



VM Travel

HIDDEN VILLAGES, THERMAL  
WATERS AND TIMELESS  
LANDSCAPES

5 DAYS / 4 NIGHTS

INSPIRATIONAL CULTURAL &  
WELLNESS ITINERARY

# ETRUSCAN LANDS: STONE, WATER AND TIME

A JOURNEY THROUGH THE LESSER-KNOWN HEART OF CENTRAL ITALY, WHERE ETRUSCAN HERITAGE, VOLCANIC LANDSCAPES AND QUIET VILLAGES CREATE AN ATMOSPHERE OF RARE AUTHENTICITY. FROM THE STONE-CARVED STREETS OF SORANO AND THE GOLDEN WATERS OF ITS THERMAL SPRINGS, TO THE DRAMATIC BEAUTY OF PITIGLIANO, THE TRANQUIL SHORES OF LAKE BOLSENA, AND THE ETHEREAL SILHOUETTE OF CIVITA DI BAGNOREGIO, THIS ITINERARY INVITES TRAVELERS TO SLOW DOWN AND REDISCOVER THE HARMONY BETWEEN CULTURE, NATURE AND WELL-BEING.

**VM TRAVEL SRLS**

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## **SORANO – THE VILLAGE OF LIVING STONE**

THE JOURNEY BEGINS IN SORANO, A REMARKABLE VILLAGE SCULPTED DIRECTLY FROM VOLCANIC ROCK. ITS NARROW ALLEYS, ANCIENT HOUSES AND DRAMATIC FORTRESS CREATE A LANDSCAPE THAT FEELS ALMOST SUSPENDED IN TIME. WALKING THROUGH SORANO REVEALS THE DEEP ETRUSCAN ROOTS OF THIS REGION AND THE QUIET RHYTHM OF RURAL TUSCANY.

## **TERME DI SORANO – WATER AND RESTORATION**

JUST BEYOND THE VILLAGE, THE THERMAL SPRINGS OF SORANO OFFER A MOMENT OF DEEP RELAXATION. SURROUNDED BY NATURE, THESE WARM WATERS HAVE BEEN VALUED SINCE ANCIENT TIMES FOR THEIR HEALING PROPERTIES. IMMERSSED IN MINERAL POOLS, TRAVELERS EXPERIENCE A NATURAL FORM OF WELLNESS SHAPED BY LANDSCAPE AND TRADITION.

## **PITIGLIANO – THE CITY ON THE TUFF CLIFF**

NEARBY PITIGLIANO RISES DRAMATICALLY FROM ITS TUFF PLATEAU, CREATING ONE OF THE MOST STRIKING SILHOUETTES IN TUSCANY. KNOWN AS “LITTLE JERUSALEM” FOR ITS HISTORIC JEWISH COMMUNITY, THE TOWN TELLS A STORY OF COEXISTENCE AND RESILIENCE. ITS PANORAMIC VIEWS AND ANCIENT STREETS INVITE SLOW DISCOVERY.

## **LAKE BOLSENA – THE CALM OF WATER**

THE JOURNEY CONTINUES TOWARD LAKE BOLSENA, ONE OF ITALY’S LARGEST VOLCANIC LAKES. HERE, THE ATMOSPHERE BECOMES SERENE AND EXPANSIVE. GENTLE LAKE BREEZES, QUIET VILLAGES AND CLEAR WATERS OFFER A PEACEFUL PAUSE BETWEEN CULTURAL DISCOVERIES.

## **CIVITA DI BAGNOREGIO – THE DYING CITY**

THE JOURNEY CULMINATES AT CIVITA DI BAGNOREGIO, A VILLAGE DRAMATICALLY PERCHED ATOP AN ERODING HILL. REACHED ONLY BY A PEDESTRIAN BRIDGE, CIVITA FEELS ALMOST DREAMLIKE. STONE HOUSES, SILENT SQUARES AND ENDLESS VIEWS CREATE A PLACE WHERE TIME SEEMS TO STAND STILL.



### **BEST TIME TO VISIT**

SPRING AND EARLY AUTUMN, WHEN LANDSCAPES ARE VIBRANT, TEMPERATURES ARE GENTLE AND VILLAGES REVEAL THEIR MOST AUTHENTIC ATMOSPHERE.



### **IDEAL FOR**

- SLOW TRAVEL AND CULTURAL ENTHUSIASTS
- COUPLES SEEKING A PEACEFUL RETREAT
- TRAVELERS DRAWN TO HIDDEN ITALY BEYOND THE MAIN ROUTES



