

# FOOD TREKKING IN CASTELLI ROMANI



## Program

**Day 1** Meet-and-greet at airport and transfer to hotel in Frascati

Check-in and welcome drink

Introduction to the holiday program

**Day 2** Breakfast

Transfer to Castel Gandolfo and escorted walk with our guide through chestnut and oak woods with beautiful panoramas

Arrival at pretty village of Nemi (approx. 9 km - 2h 30 min.)

Lunch in a country farm (3 courses menu and a glass of wine)

Transfer back to hotel

Free rest of the day

**Day 3** Breakfast

Train to Rome and walk in Rome (approx. 12,5km - 3h 30 min)

Stop to visit a winery nearby Appia Antica to taste organic wines and local food specialties

Transfer back to hotel

Dinner in a typical trattoria in Frascati (3 courses menu and a glass of wine)

**Day 4** Breakfast

Departure for escorted walk from hotel toward ancient pre-Roman city of Tusculum

Arrival at panoramic village of Monte Porzio Catone (approx 11km - 3h)

Lunch in a typical tavern excavated in the volcanic rock (3 courses menu and a glass of wine)

Walk back to Frascati (approx 4km - 1h)

Free rest of the day

**Day 5** Breakfast

Check-out and transfer to the airport

From 14.370 CZK per person in double room accommodation

Group min 4 pax - max 12

English speaking trekking guide for escorted walks

Transfers included according to program

VAT included

[www.wineanddineholidays.com](http://www.wineanddineholidays.com) - E-mail: [info@wineanddineholidays.com](mailto:info@wineanddineholidays.com)

Discover Italian hidden  
gems with us!

If you like to discover aspects of Roman countryside by walking and tasting the local specialities, this 4 nights holiday allows you to have a full experience: history, nature,