

# 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.**

## ◆ 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 experience with a tasting of the organic Castelfalfi wine labels, paired with gastronomic delicacies of our production.  
€ 85 per person.



## ◆ Truffle Hunting

Venture deep into nature's treasure trove and find out the secrets 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.

## ◆ 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.

## ◆ 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.



## ◆ 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.

## ◆ Stretching

A well-being experience tailored to restore harmony between body and mind. Our expert therapists will help you to release muscle tension, improving your flexibility, mobility and posture.  
Free of charge.

## ◆ 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.



## ◆ 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.



## ◆ 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 through Castelfalfi's 2,700 acres of land.  
€ 100 per adult.



## ◆ 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 person.

## ◆ 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.

## ◆ Pilates





A session focused on improving body function through precise exercises, control, and mindful breathing. Pilates strengthens the core, enhances posture and mobility, and helps prevent muscle tension. Suitable for all fitness levels.  
Free of charge.

## ◆ HIIT

High-intensity training to improve cardiovascular endurance and overall strength in 30 minutes or less.  
Free of charge.

## ◆ Yoga

Start your day with a short yoga session to awaken your body and relax your mind.  
Free of charge.

WEDNESDAY, AUGUST 27 <sup>TH</sup>		THURSDAY, AUGUST 28 <sup>TH</sup>		FRIDAY, AUGUST 29 <sup>TH</sup>		SATURDAY, AUGUST 30 <sup>TH</sup>	
9 AM		9:00 - 10:00 AM ◆ <b>E-Bike Tour</b> € 100 per person		9:00 - 10:00 AM ◆ <b>E-Bike Tour</b> € 100 per person		9:00 - 10:00 AM ◆ <b>E-Bike Tour</b> € 100 per person	
		9:00 - 9:30 AM ◆ <b>Pilates</b>		9:00 - 9:30 AM ◆ <b>Stretching</b>		9:00 - 9:30 AM ◆ <b>Yoga</b>	
10 AM		10:00 - 11:00 AM ◆ <b>Truffle Hunting</b> € 180 per adult / € 90 per kid		10:00 - 11:00 AM ◆ <b>Truffle Hunting</b> € 180 per adult / € 90 per kid		10:00 - 11:00 AM ◆ <b>Truffle Hunting</b> € 180 per adult / € 90 per kid	
		10:00 - 11:00 AM ◆ <b>Start the fire</b> € 80 per adult / € 40 per kid		10:00 - 11:00 AM ◆ <b>Shelter Building</b> € 80 per adult / € 40 per kid		10:00 - 11:30 AM ◆ <b>Meditative Walk</b> € 120 per person	
		10:00 - 10:30 AM ◆ <b>Stretching</b>		10:00 - 10:30 AM ◆ <b>Yoga</b>		10:00 - 10:30 AM ◆ <b>Stretching</b>	
11 AM		11:00 AM - 12:00 PM ◆ <b>E-Bike Tour</b> € 100 per person		11:00 AM - 12:00 PM ◆ <b>E-Bike Tour</b> € 100 per person		11:00 AM - 12:00 PM ◆ <b>E-Bike Tour</b> € 100 per person	
		11:00 AM - 12:00 PM ◆ <b>Archery</b> € 80 per adult / € 40 per kid		11:00 AM - 12:00 PM ◆ <b>Archery</b> € 80 per adult / € 40 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		11:00 AM - 12:00 PM ◆ <b>Olive Oil Tasting</b> € 50 per person		11:00 AM - 12:00 PM ◆ <b>Olive Oil Tasting</b> € 50 per person	
12 PM							
2 PM	12:00 - 1:00 PM ◆ <b>E-Bike Tour</b> € 100 per person						
		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 - 3:30 PM ◆ <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person	
		2:00 - 3:30 PM ◆ <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person					
3 PM				3:00 - 3:30 PM ◆ <b>HIIT</b>			
4 PM	4:00 - 6:00 PM ◆ <b>Lake Fishing</b> € 250 per adult / € 125 per kid	4:00 - 6:00 PM ◆ <b>Fly Fishing</b> € 250 per adult / € 125 per kid		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	4:30 - 6:00 PM ◆ <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person		4:00 - 4:30 PM ◆ <b>Yoga</b>			
				4:30 - 6:00 PM ◆ <b>Castelfalfi Wine Tour &amp; Tasting</b> € 85 per person			
5 PM	5:00 PM - 6:00 PM ◆ <b>Mini Golf Party</b> € 40 per person			5:00 PM - 6:00 PM ◆ <b>Mini Golf Party</b> € 40 per person			

◆ **Wine Shop & Garden** ◆ **Outdoor activities** ◆ **Gym & Spa**