



12 LOCAL EXPERIENCES

TESTED BY

— la Meridiana —

Albergo di charme in Gardena dal 1978

★★★★★

APPROVED FROM OUR GUEST

EXPERIENCE #01 : HOMEMADE PASTA MASTERCLASS

How to prepare fresh pasta like “tagliatelle” and filled-pasta like “pansotti di ricotta”, along with your guests we will create a 3D culinary art’s work: delightful, delicate, delicious!

Starting from simple, fresh and healthy ingredients, we will guide your valued guests step by step through the little secrets handed down for generations. It will not be a simple demonstration, but a memorable moment with us, glad to share the passion for good food and Italian culture. *Special touch* : the teacher will be a real Italian “nonna” !!

WHAT'S INCLUDED :

- ✦ 30 min lesson w/ local expert
- ✦ a written recipe of fresh pasta
- ✦ a Relais & Chateaux golden pin
- ✦ Homemade focaccia & crunchy bread with “local olive tapenade”
- ✦ a glass of fresh Vermentino wine
- ✦ Moreover : we will email your guests 10 HD photos taken during this “local food experience”.

Minimum number of participants: 2

Language: Italian, English & French

Time Range : 10/12 am – 03/05:30 pm



EXPERIENCE #02 : PESTO-MAKING COOKING CLASS



THE LESSON IS FOCUSED ON GENOVESE PESTO, THE PERFECT INGREDIENTS TO PREPARE IT AND THE ANTIQUE TECHNIQUE OF MAKING WITH MORTAR AND PESTLE

WHAT'S INCLUDED :

- 30 min lesson w/ professional Chef
To learn the ingredients's order and the correct way to use the pestle and mortar
- a written recipe of Pesto sauce
- a Relais & Chateaux golden pin
- a tray of fresh focaccia
- a glass of fresh Pigato wine
- a basil plant w/ organic pot
- a package of Ligurian pasta (trofie)

Moreover : we will send by email to your guests 10 photos HD taken during the "local food experience".

Minimum number of participants: 2

Language: Italian, English & French

Time Range : 10/12 am – 03/05:30 pm



EXPERIENCE #03 :

LIGURIAN WINE TASTING W/ FOCACCIA AND CHEESES

Guided by our maître de restaurant, your clients will enjoy an authentic journey through Ligurian tastes

WHAT'S INCLUDED :

50/55 min degustation of 3 wines

from West-coast Liguria:

‡ Pigato _white wine

‡ Vermentino _ white wine

‡ Ormeasco _red wine.

Full explanation of the characteristics of the territory that gives uniqueness to the wine bouquet.



TO COMPLETE THE TASTING:

homemade focaccia

Pairing of local cheeses from the farms of our inland

Moreover:

detailed brochures about the wines

information about local wines and cheeses

10 HD photos of this local wine experience

Minimum number of participants: 2

Language: Italian, English & French

Time Range : 3:00/6:00 pm

EXPERIENCE #04: E.V.O. OIL TASTING

OLIVE OIL IS A BASIC ELEMENT OF THE MEDITERRANEAN DIET, WHERE MOST OF THE MEALS ARE SERVED WITH AN OLIVE OIL BOTTLE ON THE SIDE. THIS EXPERIENCE WILL EXPLAIN THE MAGNIFICENT WORLD OF THIS LIQUID GOLD AND ITS SEVERAL SHADES OF TASTE.

WHAT'S INCLUDED :

- ❑ 30 min tasting of 4 extra-virgin-olive oils
 - ⇒ 3 from the local area
 - ⇒ 1 from Central Italy regionto make guests able to taste the differences in terms of tastes and scents .
- Homemade bread and focaccia.
- detailed brochures about the oils tasted.

Moreover : at the end of the experience, we will send by email to your guest 10 photos HD taken during the experience & a special tasting gift

Minimum number of participants: 2

Language: Italian, English & French

Time Range : 10/12 am – 03/05:30 pm

Special : for those travelers interested to deepen the olive-oil-world , we are glad to arrange private visit in two different mills in the area , to understand the history of this antique and traditional production.



EXPERIENCE #05: STRESS FREE ZONE & WELLBEING

“Mens sana in corpore sano” is a very well-known latin quote, usually translated as "a healthy mind in a healthy body" and we know how true this sentence is , especially after the last two tough years .

Let us regenerate your spirit, relax body and soul in our stress-free area.

In the full renovated space “ Private Gym” we can arrange :

NEW IN 2022 : Ligurian-aromatherapy-massage

50 minutes massage with extra virgin olive oil & essential verveine's oil and aromatic spontaneous herbs from the territory

SPECIAL :

- Relaxing massage with Tibetan bells tolling
50/90 minutes session
- Individual session of stretching and postural gymnastics with pro 45 minutes
- massage –several type –
- exclusive usage of private gym , with tecnogym equipment. and personal trainer for dedicated exercises & food consultant

..or just chilling pool side , heated at 27°c , with dedicated towel and sundbed

massage expert & personal trainer available upon request.



