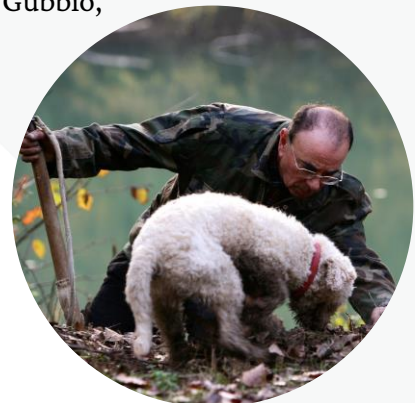
Go truffle hunting in the countryside and the woods around Gubbio, guided by a professional truffle hunter and his dogs.

Learn about the truffles from this area, its tradition, history and myths.

After the hunt you get to taste typical local products at a Medieval castle in Gubbio's countryside.

Dress code: casual; comfortable non-slip shoes.

Duration: 100 minutes.



3. FOOD & WINE TASTING

Fall is the time of the year also for wine and oil, two wonderful products in which Umbria excels.

Enjoy a visit at Cantina Semonte, set on the beautiful, gentle hills surrounding Gubbio, which has revived a wine tradition brought here from the Piedmont region in the 19th century, further to the unification of Italy.

You will then have the pleasure to sip their excellent nectars, paired with EVO oil and typical products tastings.

Dress code: casual, comfortable shoes.

Duration: 100 minutes.



4. PLASTER DECORATION EXPERIENCE

In a charming workshop in the heart of Gubbio's historic center, a talented artisan will guide you through plaster decoration and its secrets.

Dress code: casual, comfortable shoes.

Duration: 180 minutes.

