



viverelaniene@gmail.com – 0039.320.96.81.006

Outdoor activities in the Simbruini Natural Park

Just 30 minutes far from Fiuggi there is **Subiaco**, a magical place where nature and culture meet. Subiaco is a popular destination for lovers of **outdoor sports** and culture: it is set in the grassy uplands of the **Simbruini Natural Park**, where it is possible to come in contact with the reality of the fauna of the area, admire the green valleys, high peaks, beautiful views and interesting mountain villages.

Vivere l'Aniene offers many outdoor activities and cultural tours suitable for families, to make the holiday in Italy an unforgettable experience. In a day you can explore forests and canyons, sail down the Aniene river, visit places rich with history and culture, taste the dishes of our local cuisine.

Check out our **calendar activities** and find great things to do during your holiday!





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Soft Rafting and Hiking in the Simbruini Natural Park

Monday, April 25 2016

€ 89.00 p.p. (200 people max.)

Depart: 8.30 a.m. – Return: 7.00 p.m.

Departure and arrival from Fiuggi Grand Hotel Palazzo della Fonte

In the morning you will enjoy **soft rafting in the Aniene River**, discovering all of the wonders of the valley and the city of Subiaco. The Aniene River, characterized by its crystal clear and fast-running waters, will give you a thrilling experience full of adventure and enchanting scenery, all in total safety. Vivere l'Aniene will provide you with all of the equipment for the activity. In the afternoon you will enjoy a relaxing and **pleasant excursion in the nature** with expert trekking guides, to discover the wonderful beach-forest and geological features of the karst highland.

Soft rafting and hiking are suitable for all ages and are **ideal for families**. The children will have the time of their lives experiencing the thrills of true explorers... and the adults will rediscover that childhood excitement!

Equipment: Sport clothes, trekking or trail shoes, k-way. Please remember to bring with you a change of clothes shoes included.





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Hiking and Soft Rafting in the Simbruini Natural Park

Tuesday, April 26 2016

€ 89.00 p.p. (200 people max.)

Depart: 8.30 a.m. – Return: 7.00 p.m.

Departure and arrival from Fiuggi Grand Hotel Palazzo della Fonte

In the morning you will enjoy a relaxing and **pleasant excursion in the nature** with expert trekking guides, to discover the wonderful beach-forest and geological features of the Park. The walk will provide you the opportunity to observe the rocks, plants, insects and birds, as well as to take great photographs and visit the local tourist sites. In the afternoon you will try **soft rafting in the Aniene River**, discovering all of the wonders of the valley and the city of Subiaco. The Aniene River, characterized by its crystal clear and fast-running waters, will give you a thrilling experience full of adventure and enchanting scenery, all in total safety. Vivere l'Aniene will provide you with all of the equipment for the activity.

Soft rafting and hiking are suitable for all ages and are **ideal for families**. The children will have the time of their lives experiencing the thrills of true explorers... and the adults will rediscover that childhood excitement!

Equipment: Sport clothes, trekking or trail shoes, k-way. Please remember to bring with you a change of clothes shoes included.





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Canyoning or Orienteering and tour of the Paper Mill Museum “Borgo dei Cartai”

Wednesday, April 27 2016

€ 89.00 p.p. (25-100 people max.)

Depart: 8.30 a.m. – Return: 7.00 p.m.

Departure and arrival from Fiuggi Grand Hotel Palazzo della Fonte

In the morning you can choose to do orienteering or canyoning:

- **Canyoning** (25 people max.): a high impact emotional excursion, in which you will visit internal clefts and canyons. Incredible turquoise water, deep puddles for diving, water chutes, and little descents under natural arches. And, at the end, a beautiful lake where spend a funny day with the whole family. Vivere l'Aniene will provide you with all of the equipment for the activity.
- **Orienteering** (100 people max.): learning how to read a map and how to use a compass to discover nature and reach the goal! We will enjoy the excursion with orienteering games and challenging demonstration with map and compass, looking for your best way.

In the afternoon we will visit the **Museum of handmade Paper Borgo dei Cartai**, to discover how papermakers produced paper in ancient mills many centuries ago. The museum, divided into various sections, illustrates the historical phases of the **processing of paper** with equipment, documents and old instruments.

Canyoning Equipment: Sport clothes and a swimsuit. Please remember to bring with you a change of clothes, shoes and underwear included.

Orienteering Equipment: Sport clothes, trekking or trail shoes, k-way.





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Orienteering and Soft Rafting in the Simbruini Natural Park

Thursday, April 28 2016

€ 49.00 p.p. (100 people max.)

Depart: 8.30 a.m. – Return: 12.00 a.m.

Departure and arrival from Fuggi Grand Hotel Palazzo della Fonte

In the morning we will discover the wonders of nature learning **how to read a map and how to use a compass**. We will enjoy the excursion with **orienteering games** and challenging demonstration with map and compass, looking for your best way. Personalized routes for all levels, including options for children to ensure fun for everyone.

Vivere l'Aniene will provide you with all of the equipment for the activity.

Soft rafting and orienteering are suitable for all ages and are **ideal for families**. The children will have the time of their lives experiencing the thrills of true explorers... and the adults will rediscover that childhood excitement!

Equipment: Sport clothes, trekking or trail shoes, k-way. Please remember to bring with you a change of clothes, shoes included.

