



# AGAPORIA

*For experiences that capture  
the very essence of Agaporia*





*We can't wait for you to discover Agaporia*

*Get ready to embrace the beauty of Tuscany with our tailor-made activities. Whatever you choose, we've got you covered every step of the way.*

*Enjoy!*

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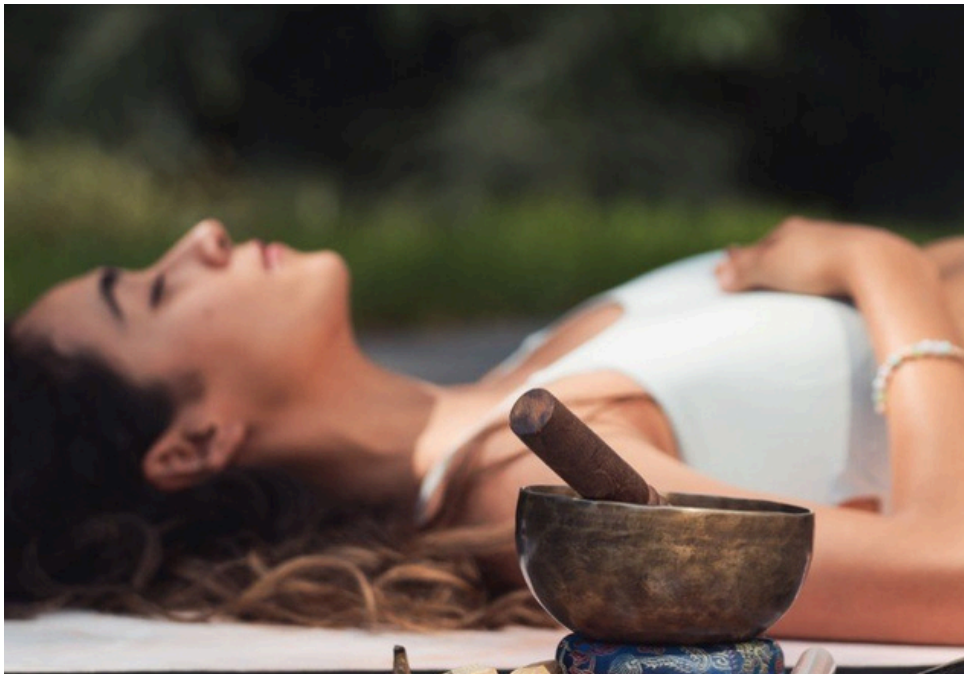
Horse Coaching

Horseback Riding

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## BREATHWORK

With the help of a Breathwork coach, discover the transformative power of the breath, and experience heightened serenity and vitality for life amidst the unspoiled Tuscan landscapes.

A 2 hour journey, individually tailored to you, designed to address any personal challenges, from anxiety, stress, to improving energy and sleep.

*Find beauty to feed your soul,  
and peace to ease your mind*

Breathwork is one of the most accessible wellness practices out there. Anyone can do it, regardless of age or other medical conditions, so long as you find the breathing techniques that work best for you.

Together with your coach, you'll practice the technique that resonates with you.





# AROMATHERAPY

An engaging course dedicated to exploring the advantageous qualities of native herbs and medicinal plants.

You will learn to craft personalized natural remedies, including herbal teas and healing oils, by combining medicinal and aromatic herbs.

This program draws upon the rich, traditional wisdom of using Tuscany's medicinal herbs, as practiced by our ancestors to develop effective natural remedies.

*Nature makes well*

An expert guides you in utilizing readily available natural ingredients from our surroundings and gardens to craft homemade face and body products, drawing inspiration from the Etruscans, who placed a strong emphasis on their well-being.



# REGENERATIVE FARMING

Embark on a transformative journey across the 173 lush acres of Eco-Luxury Resort Agaporia, where nature and sustainable practices unite in harmony.

Discover the art of regenerative farming and biodynamic agriculture, intricately woven into every aspect of our cultivation. Here, we don't just farm; we nurture the earth, fostering a thriving ecosystem that reverberates with life and purpose. As you explore, engage with the principles of conscientious farming that empower us to restore the soil and celebrate its gifts.

Allow the mission of Agaporia to inspire you: by cultivating health and abundance today, we safeguard the rich legacy of this stunning landscape, ensuring that our guests and generations to come can revel in its timeless beauty.

