

Hiking for Longevity

The Inside Scoop from *Palazzo Fiuggi*



Having just returned from participating in **Palazzo Fiuggi's** new **Hiking for Longevity** program, I'm excited to share my personal feedback with you!

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Key Takeaways

- ✓ Different from most of our programs which focus on the individual, this format focuses on **group activities**, allowing guests to share an incredible experience and create **meaningful connections** with their fellow group members.
- ✓ The **Mediterranean-inspired food line** (created to provide the **perfect balance** between calories burned and consumed) was a big hit with **delicious options** such as healthy Cacio e Pepe pasta and Eggplant Parmigiana
- ✓ While the daily 3.5 hour hike allows you to burn up to 2,000 calories, burning calories is not the main focus and each guest is free to **follow their own pace** and enjoy the hike **without competition**.
- ✓ The hiking trails are just **breathtaking** – my favorite offered **panoramic views of the mountains** and a historical Monastery (which we later visited to learn how the herbs from the mountain have been used to treat diseases!)
- ✓ The integration of the **HPM** (High Performance Method) greatly **improved hiking performance** by providing each individual with insights relating to their **posture, balance** and much more.
- ✓ The **Massages**, **Thalassotherapy** and **Thermal Bath** after a long hike were just perfect and felt so well deserved – my body was **sparkling with joy!**

