

Italy Itinerary 2023

Yoga, Olive Harvest, Sabina Region, Umbria Region with our last night in Rome

Oct 21 - Saturday

Everyone arrives. We will provide transportation for guests from Fiumicino airport and Termini Station in Rome. We will join our hosts of Libellula, which is a collective of family farmers in the olive groves outside of Rome.

Please arrive by 3 pm so we pick you all up at once.

Enjoy an aperitivo & welcome, followed by a dinner bursting with the flavors of the Italian countryside! This will take place with our hosts at their olive farm.

That evening we will settle into our accommodation. Either an agriturismo or in a local medieval town. This is tbd

Olive Oil harvest Retreat with host Libellula

10/22-10/27

During this unique retreat, you will have the opportunity to live among the olive groves, breathe in the fresh Mediterranean air, and participate in the ancient art of olive harvesting, while also enjoying the healing of yoga and meditation.

Start and end your day with guided yoga classes. These classes are led by expert practitioners and designed to relax your mind and body as you allow the sights, sounds, and tastes of Italy to sink in. Breakfast is served after morning yoga and an amazing Italian dinner will be served in the evenings after our yin yoga class.

Every day is designed to immerse you in Sabina's local culture and is curated a little bit to what we want to do. However there is a full day of olive harvest and celebration along with pressing and eating. Each person will also leave with two jars of their olive oil! We will also spend a day with our hosts showing you some of their favorite spots in the charming city of Orvieto while also spending time exploring the city's Etruscan Necropolis. Our hosts will also take us to Farfa Abbey, one of the most famous abbeys of Europe, and we will enjoy lunch in the company of the abbey's Benedictine nuns. Whether you're visiting a castle, joining the olive harvest, eating lunch with Benedictine nuns, or strolling through local woods, each experience brings you beyond what a regular visitor would enjoy.

10/27 - Thursday - we say goodbye and head to Umbria!

Our last day in Sabina will begin with morning meditation and a yoga session. We will savor our farewell breakfast immersed in the olive groves.

After we say goodbye to our hosts we will drive to Spoleta in the Umbria region. We will stay at the lovely Borgo Della Marmotta. A lovely Italian Stay in the heart of Umbria. Dated back to the seventeenth century along with many updates to make our stay comfortable, it will be a retreat within a retreat. Tonight we will rest and relax and walk to dinner. Here there is a gorgeous pool and if you wish spa treatments are available which I can help set up but not included in the trip cost.

10/28

The morning is yours to explore Spoleta nearby and to enjoy the town and the lovely area. Bikes, hikes and horse rides can all be set up. This evening we will join the chefs and attend a cooking class that we will eat and taste wines! Lunch is on your own today.

10/29

Today we will visit a winery that I carry at TREATS and visit one of the many amazing towns in the Umbria region where we will have lunch with local cheeses and wines. Dinner is on your own tonight! Don't worry I can help point you in the right direction!

10/30

Return to Rome possible train ride back - TBD

Stay - The Hotel Isa is a modern boutique hotel, completely non-smoking. Located in the exclusive Prati district of Rome, it is a 15-minute walk to the Vatican along the banks of River Tiber.

Eat - at a sweet little local favorite for our goodbye dinner!

Goodbyes - of course enjoy a final aperitivo together at the rooftop bar!

10/31

Breakfast is part of the stay but it will depend on your flights. We will make sure you get to the airport on time. This transportation we will help set up through the hotel but the cost is yours. END OF TRIP Caio

Please note that slight schedule changes are possible based on your needs, desires and climatic conditions.

Accommodations

While in the yoga olive oil part of the experience we will either be staying in an agriturismo in the lovely town of Nerola or in a home in a nearby medieval town. Umbria is a beautifully restored [chateau](#) and Rome is a lovely boutique hotel, [The Hotel Isa](#).

What's Included?

Your accommodation, all meals during yoga retreat (with vegan, vegetarian, and gluten-free options available), yoga classes, transport from the airport upon arrival, daily excursions, and daily activities are all included, as well as two bottles of your freshly pressed olive oil!

Umbria section accommodations, transportation, breakfast, cooking class, wine tasting and meals excluding two of them.

Not included: Flights/travel to and from Rome, tips for staff (not mandatory but appreciated). One lunch and one dinner are on your own for the Umbria section and any other foods you wish to eat or drink. If we can rent bikes or horses that will be added to the end of the trip bill as it is not included in this cost. Transportation from the hotel in Rome to the airport is also not included as some of you may wish to stay a few days to enjoy Rome. Those that are traveling home, we will help set up your airport transfer.

Price 10 nights, 11 days:

\$3995 shared room

\$4495 private room

Deposit is due July 16 - \$850

Full amount for the trip is due September 1, 2023

Cancellation policy: Your \$850 deposit is non-refundable, but if you need to cancel before October 1st the rest of the amount will be refunded to you.

After October 1st, refunds are not available. Please plan accordingly and purchase travel insurance in case your plans are interrupted.

I am really looking forward to this journey. We will be working with locals. It will have a fair amount of walking, outdoor time, yoga, food and community. Want to join me? [Sign up HERE!](#)

More questions, please email me treats@treatsofmaine.com

Ciao,

Stacy K Linehan

[TREATS](#) Owner and Travel expert

More from my friends at Libellula

Libellula Olive Oil and company was born out of a deep concern for the future of family olive farmers in Italy. With the effects of climate change taking a toll on their land and livelihoods, many farmers have been forced to abandon their groves. Libellula offers a solution by providing a collective platform for these farmers to share their extraordinary olive oil with people like you, who appreciate the value of culture, community and quality.

By supporting Libellula, you not only get to enjoy exceptional olive oil, but you also contribute to the preservation of a rich agricultural heritage. Through collective knowledge sharing and resource pooling, Libellula empowers its farmers to navigate the challenges posed by climate change and build resilience for future generations.

From the first peppery drizzle to the lasting health benefits, each bottle of Libellula olive oil is a testament to the passion and dedication of these farmers. By joining us at this Retreat, you become part of this story and get to experience the magic of olive oil production in a way that few others can.