EXPERIENCE #06: BIKE FOR FUN

FIND AN ENJOYABLE AND ENTERTAINING WAY TO DISCOVER LIGURIA'S AUTHENTIC SOUL: THE BIKE!
CYCLING UP AND DOWN THE LUXURIANT FORESTS, HILLS, OLIVE GROVES AND SMALL VILLAGES!
SELECT THE LEVEL ACCORDING YOUR CLIENTS ATTITUDE :



“The easy-peasy” : BEGINNER LEVEL, approximately 29 km/18 miles around the property visiting the closest villages like Garlenda, Villanova and Cisano sul Neva . Mosly flat terrain, 2-hour ride

“The Not-So-Easy” : LIGHT / INTERMEDIATE LEVEL, approximately 35 km/ 20 miles, visiting villages and with beautiful panoramas. Flat terrain with some ascents and plateaus. Around 3-hour ride








“The Complete-One” : ADVANCED LEVEL , approximately 50 km/ 30 miles including visit to local farmers , wine producers olive mills, for tastings and a short stop for light lunch. 4 -hour bike ride.

WHAT'S INCLUDED IN EACH ONE :

- Dedicated English-speaking guide
- Tailor made itinerary
- Bottle of mineral water
- Full hotel assistance
- Hotel's mountain bike – Olmo- & helmet

NEW in 2022 E-MBT TOUR :

with local expert, english-speaking!
Included :

-  Half Day Or Full Day Private Tour
-  Exclusive Itinerary Off The Beaten Road To Ride «Like-a-local»
-  Full Company Assistance
-  Round Trip Hotel
-  Snack Box With With Mineral Water, Fruits And Tasty Sandwiches.



EXPERIENCE #07: GOLF ACADEMY



On site - just a short walk from “La Meridiana Relais & Chateaux” – you can enjoy GOLF GARLENDIA 18hole course, beautifully located in the typical Ligurian countryside, the pleasant course rolls among ancient olive trees and pine woods. Ranked by the Sunday Times among the “Top 10 world-class but less well-known golf courses”, the course was designed by John Harris in 1960 and is on the Italian Riviera, which makes it perfect for the golf & holiday combo.



ENJOY APERO W/PRO:

What's included :

- From 07:00 to 07:30pm : theoretical class with golfing tips
- From 07:30 to 08:00 pm : w/Italian sparkling wines and canapé
- Minimum number of participants: 2
- Languages: Italian, English & French

ENJOY DINNER W/PRO:

What's included :

- From 07:00 to 08:00 pm theoretical class with golfing tips and video
 - From 08:00 pm: 3-course dinner at our fine-dining restaurant “il Rosmarino”
- Minimum number of participants: 2
Languages: Italian, English & French



EXPERIENCE #08 : ALBENGA AND THE ROMAN EMPIRE

Albenga is a unique town in Liguria, both for its geographic position and for its very particular history. The town always felt a stronger vocation for agriculture and commerce rather than fishing and seafaring, but history permeates the foundations, the Roman Empire and the Middle Ages are still strongly present in the narrow streets of the village.

We arrange private cultural sightseeing with professional guide to discover this beautiful and unknown treasure of the west-coast Italian riviera.

WHAT'S INCLUDED:

- 2 hours guide around the village
 - Visit to Sommariva's mill and its museum, with dedicated tasting of local production
- OR

ARCHETREKKING - tour along a part of Via Iulia Augusta :

- 1 hour walking tour with a professional guide on the antique road, with roman ruins and amazing view overlooking Ligurian gulf.

Minimum number of participants: 2

Languages : Italian , English

Transportation : round trip with professional driver by sedan



EXPERIENCE #09 : TOIRANO AND THE PREHISTORY

Only 25 minutes driving from La Meridiana your guests can admire the famous caves of Toirano, a complex of four caves where prehistoric remains are preserved rich in history and charm.

It's easy to be enchanted by this place, magical and mysterious at the same time, where the mankind history has passed and left touchable signs. There are ,in fact, evidences of the presence of the cave bear (the ursus spelaeus, who spent the hibernation sheltered by the cave) like bones and footprints on the ground and signs of scratches on the walls. But not only animal traces: it is possible to admire footprints, hands and knees dating back to 12.000- 12.500 years ago, attributable to prehistoric human.

The internal path is over 1,5 km/1 miles long with very large spaces and ambients, all fully secured for the visitor's safety and with a constant temperature of 16° Celsius degrees (60° Fahr.)

