

Alta Ciociaria, *authentic life*



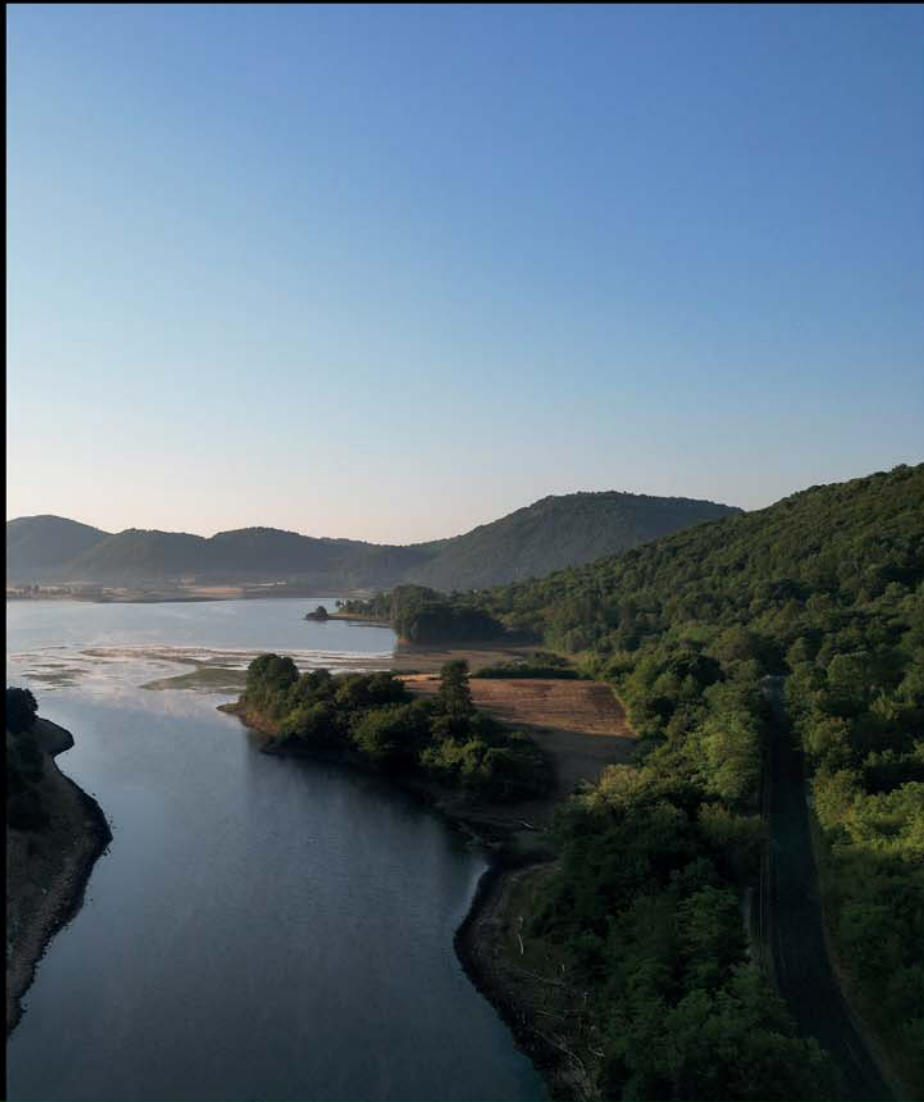


Stopping in a different place unveils a new emotion every day. Following the routes of monks, biking through the vineyards, indulging in the rejuvenating spa waters: it's the best way to tour Alta Ciociaria. Following nature's pace and entering into authentic life is the greatest reward.

Living at nature's pace

WATER BODY SOUL LAND







Water shapes Alta Ciociaria. You can drink it at the thermal baths, closing your eyes and feeling its caress upon your skin, or chase it through the woods with a child's curiosity.

Submerging yourself in this lightness is a state of mind that finds its balance here.

