

# Ciao! Welcome to Wellness Retreat in Montemelino 2024

WE ARE LOOK FORWARD TO SEEING YOU HERE IN ITALY!

Lucia and Christy



Montemelino is an organic farm located on the northern hill of Lake Trasimeno, between Tuscany and Umbria region. For our 7 days, 6 nights wellness retreat, we will be fully immersed in Italian's laid-back vibration in the countryside, at around 300 meters above sea level, which has a stunning view of Lake Trasimeno on the border town, Tuoro sul Trsimeono. It is a trip to expand your horizon and experiences in every way. We invite you, and your loved one, to join us for an unforgettable journey in magical Italia!

## Yoga Room & Class

Our yoga space is 60 meters and can hold 12 guests comfortably and has a view overlooking the vineyard. It has heating and the possibility to open half of it so it become an indoor/ outdoor yoga space.

Yoga items are available for you:

- yoga mats
- yoga blocks
- straps
- blankets (on request)

Yoga lessons are normally every morning before breakfast and sometimes another lesson in the evening before dinner. The hours and the number of lessons will be decided between the teacher and the group. We will send the final schedule of the retreat design with your teacher before your arrival .

## Private Transfer service

Private transfer service to and from Rome Fiumicino Airport (FCO) is included in the retreat package are private transfers to and from Rome Fiumicino Airport (FCO) (3 hour drive). Also included are the transfers for the three town tours.

The meeting time for the shuttle to our venue is always at 3 pm from Rome Fiumicino airport. At the airport, the transfer driver will have a sign that says: "Yoga Retreat - Christy Lin".

Any other type of transfer is an extra cost and it cannot be discounted from the package cost. Price will be quoted from the transfer company depending on the location and number of guests.

The checkout and departure from the venue is at 9:30 am.

We urge you to please inform us in advance of any other different transfers needed so we may plan accordingly with the transfer company in a timely manner. For flights, we recommended booking your flights one day before the arrival and one day after the check out. We advise this so you do not incur any extra costly transfers and to save you the stress of trying to catch the arrival shuttle and your flight home.

Before arriving at the venue on the private transfer, the driver will stop at the supermarket so everybody may buy drinks, snacks, and other essentials.

Prior to the retreat, we will ask everyone's flight information (arrival and departure) which we will need within one month before the retreat start date. In the case we do not receive your flight information, we cannot ensure any extra private shuttles. There is no Uber or Taxi in nearby countryside towns so the organizing of transfers is much more time consuming and complicated.

In case an airline cancels or changes a person's flight at the last minute, we will do our best to accommodate your transfer needs. However, as previously stated, extra transfers will be an extra cost based on the direct quote from the transfer company to the client.

If the group is ok, the transfer will wait until to departure 1 hour of delay for any of you in case your airplane is late. If they see your airplane is more than 1 hour delayed we will arrange another transfer just for you, this will be an extra cost made directly by the transfer company. However, no worries. We will leave nobody at the airport, we are always there for you!

## Arrival & Departure

If you or any other guest wish to extend their stay at the venue, they may request additional nights. We would be delighted to accommodate them subject to room availability.

However, please understand we get a lot of exclusive group bookings so availability of additional nights is not guaranteed. Please do not book flights based on the assumption that additional nights will be available. Thank you in advance for your understanding.

If you or any other guest would like to arrive at the venue with a private transfer before the scheduled arrival time of 6 pm, the check-in time is at 4 pm and no earlier as our staff needs the day to clean and prepare the apartments.

The reason the transfer bus can't stop at Rome center train station (Called: Roma Termini) is because of extremely heavy traffic where you will be stuck, and plus there is an extra €250/ 300 tax for vans and busses to enter in the center.

For the departure if you have to go to Rome or Milan, we advise you to depart from our nearest train station, not from Florence. However, please don't worry because the evening before the check-out day my staff and I will be at your disposal to check the train schedules to find the best option for you, and the transfer company can take you to the nearest train station before bringing the rest of the group to the airport without any extra charge.

## Arrival & Departure

At the Rome airport there is a shuttle train called Leonardo Express that departs every 15 minutes and brings you in 32 minutes directly to the central train station of Rome (Called: Termini Station) for €14.

Here is the website: <https://www.trenitalia.com/en/services/leonardo-express.html>

At the Florence airport there is a shuttle train called Tramvia that departs every 20 minutes and brings you directly to the center of Florence and back for €1.50. So if you come or stay for more days in Florence do not worry because arriving at the center and its train station and to the airport is super easy.

