



“Easy Activities” Bike and Trekking excursions

Monday at 3 p.m. Bike tour A very easy cycling route through the countryside and the hills that surround Abano Terme, reaching two impressive historic Villas. Breal with wine tasting in the local farm *La Montecchia*.

Path completely flat 17 Km. Total duration of 2,5 hours.

Tuesday at 3,15 p.m. Trekking Moving in minivan up to Arquà Petrarca, we will see the thermal lake from where mud baths are taken, easy hike to walk from Arquà Petrarca, one of the most beautiful medieval villages in Italy. Return in minivan. Difference in altitude 70 m.

Length 6 Km, maximum duration 4 hours.

Wednesday at 3,15 p.m. Bike tour Bicycle tour along the route E2, passing through the castle Catajo to finally get to the mount Lispida, at the bottom of which lies the homonymous lake, and the Villa “Italia”: two very important places for the history of all the area. Path completely flat. 28 Km in 3,5 hours max.

Thursday at 3,15 p.m. Bike tour An easy bicycle route to discover two sites that are rich in artistic value and culture of the past, delightfully inserted in a landscape of great beauty. Visit the Abbey Praglia, in Villa Vescovi you can taste local wines. Altitude difference 40 m. 24 Km. Total duration 4 hours max.

Friday at 3,00 p.m. Trekking tour from the historical source of Montirone in Abano Terme to the monastery of San Daniele, with a visit of the museum of the monastery, after having reached the summit of the mountain by following the easy hiking trail. Height Difference of 70 m. 6 Km in 2,5 hours.