WHAT'S INCLUDED:

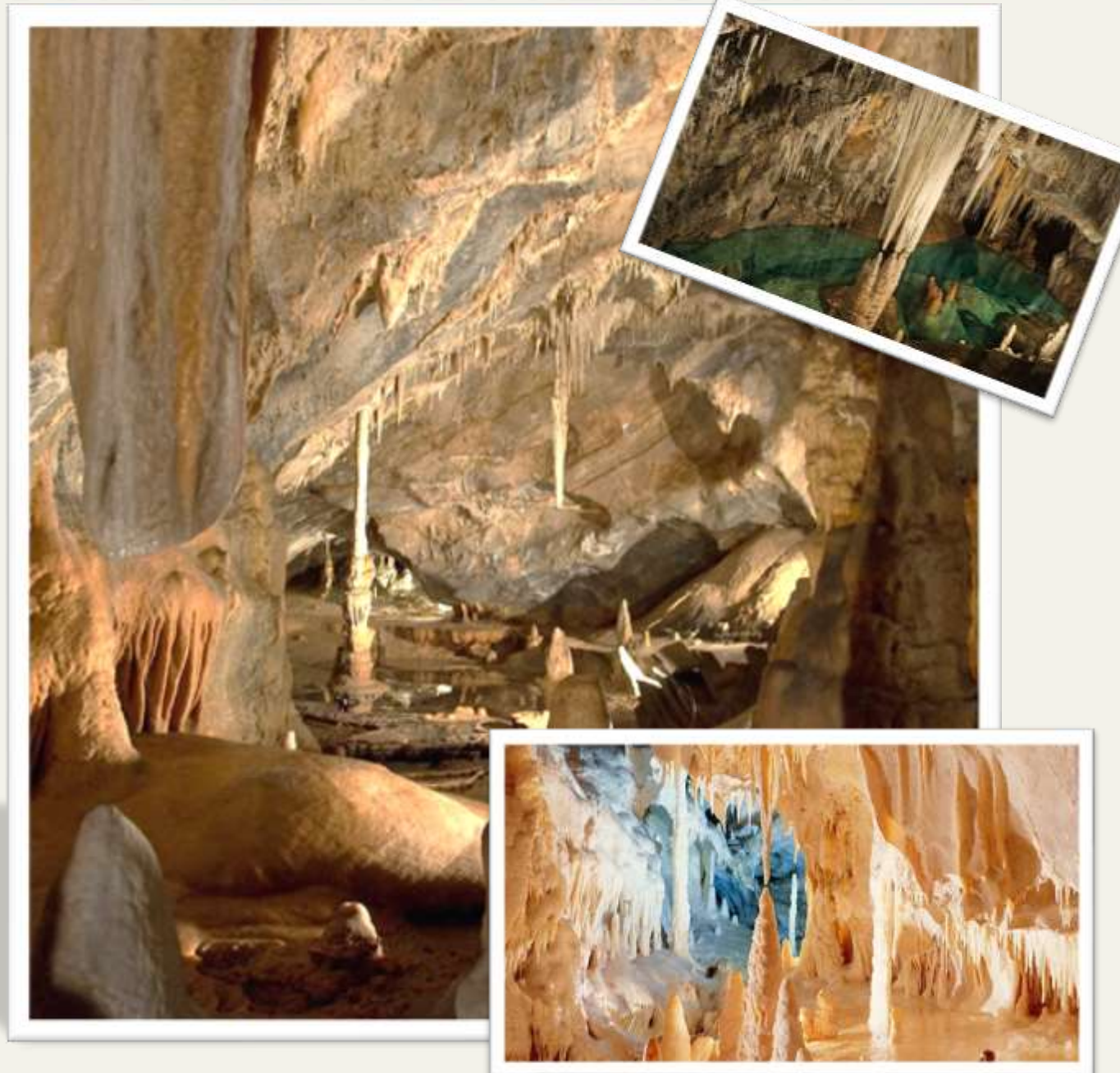
- ❑ Full assistance and booking of ticket w/70 minutes guided tour and free access at Ethnographic Museum, in Toirano

Timetable: visit every day from 9am to 12h30pm & from 02h00pm to 04h30pm

Participants: from 1 person to 10 people, upon reservation

Languages : Italian, English and French

Transportation : round trip with a professional driver by sedan



EXPERIENCE #10: CERVO AND THE SOUND OF BEAUTY

Approximately 30 minutes driving from La Meridiana, a pyramid of history, architecture and natural beauty, called Cervo. What that makes Cervo special and unique, in addition of the steep alleyways, the historic buildings and the hidden corners, is music!

Music and Cervo have a profound connection, beginning over fifty years ago and celebrated every summer during the **International Chamber Music Festival**. The “Piazza dei Corallini”, hung between sea and sky, is the perfect setting and stage to host and listen to some of the most important musicians of the international scene.