Here is the website of the tramvia : <https://www.gestramvia.it/?lang=en>

Official Government Train Website where you can take a look of tickets: <https://www.trenitalia.com/en/html>

Our nearest train station : Terontola - Cortona

## Apartments

Montemelino is a two generation agricultural venue. It has two main buildings containing 5 apartments and 2 independent apartments.

All of our our venues have apartments with living-room, bathroom, bedroom and kitchenette. They are all unique with their own authentic Italian style and an outside garden area.

All apartments have one, two or three bedrooms, one bathroom, one living-room and one kitchenette.

You will have your own room and share the apartment with a friend or your +1. If you are three friends and would like to share the whole apartment with three, you will get a special surprise!

The venue's salt water swimming-pool is behind the main building with a stunning view over the vineyard and the valley. In the facility room there is a free washing machine for all guests. Around the apartment there is the vineyard and 2 hectares of olive groves.



## FOOD

### Breakfast

A continental buffet breakfast will be served every morning 9:00- 10:00 am

- Fruit, yogurt, homemade cake, eggs on request, ham and cheese, bread, musli, marmalades
- Coffee, water, juice

It is not possible to have coffee or breakfast served before 8:30 am

In each apartment you will find an Italian mock (coffee maker)

### Dinners

A farm to table three course dinner will be served every night 8:00 -10:00 pm

We offer meat, vegetarian, and vegan menu options.

On advance request, we offer a gluten free and lactose intolerant menu.

\*Breakfast and dinners hours may vary according to when the teachers decide to have a yoga session.

### Allergies and intolerances

Please let us know of any allergies a month before the retreat so we can plan accordingly with the staff in a timely manner.

We will let you see the menu in advance so that you may let us know if it is good for your needs and we will adjust it with anything you think is important for you.

### Lunches

One light lunch is included in the package in one of the town tours. Over time, we discovered lunch is not needed in the schedule. Our guests never go hungry with filling breakfasts, dinners, and eating lunches on the city tours. Guests may also buy food at the supermarket and cook in their apartment if they would like.



## TOWN TOURS

In the package, 3 town tours are included. One tour is always in a nearby town around 20 minutes from us. The other two towns are around 45 minutes away from us. Tuscan and Umbrian Towns like Pienza, Montepulciano, Montefalco, Spello, and Gubbio are the most popular places to visit.

A tour guide will join the group and do a guided tour of each town. They will illustrate the history of the town and the unique things to see. Then guests will have 2-3 hours of free time to shop, eat, and explore the town.

On the town tours which are farther away from the venue, there is one light lunch scheduled in a surprise location. On the tour close to the venue, we will visit our olive oil mill and have an olive oil tasting, For repeat groups of years before, we will have a new experience for you all. Our experiences always feature local farmers and their food products.

## EXTRA ACTIVITIES

In the two days of free time we offer several extra activities. We will contact you by email when the group is formed and you inform us about our extra activities and the possibility to pre-book a massage.

- Massage at the venue from our amazing massage therapist (extra cost)
- Tour of Dogana estate and its historical museum (for guests that are in Dogana & Montemelino no extra cost)
- A 4th Town tour to a selected city.

In our experience, we advise to do a maximum of two extra activities because free time is limited and we find guests like to have some free time on these off days rather than filling every minute of their itinerary.



## HOW TO BOOK

We will request a 30% non-refundable \$750.00 down payment to officially reserve your spot. The final payment must be completed by 05/02/2024, one month from the retreat check-in date on 06/2/2024

The venue will send a PayPal invoice by email that can be paid with your PayPal account or with your credit card.

Lucia is always available to do a video call when most of the group is formed to answer all the guests' questions in real time and to meet everybody.

## RETREAT POLICY

Both down payment and final payment are non-refundable for any reason.

At least 2 guests have to share an apartment.

The final payment is due one month from the retreat check-in.

In case you cancel the retreat within one month from the check-in date we offer to postpone your down payment to a future retreat or holiday within one year from the cancellation day. This option is available for the down payment only, not for the final payment.

## COVID

In the scenario one or more guests test positive to Covid when they arrive or during the retreat in Dogana venue there are extra apartments where they may stay in quarantine without any extra costs for 7 days (food will be an extra cost).