*Join us in this vital journey toward  
sustainability and stewardship of our planet*



# TRUFFLE HUNTING

Step into the enchanting world of truffle hunting with the devoted farm friends of Agaporia and their remarkable canine companions.

Together, we'll wander through the majestic oak tree forests, where the air is rich with the earthy scent of nature. As our well-trained dogs lead the way, their noses twitching with excitement, you'll feel the thrill of the hunt

After this exhilarating adventure, we will return home with our prized treasures in hand. Our talented chef will take center stage, ready to unveil the full potential of the unique truffles we've unearthed.

*Truffles are the essence of the forest, inviting us to indulge in nature's finest flavors.*



Join us for an unforgettable experience, where the magic of truffle hunting reveals not just the delectable delicacies of the earth, but also the deep connections that bind us to nature and to one another, crafting memories that will linger long after the sun sets over the oak-laden horizon.





# FORAGING

Discover the enchanting world of foraging at Agaporia, where nature's culinary treasures await your exploration. Nestled in the breathtaking landscapes of Tuscany, our seasonal foraging tours invite you to connect deeply with the earth, uncovering the flavorful bounty of the wild.

As you stroll through our verdant fields and ancient woodlands, you'll learn the art of foraging alongside our knowledgeable guides, who will share their passion for wild edibles, including local herbs, wild mushrooms, berries

*Deepen your appreciation for nature and local ecosystems.*





# WINE TASTING

In the rolling hills of Tuscany, a journey awaits those seeking an authentic wine tasting experience like no other. Picture yourself wandering through lush vineyards, where organic and biodynamic grapes flourish under the warm sun.

*"Wine is sunlight, held together by water."*

Galileo Galilei

As you slip into a rustic tasting room, you're welcomed by passionate winemakers eager to share their story.

Each glass unveils a distinct character—vibrant Super Tuscans, aromatic whites, and sparkling natural wines. You'll savor every sip, learning about the ancient, sustainable methods that honor the land and the environment.







# HORSE COACHING

We invite you, for the duration of a 1.5 hour session, to learn more about yourself. Horse coaching is an activity guided by the horse and a coach, aimed at helping you become aware of your way of being as well as your verbal and non-verbal communication.

Working with the horse brings about significant changes in a very short time because it provides you with immediate and non-judgmental feedback on your interactions with the world around you. In horse coaching, the horse serves as a mirror, allowing you to confront who you are as an individual.

*"Horses lend us the wings we lack"*

Pam Brown

Our equine coach will guide you through the session with care and sensitivity, helping to enhance your self-awareness within a nurturing and secure setting. No prior experience with horses is required, as the session occurs entirely on the ground.





# HORSEBACK RIDING

Embark on an unforgettable horseback riding adventure through the enchanting landscapes of Tuscany. This experience takes you off the beaten path, allowing you to discover the region's hidden gems while riding alongside expert guides who share their passion for horses, nature, and the culture of this beautiful land.

Whether you're a seasoned rider or a beginner, this experience is tailored for all skill levels. Our gentle horses and supportive guides ensure a safe and enjoyable adventure for everyone.



Choose from our half-day or full-day adventures, both designed to immerse you in the beauty of the landscape. Each option includes a delightful lunch,

*Off the beaten track*





*Every landscape tells a tale of wonder.*



## HIKING AND BIKING

Join our guide for a walking or cycling adventure through our stunning surroundings. Choose from a variety of itineraries that cater to different distances, durations, and locations. Given the hilly terrain of Tuscany, we suggest discussing your preferences thoroughly to help us create the ideal excursion tailored just for you.

Agaporia features a bike hub with 16 brand-new e-bikes available for rental, perfect for both weekend adventurers and urban cyclists looking to explore the area.





## STARGAZING

Experience the magic of the night sky at our Eco-Luxury Resort Agaporia. In a secluded setting, you'll enjoy a guided stargazing adventure with top-of-the-line telescopes.

Uncover the secrets of nocturnal navigation as our expert guide introduce you to the wonders of distant galaxies, stars, planets, nebulae, and intricate constellations. Embrace the tranquility of nature while connecting with the cosmos in a breathtaking, unforgettable evening.

*As the sun sets and the stars emerge, we find the beauty in the quiet moments, illuminated by the glow of the cosmos*





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[www.agaporia.com](http://www.agaporia.com)