

◆ **Kick Boxing**

Combining boxing techniques to a martial arts, it offers a complete training through the teaching of discipline and self-defense. A fun way to get rid of stress and keep fit. *Free of charge.*

◆ **Fitness Boxing**

An explosive energy in this trainings session: to the rhythm of music that combines workout, boxing and fun, enjoy a rich dose of adrenaline and effective results. *Free of charge.*

◆ **Pasta Making Class**

In the spectacular setting of the restaurant Il Rosmarino, food lovers will have the opportunity to prepare the most delicious pasta recipes, in the company of our Chef. *€ 200 per adult / € 100 per kid.*



◆ **Pizza Making Class**

Pizza: the only love triangle anyone wants. Discover the secrets of preparing the most iconic Italian food with our Pizzaiolo! *€ 150 per adult / € 75 per kid.*

◆ **Castelfalfi Wine Tour & Tasting**

Get inspired by the ancient art of wine making during a guided tour of the vineyards of the estate and the wine cellar. End your exeprience with a tasting of the organic Castelfalfi wine labels, paired with gastronomic delicacies of our production. *€ 85 per person.*



◆ **Olive Oil & Olive Grove Tasting**

Enjoy a tour of the Castelfalfi mill, the frantoio, learn the steps of the olive oil production process and taste the fruit of our labor. At the end of the tour, you can enjoy an olive oil tasting, with a selection of oils by Castelfalfi. *€ 50 per person.*  
*For a truly immersive experience, you can choose to enjoy your tasting right in the heart of an olive grove.*  
*€ 150 per person.*



◆ **Tuscan Wine Routes**

At the wine cellar of La Rocca, the villages' medieval castle, our expert sommelier will delight you with a refined selection of the most important Tuscan wines, to live a unique sensory experience through four types of tastings. Insights on the historical Tuscan denominations such as Chianti Classico DOCG, a tasting entirely dedicated to the best labels of Brunello di Montalcino, up to the maximum enological expressions of Tuscany with its SuperTuscan wines. *€ 100/250/600 per person, depending on the type tasting.*

◆ **Lake Fishing and Fly Fishing**

There is no better activity to reconnect with nature than the fishing experience. Improve your focus, awareness and connect deeply with the colours and sounds of nature. *€ 250 per adult / € 125 per kid.*  
*Water and beers basket included.*

◆ **Honey & Bee Experience**

Discover through this workshop the organizational mechanisms of the bee society and the scented flavour of Castelfalfi's organic wildflower honey, with a special honey tasting. *€ 150 per adult / € 75 per kid.*



◆ **Truffle Hunting & Lunch/Dinner**

Venture deep into nature's treasure trove and find out the segrets of the most prestigious ingredient of the word: truffle. Our local expert will guide you on this exhilarating woodland experience in the company of friendly truffle dogs that will be helpful to unearth the precious gems. After the fun activity, don't miss the opportunity to savor the fresh truffle during a dedicated tasting at Olivina restaurant. *€ 250 per adult / € 125 per kid.*



◆ **Falconry experience**

An introduction to the world of falconry with our expert guide; get up close with this magnificent bird whilst learning how to train his flying. Set in the Carfalo woods of Castelfalfi's estate, you will be guided through a walk in nature and learn about the art of falconry. *€ 100 per adult / € 50 per kid.*

◆ **Estate Hike**

Discover nature with our guided hikes, a rejuvenating experience for body and mind led by expert trainers who offer helpful tips, local stories, and moments of well-being in the great outdoors. *Free of charge.*

◆ **Shelter Building & Start the Fire**

Survival programs of Castelfalfi Adventure Park, designed to develop your endurance skills, through a unique wildlife experience. Set the fire and shelter building will help you acquire bushcraft and thrive in the natural environment. *€ 80 per adult / € 40 per kid.*

◆ **Archery**

A therapeutic sport, thanks to its calm and focused nature. The archery site is tucked away amongst the lush woods of Del Monte, at our Adventure Park. Ready to take aim? *€ 80 per adult / € 40 per kid.*

◆ **Jeep Night Safari**

Enjoy the Tuscan countryside at night and discover the wild life with this guided tour on a 4x4 jeep. You will spot local animals, get to know the different breeds and their habits. *€ 500 per minimum 2 persons.*

◆ **Castelfalfi E-Bike Tour**

Embark on an adventurous cycling tour around the estate and the Tuscan hills. Rent an e-bike and pedal through a dreamland of beauty and tranquility, exploring the ancient landscape of leafy olive groves and luscious vines. Choose unforgettable tours with a professional guide or set off on your two-wheeled adventure throught Castelfalfi's 2,700 acres of land. *€ 100 per adult.*



