

## DETAILS & REGISTRATION

- Total number of participants: 10



### Cost

- If you register before 10.03.2020 - Cost: €1450 may be paid in 2 instalments: €600 at registration (no refund available after the 10th of March); €850 – by the 15th of April.
- If you register after 10.03.2020 - Cost: €1600 may be paid in 2 instalments: €600 at registration (no refund available after the 10th of March); €1000 – by the 15th of April.

### Cost includes

- Accommodation: Mid-XIXth century Italian villa\* immersed in olive and citrus groves, overlooking Adriatic sea, per person sharing (2 persons per apartment: shared bedroom, bathroom and kitchen). There is a limited single apartment option for additional cost of 150Euro. Such options are very limited and they will be allocated on a 1st come basis. ***Please indicate your preference for a single room on your registration!***
- All Meals: Breakfasts served at the villa; Vegetarian lunch or lunch box - based on the local product and one lunch on the slow food farm; Dinners served at the villa/ two dinners in carefully chosen local restaurants. Tea/coffee/water/fruit available all the time in your room.
- All local transportation by minivan (including pick up upon arrival and drop off for departure from Manfredonia or Mattinata)
- Everyday group private 1-2 hour yoga sessions with a certified teacher
- Events: All mountain trekkings, trip by boat to the enchanted marine grottos of Gargano, Manfredonia castle museum visit, Monte Sant'Angelo Sanctuary and Crypts visit, Tomba di Rotari and more
- Entry fees/bus fares
- Guides

\*Since this is not a hotel, but a historic building, the type of bedrooms, beds and bathrooms vary from apartment to apartment! Please keep this in mind and be understanding.



### Cost doesn't include

- Air tickets and transportation to Manfredonia or Mattinata towns from the airport (on arrival and departure)
- Travel insurance (strongly suggested!)



### Practical info

- Comfortable shoes appropriate for walking and light trekking, swim wear for the beach, a raincoat and a warm sweater for the mountain tops!
- Exercise level: Moderate (consider 2- 5-hour trekking)



### To register

- To register contact Karolina at: **contact@angelsfeetproject.com** / cell or whatsapp: **+48 600 063 333**
- Bank account number to pay the registration fee: Karolina Barwicz,

39 1140 2004 0000 3112 0577 5863

IBAN: PL 39 1140 2004 0000 3112 0577 5863

SWIFT: **BREXPLWMBK**

- Reference: Gargano2020ExpSettlement