

5 days /4 nights

Abruzzo Retreat Experience

Winter Explore



starting from ~~870~~ € 783 €

SKU: **ISY0046**

8 PLACES AVAILABLE

 **Departure from 13 February 2026**

 Group

 Itinerant

 Relax

 5 giorni

 19 hours

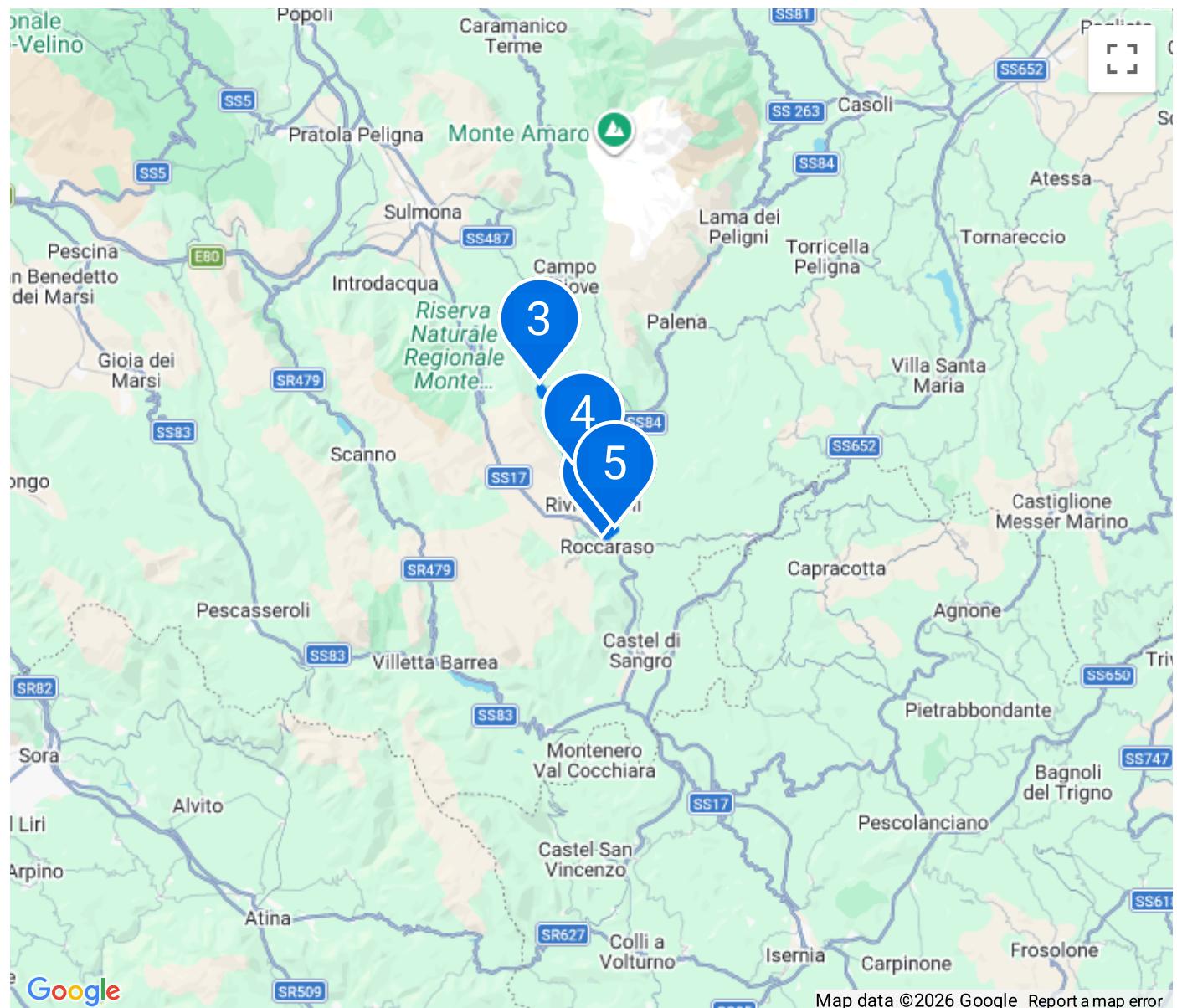
 **Easy**

 Operated by **HikeLife**

Tour Overview

The **Winter Retreat Explore** offers a unique blend of yoga, relaxation, and outdoor experiences in the unspoiled landscapes of Abruzzo. Enjoy daily yoga sessions, spa and pool access, snowshoe hikes or scenic walks, and local gourmet dinners. A journey designed to restore balance and energy, surrounded by mountains, forests, and silence.

(i) More information regarding the time and meeting point for the first/last day will be provided after the booking.



Itinerary

Travel Notes

Rivisondoli

Upon arrival in the afternoon in Rivisondoli, you will be welcomed and settled into your luxury hotel surrounded by the unspoiled nature of Abruzzo. Enjoy a relaxing session in the sensory spa and immerse yourself in comfort and wellness. The day concludes with a dinner, starting your Winter Retreat Experience in total relaxation. Overnight stay at the hotel.