◆ **Adventure Park**

Swing, climb, and crawl your way through the majestic trees of Castelfalfi Adventure Park. With twelve suspended courses, hidden tunnels, and a treetop village complete with a giant trampoline, excitement awaits at every turn. One of our expert guides can join you among the treetops, supporting you step by step. *Entrance only: € 25/20/18 per person*  
*€ 120 guided tour*

◆ **Mini Golf Party**

Mini Golf Party is a moment of play and challenge ideal for both the little ones and the whole family. Music, tournaments and fun are some of its ingredients. *Available daily upon request.*  
*€ 40 per person (for children aged 6 and up)*

◆ **Meditative Walk**

A meditative walk through the forest to reconnect with nature, the body, and the present moment. For 90 minutes, we move slowly and in silence, alternating mindful walking, short meditations, and sensory awareness to cultivate presence and inner calm. *€ 120 per adult / € 480 (private)*

# Castelfalfi



Castelfalfi Weekly Plan will be your passport during your stay, to discover a world of relaxation, adventure and culinary delights. Amidst the rolling hills and timeless charm of our estate, embark on a journey like no other, where every day is a chance to immerse yourself in the essence of Italian culture and hospitality.

Castelfalfi Weekly Plan, your personal guide to fully experience your adventure in Tuscany, offers a rich assortment of experiences meticulously planned to ensure an unforgettable stay. With over 40 carefully curated experiences awaiting you, this is your roadmap to make the most of your stay. Whether you're seeking moments of tranquility and wellness, culinary delights that tantalize the taste buds, outdoor escapes that awaken the senses, or cultural encounters that enrich the soul, our diverse array of activities ensures there's something for every discerning traveler.

From the moment you arrive, you'll be greeted by the warm embrace of our attentive team, dedicated to ensuring your time with us is nothing short of

extraordinary. So, whether you're here to unwind amidst the Tuscan countryside, ignite your culinary passions, or create cherished memories with loved ones, planning your experiences during your stay is your key to unlocking the wonders of Castelfalfi, the enchanting estate in the middle of Tuscany where today's memories will last for a lifetime.

Explore, indulge, delight, and discover the signature experiences in the myriad activities available for you.