What's included:

- Full assistance and advance reservation ticket for concert, according to the festival agenda

Timetable: evening time, July and August, according the festival agenda

Minimum number of participants: 2

Languages : Italian, English

Transportation : round trip with a professional driver by sedan



EXPERIENCE #11 : LIGURIAN SEA EMOTION

At only 4 miles from la Meridiana the beautiful, deep blue, inner **LIGURIAN SEA** .

Just in front of Alassio one the cutest islands of our region: the Gallinara island. Shaped like a turtle swimming lazy in the blue sea, it's a spot rich of history : the wreck of a Roman ship has been found in the waters of its coast.

We will be happy to arrange **3 ways** to discover the area onto a **real fishing boat** :

THE COMPLETE FISHING TOUR _ FULL DAY_

- Boarding in the early morning,
- going out to sea, participation in various fishing activities
- Lunch on board with the catch of the day

Minimum number of participants: 2 ,

possibility to require "exclusive fishing boat" instead of charter version

TOUR OF THE GALLINARA ISLAND _ HALF DAY_

- Boarding in the morning,
- Tour around the Gallinara Island, observation, didactics on fauna and flora, swimming (minimum 4 people).

TASTING ON BOARD _ 2HOURS _

- Enjoy the catch-of-the-day fish , fried on board.

Languages : Italian , English

Transportation : round trip with a professional driver by sedan



EXPERIENCE #12 : LIGURIA FROM ABOVE



MEMORABLE HELICOPTER FLIGHT FROM OUR PRIVATE HELIPAD with our travel partner , Heli Air Monaco & Monacair ,

we are able to arrange incredible heli-tour taking off from our private on-site helipad : enjoy from above the charme of Alassio, Albenga and surrounding Italian Riviera villages and landmarks such as Portofino or , why not, the Barolo hills and Barbaresco.

What's included :

20 minutes flight onto a modern helicopter with air-conditioning, large comfortable seats, anti-noise and anti-vibration system, high comfort throughout the entire journey to enjoy a wonderful flight in all safety and luxury.

Participants: from 1 to 6 people

Languages : Italian , English, French



PIPER-FLIGHT : 30 MINUTES OF ADRENALINE!

«Meet and fly» : an amazing experience with a professional pilot and flight instructor at private Aero-club in the nearby business Aviation Riviera-airport .

Whats' included :

⇒ 30-minute flight at 500-1000 ft by Piper Piaggio P7 , over the Albenga hinterland and its beautiful villages hidden among the heights!

⇒ Transportation round trip with the private car of la Meridiana

⇒ Celebratory toast in hotel at the end , with a glass of sparkling italian wine

Participant: from 1 to 3 people

Languages : Italian , English

EXPERIENCE PRICELIST :

Experience #01



Homemade pasta cooking class:

€ 20,00 p. pax

Experience #02



Pesto MasterClass:

€ 20,00 p. pax

Experience #03



Ligurian Wine Tasting w/focaccia and cheese:

€ 50,00 p. pax

Experience #04



Evo tasting w/homemade bread and focaccia

€ 30,00 p. pax

Experience #05



stress free zone & wellbeing

from € 80,00 p.pax

Experience #06



«Easy Peasy» € 99,00/p. pax

«The not so easy» € 130,00/p. pax

«The Complet One» € 180,00 /p. pax

Ebike Tour h/day : from € 250,00 p.pax

Experience #07



Enjoy Aperò W/Pro :
€ 90,00 (price is meant for two people with pro)

Enjoy Dinner W/Pro:
€ 280,00 (price is meant for two people with pro)

Experience #08



Tour with guide in Albenga :
€ 40,00 p. pax

Archeotracking with tour along Via Iulia Augusta
€ 30,00 p. pax

Experience #09



Toirano's Cave ticket:
€ 15,00 p. pax
Access to local museum included

Sedan w/private driver round trip
From € 100,00

Experience #10



Chambers' music Festival ticket:
€ 35,00 p. pax

Seden w/ private driver round trip
From € 110,00 including driver waiting 2 hours

Experience #11



The complete fishing tour:
€ 80,00 p.pax

Tasting on board :
€ 20,00 p. pax

Gallinara Island tour:
€ 30,00 p. pax

- Sedan w/ professional driver round trip € 50,00

Experience #12



Heli-tour from € 2.000,00 p.person according number of partecipants and itinerary

Piper -flight : € 290,00 / p.flight including transportation to and from aeroclub & celebrating toast

Personalize experience #07

- Green Fee 18-hole midweek (Monday to Friday) € 50,00 p.pax
- Green Fee 18-hole weekend (weekend and holiday) € 75,00 p. pax
- Special Pass Green Fee 18-hole/5-day midweek € 210,00
- Golf Kart @La Meridiana € 45,00 / 5 hours



Special programme and
price for travel agencies
and travel consultants only

Thank you for your attention!
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