Duration:

Accommodation: Rivisondoli



Roccaraso

After breakfast, your day begins with a morning of skiing at the Pescocostanzo or Roccaraso slopes, accompanied by a guide, surrounded by the spectacular landscapes of the Abruzzo mountains. If there is no snow, you will instead enjoy a walk to Lake Pantaniello at the foot of Monte Greco, with a packed lunch in a mountain hut. In the afternoon, back at the hotel, a rejuvenating session in the sensory spa awaits to relax your body and mind. The evening concludes with a refined dinner and moments of complete relaxation, followed by an overnight stay at the hotel.

Duration:

Accommodation: Roccaraso



Pescocostanzo

The day begins with a morning yoga session designed to awaken and energize both body and mind before starting the activities. Afterwards, you will head independently to the scenic Bosco di Sant'Antonio for a guided snowshoe hike among centuries-old trees, a place also celebrated by the renowned filmmaker Ermanno Olmi, offering a fully immersive experience in unspoiled nature. During the hike, a snack from the shepherd will allow you to discover the authentic flavors of Abruzzo's tradition, followed by a visit to the village of Pescocostanzo. The day concludes with dinner and an overnight stay at the hotel.

Duration:

Height difference: 400 m

Accommodation: Bosco di Sant'Antonio



Pescocostanzo

After breakfast, you will head independently to the slopes of Pescocostanzo or Roccaraso for a morning of skiing. If there is no snow, a hike to the summit of Monte Pizzalto, at 1,996 meters, is planned, offering stunning views of the main plateaus of Abruzzo. Upon returning to the hotel, you can enjoy a pre-arranged aperitif at the pool bar, followed by a gourmet dinner and moments of complete relaxation, before overnight stay at the hotel.

Duration:

Accommodation: Pescocostanzo



Rivisondoli

The final day of the retreat begins with a morning yoga session, designed for a gentle and rejuvenating start before breakfast. Afterwards, you can spend the morning in the hotel's magnificent spa, enjoying all the wellness facilities and treatments available. An optional lunch can be arranged if desired, before departure and the conclusion of your unforgettable Winter Retreat Experience in Abruzzo.

Duration:

Accommodation: Rivisondoli



Supplements

Cancellation Insurance (see terms and conditions)

Corresponds to 5.00% of the full participation fee, per person (terms and conditions, available only for residents in Italy). By choosing cancellation insurance, you will have to pay the full amount of the order at checkout.

[Download insurance details.](#)

Basic Insurance (see terms and conditions)

[Download insurance details.](#)

Price and discount rooms

Triple Room

Third place is entitled to:

-  60% discount if occupied by a child
-  40% discount if occupied by a child
-  10% discount if occupied by an extra adult

Quadruple Room

The two additional seats are entitled to:

-  60% discount for each child
-  40% discount for every child
-  10% discount for each extra adult

Sup. Single rooms: €

ABRUZZO RETREAT EXPERIENCE

Departure dates

 **13 February 2026**
→
17 February 2026 starting from
~~870 €~~
783 €

 **19 February 2026**
→
23 February 2026 starting from
~~870 €~~
783 €

 **19 March 2026**
→
23 March 2026 starting from
770 €

 **23 April 2026**
→
27 April 2026 starting from
770 €

 **04 December 2026**
→
08 December 2026 starting from
870 €

 **02 January 2027**
→
06 January 2027 starting from
870 €

 **05 February 2027**
→
09 February 2027 starting from
870 €

Departures on request

starting from **870 €**

**February
2026**

starting from **770 €**

March 2026

starting from **770 €**

April 2026

What's included

- 4 Dinners (without drinks)
- Aperitif
- Phone assistance
- snowshoes
- Breakfast
- Travel document
- Tour Operator Guarantees
- Overnight stay in a Double Room
- Guide and escort service for the entire duration of the tour
- Stay in a 4-star or similar accommodation
- Spa and pool
- Yoga

What you will visit

- Rivilsondoli
- Roccaraso
- Pescocostanzo
- Pescocostanzo
- Rivilsondoli

Accommodation



Rivisondoli



Rivisondoli



Rivisondoli



Rivisondoli



Rivisondoli

To know

How to get there

By Car: A25 Sulmona

By Train: Sulmona – Castel di Sangro

By Plane: Pescara Airport

Features of the trip

Open to travelers of all ages. You will travel either independently or in a group, with full support from the agency. On a group vacation, you may meet people from different countries with habits different from your own. For a cycling holiday, you might find yourself riding with people on e-bikes as well as those on traditional bikes. Respect everyone's space and enjoy yourself. The tour is organized by local guides and operators, carefully selected for you

General travel information

Remember to bring a valid passport or ID card with an expiration date of at least 6 months from the departure date. The itinerary may be subject to changes before and/or during the trip. On a group tour and in certain specific villages, it may be necessary to use dispersed accommodation due to the lack of large facilities. Please inform us of any food intolerances at the time of booking; we will do our best to accommodate them, but we cannot guarantee it. Tourist taxes to be paid locally.

Currency

Euro

Vaccinations

No

Documents and visas

ID Card or Passport

Emergency numbers

Number Emergency: 112

Electrical sockets

220v

Level of difficulty of the experiences

 **Difficult**

 **Medium**

 **Easy**

 **Hard**

Travel terms and conditions

We invite you to read the documentation regarding the general terms and conditions of sale for travel packages at the following link: [Travel Terms and Conditions](#)

Thank you for choosing our services. Be real. It's Isy!