**Your Tuscan adventure begins here.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9 AM		9:00 - 10:00 AM <b>Castelfalfi e-bike tour</b> € 100 per adult  09:00 - 10:30 AM <b>Estate Hike</b>	9:00 - 10:00 AM <b>Castelfalfi e-bike tour</b> € 100 per adult	9:00 - 10:00 AM <b>Castelfalfi e-bike tour</b> € 100 per adult	9:00 - 09:30 AM <b>Stretching</b>  9:00 - 10:00 AM <b>Castelfalfi e-bike tour</b> € 100 per adult  09:00 - 10:30 AM <b>Estate Hike</b>	9:00 - 10:00 AM <b>Castelfalfi e-bike tour</b> € 100 per adult	9:00 - 10:00 AM <b>Castelfalfi e-bike tour</b> € 100 per adult	
10 AM	10:00 - 11:00 AM <b>Start the fire</b> € 80 per adult / € 40 per kid  10:00 - 10:30 AM <b>Dynamic Yoga</b>  10:00 - 11:30 AM <b>Truffle Hunting &amp; lunch</b> € 250 per adult / € 125 per kid	10:00 - 11:00 AM <b>Shelter building</b> € 80 per adult / € 40 per kid  10:00 AM - 12:00 PM <b>Olive grove tasting</b> € 150 per person  10:00 - 10:30 AM <b>Functional Training</b>  10:30 - 11:30 AM <b>Castelfalfi E-Bike Tour</b> € 100 per adult	10:00 - 11:30 AM <b>Truffle Hunting &amp; lunch</b> € 250 per adult / € 125 per kid  10:00 - 11:30 AM <b>Meditative Walk</b> € 120 per adult / € 480 private  10:30 - 11:30 AM <b>Castelfalfi E-Bike Tour</b> € 100 per adult	10:00 - 11:00 AM <b>Start the fire</b> € 80 per adult / € 40 per kid  10:30 - 11:30 AM <b>Castelfalfi E-Bike Tour</b> € 100 per adult  10:30 - 12:30 AM <b>Adventure Park</b>	10:00 - 11:00 AM <b>Shelter building</b> € 80 per adult / € 40 per kid  10:00 AM - 12:00 PM <b>Olive grove tasting</b> € 150 per person  10:00 - 11:30 AM <b>Truffle Hunting &amp; lunch</b> € 250 per adult / € 125 per kid  10:00 - 10:30 AM <b>Dynamic Yoga</b>  10:30 - 11:30 AM <b>Castelfalfi E-Bike Tour</b> € 100 per adult	10:00 - 11:00 AM <b>Adventure Park</b>  10:00 - 11:30 AM <b>Meditative Walk</b> € 120 per adult / € 480 (private)  10:00 - 11:30 AM <b>Truffle Hunting &amp; lunch</b> € 250 per adult / € 125 per kid  10:30 - 11:30 AM <b>Castelfalfi e-bike tour</b> € 100 per adult	10:00 - 11:00 AM <b>Adventure Park</b>  10:30 - 11:30 AM <b>Castelfalfi e-bike tour</b> € 100 per adult	
11 AM	11:00 AM - 12:00 PM <b>Archery</b> € 80 per adult / € 40 per kid  11:00 AM - 12:00 PM <b>Olive Oil Tasting</b> € 50 per person  11:30 AM - 1:00 PM <b>Pizza Making Class</b> € 150 per adult / € 75 per kid	11:00 AM - 12:00 PM <b>Archery</b> € 80 per adult / € 40 per kid  11:30 AM - 1:00 PM <b>Pasta Making Class</b> € 150 per adult / € 75 per kid	11:00 AM - 12:00 PM <b>Archery</b> € 80 per adult / € 40 per kid  11:00 AM - 12:00 PM <b>Olive Oil Tasting</b> € 50 per person  11:30 AM - 1:00 PM <b>Pizza Making Class</b> € 150 per adult / € 75 per kid	11:00 AM - 12:00 PM <b>Archery</b> € 80 per adult / € 40 per kid  11:00 AM - 12:00 PM <b>Olive Oil Tasting</b> € 50 per person  11:30 AM - 1:00 PM <b>Pizza Making Class</b> € 150 per adult / € 75 per kid	11:00 AM - 12:00 PM <b>Archery</b> € 80 per adult / € 40 per kid  11:30 AM - 1:00 PM <b>Pizza Making Class</b> € 150 per adult / € 75 per kid	11:00 AM - 12:00 PM <b>Archery</b> € 80 per adult / € 40 per kid  11:00 AM - 12:00 PM <b>Olive Oil Tasting</b> € 50 per person  11:30 AM - 1:00 PM <b>Pizza Making Class</b> € 150 per adult / € 75 per kid	11:00 AM - 12:00 PM <b>Archery</b> € 80 per adult / € 40 per kid  11:00 AM - 12:00 PM <b>Olive Oil Tasting</b> € 50 per person  11:30 AM - 1:00 PM <b>Pizza Making Class</b> € 150 per adult / € 75 per kid	
12 PM	12:30 - 2:30 PM <b>Pasta Making Class</b> € 200 per adult / € 100 per kid	12:00 - 1:00 PM <b>Castelfalfi e-bike tour</b> € 100 per adult  12:30 - 2:30 PM <b>Pasta Making Class</b> € 200 per adult / € 100 per kid	12:00 - 1:00 PM <b>Castelfalfi e-bike tour</b> € 100 per adult  12:30 - 2:30 PM <b>Pasta Making Class</b> € 200 per adult / € 100 per kid	12:00 - 1:00 PM <b>Castelfalfi e-bike tour</b> € 100 per adult  12:30 - 2:30 PM <b>Pasta Making Class</b> € 200 per adult / € 100 per kid	12:00 - 1:00 PM <b>Castelfalfi e-bike tour</b> € 100 per adult  12:30 - 2:30 PM <b>Pasta Making Class</b> € 200 per adult / € 100 per kid	12:00 - 1:00 PM <b>Castelfalfi E Bike Tour</b> € 100 per adult  12:30 - 2:30 PM <b>Pasta Making Class</b> € 200 per adult / € 100 per kid	12:00 - 1:00 PM <b>Castelfalfi E Bike Tour</b> € 100 per adult  12:30 - 2:30 PM <b>Pasta Making Class</b> € 200 per adult / € 100 per kid	
