

# la Meridiana

*Charming Hotel in Garlenda since 1978*



## LOCAL EXPERIENCES PROGRAM



# 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!

To create the best experience, at first select the bike preference among the following ones :

- REGULAR MOUNTAIN BIKE
- ROAD BIKE
- E-BIKE
- E-MOUNTAIN BIKE

Then choose the level according your physical training :

## "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

From € 150,00 p.person



## 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

From € 199,00 p.person



## "The Complete-One" ADVANCED LEVEL

approximately 50 km/ 30 miles including visit to local sculpture park open-air and olive mill, for tastings and a short stop for light lunch.

4 -hour bike ride.

From € 255,00 p.person



## WHAT'S INCLUDED IN EACH ONE :

- ⌘ Half Day Private Tour with Dedicated English-speaking guide
- ⌘ Exclusive Itinerary Off The Beaten Road To Ride «Like-a-local»
- ⌘ Bottle of mineral water
- ⌘ Full hotel assistance

Minimum number of participants: 2

Possibility of full day,  
price accordly





# INTO THE WILD

**Hiking immersed in nature, beautiful landscapes, wild sceneries and special environments, all to be discovered and explored**

From the beach to the wood, through panoramic slopes, luxuriantly green, the Ligurian hills are a journey through natural wonders and they give a 360 degree experience. There's anything, whatever the preferences. The sea and the mountain; the history and the nature; the adventure and the quiet of an untouched place. Lonely hikers who love exploring, families on a day-trip, weekend tourists that want a relaxing but unforgettable experience: nothing else to do other than leaving to discover the beautiful Liguria, from an unusual perspective.

## WHAT'S INCLUDED:

- Half Day Or Full Day Private and dedicated English-speaking guide
- Exclusive Itinerary Off The Beaten Road To Ride , *according clients preference in terms of lenght and distance*
- Country-Nic with Ligurian deli, mineral water, fruits and dessert
- Full hotel assistance

Minimum number of participants: 2

Price : From € 110,00 p.person ( half day)

From € 180,00 p.person ( half day)





# GOLF ACADEMY

On site - just a short walk from “La Meridiana Relais & Chateaux” – you can enjoy GOLF GARLEND A 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 € 90,00

### What's included :

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



Our golf partner : Golf Club Garlenda

## ENJOY DINNER W/PRO € 300,00

### 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

Above prices are meant for two people+pro