WATER

SALUS AND BATHS

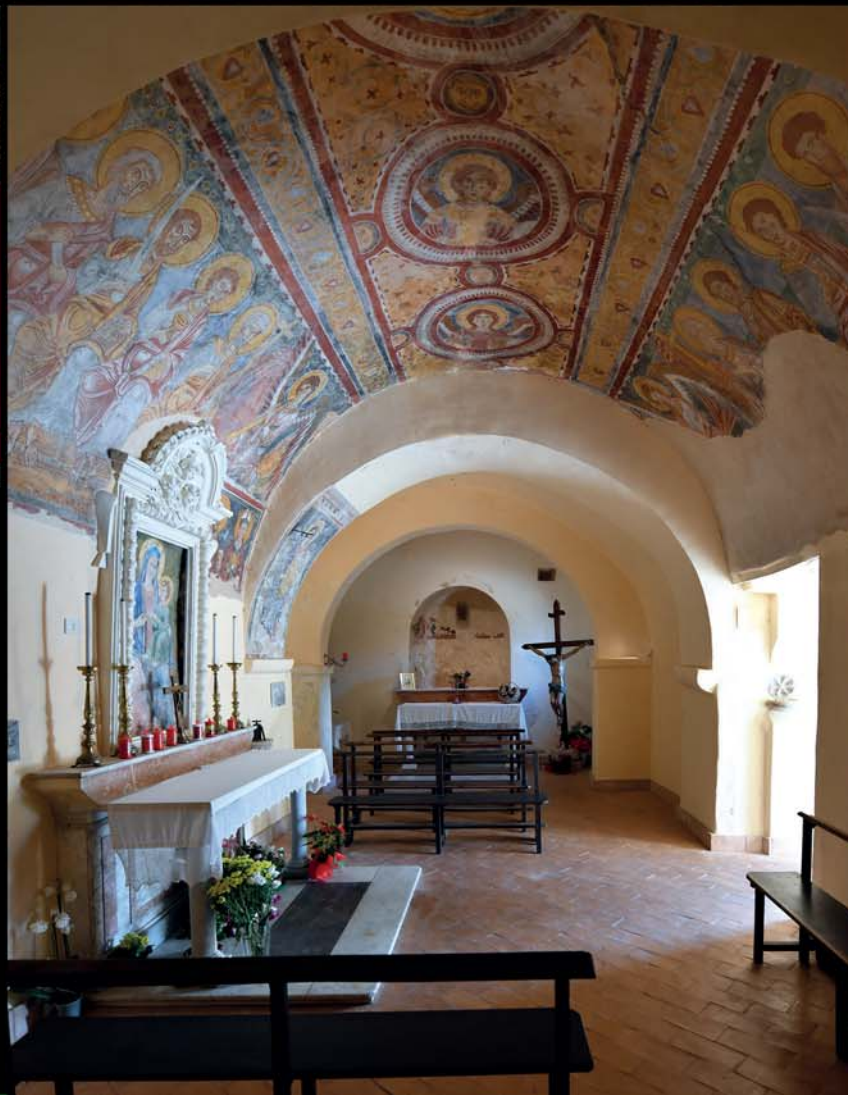
BODY

NATURE AND SPORT

The body is an instrument to explore the world. Because it means moving, using energy, and discovering places. Here, it becomes natural: Hiking, biking, running: feel active with that indomitable search for well-being that waits for nothing else.







SOUL

CULTURAL HERITAGE AND SPIRITUALITY

Being a tourist in holy places or a chronicler documenting the flow of history, an observer of heroic deeds or a witness to remarkable events. Abbeys and castles, monasteries and fortresses, isolated hermitages and lively villages. Let yourself be surprised by wonder: the journey through Alta Ciociaria has just begun.





LAND
FOOD & WINE



Your eyes wander through enchanting vineyards and olive groves on the horizon: it's the promise of the generosity of this land. Stone farmhouses and ancient oil mills tell us about everyday life, while delicious smells and flavours emanate from the kitchens. Those are little moments of happiness you have been seeking for a long time.

Now is the time for you to experience
Alta Ciociaria. Many stories, just one
aspiration: an *authentic life*

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