



La Serena Activity Holiday

- Walking Scenic Umbria -

'Walk your Way around Umbria'!

Fancy a holiday with a difference? Want to explore the Beautiful 'Green Heart of Italy' as Umbria is known?

Umbria is a walkers paradise - lakes, mountain-views, ancient woodlands, extensive valleys, abundant fauna & flora. Explore all these whilst staying in the welcoming luxury of La Serena.



Join us for delightful walking - at your own pace! Non-participating guests are welcome - to enjoy lots of sights or for pure relaxation..

**Escorts and Guides are English speakers
Fitness level: Basic to Good
Ideal for family, friends or business group holidays**

An Example 5-day Holiday Schedule:

Wed:	Arrive at La Serena to be welcomed by Steph & Derek with a complementary drink. Meet your Activity Holiday colleagues, and relax at your leisure, ready for a traditional Italian four-course dinner at La Serena.
Thurs:	Enjoy an extensive La Serena buffet breakfast, followed by a local circular walk through the Caina valley. After lunch, follow the track behind La Serena (used by St. Francis of Assisi) for wonderful views of Perugia. Dinner at a local Pizzeria.
Fri:	After your La Serena breakfast, spend a whole day walking in the Monte Subasio National Park with stunning views of Assisi. Dinner at a local traditional Trattoria (large appetite needed!)
Sat:	After your La Serena breakfast, explore the many hiking trails north-east of Lake Trasimeno, enjoying the views of the Lake. Dinner at a local restaurant, or at La Serena.
Sun:	Enjoy a leisurely La Serena breakfast, say reluctant goodbyes and head for home.

La Serena, Loc. Monticelli, 06072 Castiglione della Valle, Perugia, Italy
Tel/Fax: +39-075-878-7429 Email: holidays@laserenaumbria.com
www.laserenaumbria.com



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La Serena Activity Holidays can often be extended to include a further 3 days of trips and relaxation.

Other walking trips can include a whole day at Norcia and the Marmore Falls; a trio of walks exploring various parts of the grand Tiber Valley; as well as the foothills of the Apennine Mountains.



It is also an opportunity to sample a wider range of local restaurants for dinner or lunch - together with exploring a few of the local historic villages and towns.



Your accommodation will be in one of the La Serena luxury Guest Rooms - all inclusive within the cost of your Activity Holiday - see the Booking Form for price details or take a look at www.laserenaumbria.com.

All transport for trips etc. is provided in the holiday cost. No need to hire your own car making your holiday even better value for money and environmentally friendly.

Group Bookings: If you book a group holiday, an exclusive schedule can be tailored to your specific requirements.

To Book: simply complete the Activity Holiday Booking Form and email, fax or post it to us. A deposit of 50% of the full holiday cost is payable upon booking - details for payment methods will be sent to you upon receipt of your booking form. Your booking is confirmed upon receipt of this deposit.

The full programme and exact details of your Activity Holiday will be sent 4 weeks before you arrive - when the remaining balance will be due.



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