## ADVICE

For flights, we strongly recommend booking flights one day before the arrival and one day after the departure from the venue.

We also advise you to purchase a travel insurance that will also cover the money loss in case you have to cancel your trip at the last moment.

We advise you to bring:

- Euro Adapters
- Sunscreen
- Bug spray
- Walking shoes





# Example of Retreat Week Schedule

## DAY 1 2nd, June, 2024

3:00 pm - Pick up guests at Rome Airport - stop at the supermarket before arriving in the venue  
 (If you would like a transfer that does not match the one included in the package please let us know asap so we will will put you in contact with our transfer company).

6:00 -7:00 pm - Guests arrival, apartment check-in

8:00 pm - Welcome Dinner

10:30 pm - Free time/ bed time

## DAY 2 3rd, June, 2024

8:00- 9:00 am - Yoga / Meditation time

9:00- 9:45 am - Breakfast

10:20 am - 4:00 pm - Town Tour with food experience

Evening - Free time/ extra activities

8:00 pm - Dinner

## DAY 3 4th June, 2024

8:00- 9:00 am - Yoga / Meditation time

9:00- 9:45 am - Breakfast

Free Time / extra activities

6:00 pm - Cooking Course

8:00 pm - Dinner

## DAY 4 5th June, 2024

8:00- 9:00 am - Yoga / Meditation time

9:00- 9:45 am - Breakfast

10:20 am - 5:00 pm - Town Tour with surprise lunch

Free Time / extra activities

8:00 pm - Dinner

## DAY 5 6th June,2024

8:00- 9:00 am - Yoga / Meditation time

9:00- 9:45 am - Breakfast

Possible Day to book an extra activity

5:00 pm - Wine tasting & visit

8:00 pm - Dinner

## DAY 6 7th June,2024

8:00- 9:00 am - Yoga / Meditation time

9:00- 9:45 am - Breakfast

10:20 am - 5:00 pm - Town Tour & Free time

Free Time / extra activities

8:00 pm - Live Music with local Musician

## DAY 7 8th, June,2024

8:00- 9:15 am - Breakfast

9:30 am - Bus shuttle departure to the airport (If you would like a breakfast take out box because you depart before the scheduled breakfast please let us know in advance to notify the chef)

The schedule may be all customizable depending on your group needs, we will design it together with your teacher.

8:00 pm - Dinner / extra activities



## The Package \$2,500 /Person

The package includes the following services:

- Homemade breakfasts and dinners all with local products: " from the farm to the table".
- Six nights accommodations in and Italian countryside apartment inside a vineyard.
- Three stunning town tours in Tuscany and Umbria region
- Every day yoga/ meditation with Christy Lin in our yoga room
- Guided visit into a mill and olive oil tasting.
- Wine tasting in a local winery.
- Cooking course with the chef!
- Private coach transfers to and from Rome Fiumicino (FCO ) airport.



## Apartment and Facilities

View between the vineyard and the olive grove, stunning swimming-pool with view over the valley. Yoga room, washing machine.

Possibility of renting mountain bikes, horse riding, massage therapist in the venue.

Each apartment has two bedrooms, one/two bathroom, and a living room with kitchenette. You will share the apartment with one person. The apartments are all carefully cared for so that our guests feel at home with a view between the vineyard and the olive grove.



## The Three most popular town tours in Tuscan and Umbrian Region

- Cortona: Home of "Under the Tuscan Sun"
- Pienza in the historical region of Val d'Orcia.
- Sepello- The Flower Town
- Citta della Pieve.
- Montepulciano.
- Gubbio



## Rome Fiumicino (FCO) Airport (Arrival/departure )

Landing: We are meeting at the Rome airport at 3:00 pm.

We advise you to arrive before the check-in day in Rome and visit this amazing town for few days, and book your return flight on the next day after our retreat. Departure shuttle is at 9:30 am. If you need to take a shuttle at a different hour, this is an extra cost.

If you would like a transfer that does not match the one included in the package please let us know asap so we will put you in contact with our transfer company.



Thank you for your time, I hope to meeting you soon!

With amore,

*Lucia*

Lucia de Ferrari  
Dogana

Agriturismo Dogana di de Ferrari Lucia  
Località Dogana 4, 06069 Tuoro sul Trasimeno (PG), Italia  
IT13595901003 | [www.agriturismodogana.it](http://www.agriturismodogana.it)