2 PM	2:00 - 3:00 PM <b>Falconry Experience</b> € 100 per adult / € 50 per kid  2:00 - 3:30 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  2:00 - 3:00 PM <b>Indoor Golf</b> € 120 per 1 / € 190 per 2 persons  2:00 - 2:30 PM <b>Stretching</b>	2:00 - 3:00 PM <b>Falconry Experience</b> € 100 per adult / € 50 per kid  2:00 - 3:30 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  2:00 - 3:00 PM <b>Indoor Golf</b> € 120 per 1 / € 190 per 2 persons  2:00 - 2:30 PM <b>Stretching</b>	2:00 - 3:00 PM <b>Falconry Experience</b> € 100 per adult / € 50 per kid  2:00 - 3:30 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  2:00 - 3:00 PM <b>Indoor Golf</b> € 120 per 1 / € 190 per 2 persons	2:00 - 3:30 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  2:00 - 3:00 PM <b>Falconry Experience</b> € 100 per adult / € 50 per kid	2:00 - 3:00 PM <b>Falconry Experience</b> € 100 per adult / € 50 per kid  2:00 - 3:30 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  2:00 - 3:00 PM <b>Indoor Golf</b> € 120 per 1 / € 190 per 2 persons	2:00 - 3:30 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  2:00 - 3:00 PM <b>Indoor Golf</b> € 120 per 1 / € 190 per 2 persons	2:00 - 3:30 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  2:00 - 3:00 PM <b>Indoor Golf</b> € 120 per 1 / € 190 per 2 persons	
3 PM	3:00 - 5:30 PM <b>Afternoon Tea</b> € 45 per person	3:00 - 5:30 PM <b>Afternoon Tea</b> € 45 per person	3:00 - 5:30 PM <b>Afternoon Tea</b> € 45 per personw	3:00 - 5:30 PM <b>Afternoon Tea</b> € 45 per person	3:00 - 3:30 PM <b>HITT 30'</b>  3:00 - 5:30 PM <b>Afternoon Tea</b> € 45 per person	3:00 - 5:30 PM <b>Afternoon Tea</b> € 45 per person	3:00 - 5:30 PM <b>Afternoon Tea</b> € 45 per person	
4 PM	4:00 - 4:30 PM <b>Core Yoga</b>  4:00 - 5:30 PM <b>Tuscan Wine Routes</b> from € 100 to € 600 per person  4:00 - 6:00 PM <b>Lake Fishing</b> € 250 per adult / € 125 per kid  4:30 - 6:00 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  5:00 - 6:30 PM <b>Honey &amp; Bee Experience</b> € 150 per person	4:00 - 5:30 PM <b>Tuscan Wine Routes</b> from € 100 to € 600 per person  4:30 - 6:00 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  4:00 - 6:00 PM <b>Lake Fishing</b> € 250 per adult / € 125 per kid  5:00 PM - 6:00 PM <b>Mini Golf Party</b> € 40 per person	4:00 - 6:00 PM <b>Lake Fishing</b> € 250 per adult / € 125 per kid  4:00 - 5:00 PM <b>Cocktail Masterclass</b> € 127 per person  4:00 - 5:30 PM <b>Tuscan Wine Routes</b> from € 100 to € 600 per person  4:30 - 6:00 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  5:00 PM - 6:00 PM <b>Mini Golf Party</b> € 40 per person	4:00 - 5:30 PM <b>Tuscan Wine Routes</b> from € 100 to € 600 per person  4:00 - 6:00 PM <b>Fly Fishing</b> € 250 per adult / € 125 per kid  4:30 - 6:00 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  5:00 - 6:30 PM <b>Honey &amp; Bee Experience</b> € 150 per person	4:00 - 4:30 PM <b>Core Yoga</b>  4:00 - 5:00 PM <b>Cocktail Masterclass</b> € 127 per person  4:00 - 5:30 PM <b>Tuscan Wine Routes</b> from € 100 to € 600 per person  4:00 - 6:00 PM <b>Lake Fishing</b> € 250 per adult / € 125 per kid  4:30 - 6:00 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  5:00 PM - 6:00 PM <b>Mini Golf Party</b> € 40 per person	4:00 - 5:30 PM <b>Tuscan Wine Routes</b> from € 100 to € 600 per person  4:30 - 6:00 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person  5:00 PM - 6:00 PM <b>Mini Golf Party</b> € 40 per person	4:00 - 5:30 PM <b>Tuscan Wine Routes</b> from € 100 to € 600 per person  4:30 - 6:00 PM <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person	
9 PM	9:00 - 11:00 PM <b>Jeep Night Safari</b> € 500 per 2 persons	9:00 - 11:00 PM <b>Night Fishing</b> € 300 per adult / € 150 per kid  9:00 - 11:00 PM <b>Jeep Night Safari</b> € 500 per 2 persons	9:00 - 11:00 PM <b>Jeep Night Safari</b> € 500 per 2 persons	9:00 - 11:00 PM <b>Jeep Night Safari</b> € 500 per 2 persons	9:00 - 11:00 PM <b>Night Fishing</b> € 300 per adult / € 150 per kid  9:00 - 11:00 PM <b>Jeep Night Safari</b> € 500 per 2 persons	9:00 - 11:00 PM <b>Night Fishing</b> € 300 per adult / € 150 per kid	9:00 - 11:00 PM <b>Night Fishing</b> € 300 per adult / € 150 per kid  9:00 - 11:00 PM <b>Jeep Night Safari</b> € 500 per 2 persons	

Please, note that this calendar is subject to change and depends on weather conditions | Cancellation policy may apply | Secure your spot through Concierge | concierge@castelfalfi.com | +39 0571 891010