



Appennino**Slow**  
VIAGGIATORI DELL'ALTRA MONTAGNA

2021  
2022

*Discover the Outdoor Italy*

DON'T VISIT

LIVE IT





## NOT YOUR CONVENTIONAL TOUR OPERATOR

**Appenino Slow** is a Tour Operator specialized in sustainable tourism and immersion travel. We organize slow-paced trips throughout Italy (on foot or by mountain bike, but also with alternative means), and particularly on the Tuscan-Emilian Apennines, between Bologna, Modena and Florence, a land that is still relatively unknown but that offers great human, naturalistic, and cultural riches, paired with an excellent food and wine tradition.





## OUR VALUES

We are the only incoming agency rooted in the territory. During the personalized planning of each path we always keep in mind the themes we care about:

1. The **sustainability** and the attention to the historical, naturalistic and intangible heritage of our territory
2. The **authenticity** of local traditions and values
3. The focus on the relationship between travelers and local communities
4. Attention to **"diversity"**



## HOW WE WORK

1. We only offer authentic experiences, to guarantee this we collaborate with selected local partners who share our values
2. Traditional and welcoming accommodations
3. Exclusively local guides, friendly and trained on problem solving
4. Restaurants that only employ 0 Km products
5. Customer-tailored travel arrangements with advisory service before the departure
6. Reception of our customers on arrival by our team members
7. Guaranteed 24h on-site assistance
8. Groups from 8 to 14 people maximum





OUR PRODUCTS





## PATH OF GODS

### (FROM BOLOGNA TO FLORENCE)

A journey that starts in Bologna, with its 40 km of porticoes, and ends in Florence, UNESCO heritage site. Across the Tuscan-Emilian Apennines, and its excellencies: natural reserves, the “Flaminia Militare”, an ancient Roman road, the Castello del Trebbio, one of the Medici’s villas in the Mugello valley, the Sanctuary of Monte Senario, where friars offer hikers a liqueur secretly prepared on-site, and the city of Fiesole, a jewel nestled in the Florentine hills.



#### OPTIONS:



INDIVIDUAL



BIKE



GROUPS






#### LENGTH:

130 KM





# 5 REASONS TO TRAVEL THE VIA DEGLI DEI

-  **1** Bologna and Florence where you will departure and arrive represent Italy in its splendor
-  **2** The adventure of traveling 130 km along a path that has made history
-  **3** The welcome of the people you meet who will make you feel at home
-  **4** Two regions symbol of food and wine excellence
-  **5** Stories and legends of an Italy still unknown but which has a lot to tell

# PATH OF WOOL AND SILK

## (FROM BOLOGNA TO PRATO)

Wild, intimate, full of characters and stories that you would never get tired of, and culinary excellencies that you wish you could never stop eating! The Via della Lana e della Seta is a path that connects the cities of Bologna and Prato, through a kaleidoscope of incredible landscapes, strongly characterized by medieval architecture and industrial archaeology linked to textile processing.



### OPTIONS:



INDIVIDUAL



BIKE



GROUPS

### LENGTH:

130 KM







## ST. FRANCIS' WAY

### (FROM RIMINI TO LA VERNA)

Culture, spirituality, nature, and a deep-rooted food and wine tradition are the reasons for walking the Way of San Francesco, from Rimini to La Verna. An itinerary that connects the places visited by the Saint who crossed this territory several times, it is not only a spiritual journey, it is also a spectacular trekking in which to discover unimaginable treasures of an inland far from the tourist destinations of the Romagna Riviera.



#### OPTIONS:



INDIVIDUAL



BIKE



GROUPS

#### LENGTH:

125 KM

# THE GOTHIC LINE

## CUSTOMIZABLE PATHS OF MULTIPLE LENGTHS

World War II posts, trenches, and shelters used by soldiers and partisans along the Gothic Line have now become places of memory, allowing us to imagine the conditions in which the troops lived the last months of the war. They are evidence of war but also of life stories that we want to tell you, leading you to discover at a slow pace a wounded but reborn territory, authentic in its fragility.



### OPTIONS:

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 INDIVIDUAL

 GROUPS

CUSTOMIZABLE PATHS  
OF MULTIPLE LENGTHS

### LENGTH:

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125 KM







# THE RENAISSANCE RING

## (AROUND FLORENCE)

The Brunelleschi's dome in Florence's Cathedral – symbol of the Renaissance and a monument to man's ingenuity – will be the ideological starting point and the "lighthouse" of this journey that develops around the Florentine hills. Through forests and cultivated fields, among castles, parish churches, and monasteries. Farmhouses, vineyards, convents, drove roads, and manor houses will tell the story of these places.



### OPTIONS:



INDIVIDUAL



BIKE



GROUPS

### LENGTH:

70 KM

# ADAGIO ITALIANO

A trip in every Italian region to discover the cultural, enogastronomic, environmental, and artistic diversities of the "Bel Paese".

Selected walking tours to discover places that can only be reached with local guides who will lead hikers through an exclusive Italy.



## FEATURES

- 1 Total immersion in the Italian culture  
Local guide always present
- 2 Tasting of typical local products  
and visit to small production companies
- 3 Routes designed also for those who don't want to walk too much  
(6-7 km per day on average)



## GROUPS





# THE FOOD LANDSCAPE

A meal is much more than the mere consumption of food. In Italy it means **tradition, familiarity, hospitality, love for others.**

We grew up among the tortellini to close for Christmas and the aroma of polenta, between the crackling of chestnuts and grandmother's rolling pin, between vineyards and cubes of mortadella.

These trips take you to **the heart of our kitchens** together with the families that for years have been passionately keeping alive the local food and wine traditions.



## FEATURES

- 1** Unique and sought-after taste experiences
- 2** Tailor-made trips
- 3** Attention to the surrounding environment: you will move on foot or with electric vehicles
- 4** Advisory service in English before the departure to get to know our clients



INDIVIDUAL



GROUPS



BIKE



# ACCESSIBLE TRAVELS FOR PEOPLE WITH VISUAL AND AUDITORY DISABILITIES

Inclusion is one of our values and the many years of experience in this industry has allowed us to develop the skills and dedication required by this particular target.

For this project, in 2017, Appennino Slow won an award from the Italian Ministry of Culture.



## FEATURES

- 1** 3 to 7-day walking trips
- 2** Always-present local guide specializing in this field
- 3** A counselor and facilitator to encourage the inclusion and formation of the group
- 4** Guaranteed baggage transport



## GROUPS







## Appennino Slow scarl

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