



FAO Staff Coop
In cooperation with

MAY 2021



TREMITI ISLANDS
JUNE 4th - 6th 2021

Five jagged strips of land, carved by deep caves and quite difficult to reach even by boat but, perhaps for this reason, real corners of paradise, untouched and rich in natural beauty. It is here that we will take you to spend a weekend of fun and wellness, surrounded by unspoiled nature and a crystal clear sea. The Tremiti Islands is a breathtaking spot in southern Adriatic Sea that belongs to the Gargano National Park and has the status of a maritime nature reserve since 1989. Are you ready to live with us this new adventure?

PROGRAMME DETAILS

Friday, June 4th

TERMOLI - SAN DOMINO - CALA DEI BENEDETTINI

2:30 pm appointment at the port of Termoli and departure by high-speed ferry at 3:00 pm. Arrival on the island of San Domino at 4:30 pm. After dropping off the luggage to the hotel staff and taking possession of our rooms, we will put on swimsuits, flip flops and sunglasses and we will go

to dive in the crystal clear waters of Cala dei Benedettini. Time to relax and sunbathe. Return to the hotel, dinner and overnight stay.

Saturday, June 5th

TREKKING IN SAN DOMINO, COVES, CAVES AND BATHS

After breakfast, we will begin a delightful and scenic hiking on the island of San Domino, the largest of the Tremiti which, for its geological conformation and vegetation, presents unique and wonderful views. During our trekking we will enjoy following steep paths to descend from the woods to the sea, surrounded by unspoiled nature. The violet cave, "Punta Zio di Cesare", The Elephant rock, will be one of our many stops for swimming in the sea. Afterwards, return to the village square for a well-deserved "third half" before the succulent fish-based dinner.

Technical Hiking data:

- Distance: 10 km
- Height gain: 116 mt
- Duration: 4.5 hrs
- Level of difficulty: T

Sunday, June 6th

BOAT TOUR - VISIT TO SAN NICOLA ISLAND

After breakfast, we will leave the hotel and get on our boat for a beautiful tour of the Tremiti Islands. There will be the opportunity to swim and dive in the most beautiful coves. We will leave after a final bath, to admire the statue of Padre Pio placed on the seabed between the islands of Capraia and San Nicola.

Having finished the tour, we will disembark in San Nicola, also known as the "Montecassino in the middle of the sea", as in fact it was chosen by the Benedictine monks who built a fortress Abbey in the eleventh century because of its strategic location in the center of the Adriatic Sea.

The Abbey was later enlarged by the Cistercians and the Lateran Canons who until the end of 1500 contributed to make the Island rich and prosperous. The island is a monument with its imposing fortifications that start from the marina and propagate up to the Abbey of Santa Maria a Mare and beyond, with towers, walls and cloisters that testify to the immense history that still surrounds with charm every stone that you meet walking in wonder. Time available for a possible last bath and departure for Termoli with the high-speed ferry at 5:00 pm. Arrival at the port of Termoli for 6:30 pm, greetings and return home.

Rate per person: 290 euro

The rates include:

- high-speed ferry ticket to / from Termoli;
- overnight stay and half board in 3-star hotel with accommodation in double or triple rooms
- 2 evening meals based on fish with water and wine at the table;
- boat tour of the Tremiti Islands
- trekking to San Domino and visit to San Nicola
- assistance of two Startrekk guides for the whole period.

The rates do not include:

- Travel expenses;
- lunches;
- Federtrek membership card (15 euros);
- everything not specified under the heading “the rates include”.

Possibility to book GT coach trip from Rome at a special price.

Startrekk Guides:

- AEV Pierluigi Picconi, mob.: 347 5077183
- A-AEV Marco Babusci

FOR RESERVATIONS:

- Please reserve directly from our website <http://www.startrekk.it> and send an email to fao-staff-coop@fao.org **by 28th of May**
- A deposit of 90 euros must be paid one week before departure. Banking details: IBAN: IT61Z0306967684510724312088 in the name of STARTREKK

N.B. For participation, we will ask the vaccine pass or in alternative the negative result of the swab to be carried out within 48 hours prior to departure.

Event reserved for members in good standing with Federtrek membership (Federtrek card 15 euros).

Visit our website www.startrekk.it for more information.

In order to take part in the proposed activities, you have to become a FAO Staff Coop member by registering on our website (<https://www.faostaffcoop.org/>). If you already are a member, you can just renew your membership for the year 2021.

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.