



Unusual & Green

10 ideas for the International Year of Sustainable Tourism

Index

Introduction	4
A cycling weekend	6
Sleep in trees like Tarzan	9
Ecological and glamour vacation in a tent	11
Natural pools and dreamy hot springs	13
Italy's top 8 scenic rail journeys	15
Green Holidays near the sea	17
Secret places and hidden corners of Italy	20
Walks to regenerate the soul	22
Farm holidays	24
Romantic getaways: castles and chalets	27

Introduction

Tourism is changing, away from mass tourism we have known in recent years and becoming more natural and deep. Becoming **sustainable tourism**.

The change taking place primarily responds to climatic and environmental urgency: the tourism sector is growing exponentially every year and so the pollution linked to it. In Europe, the tourism industry is the fourth largest source of CO2 **emissions**, mainly due to transport and accommodations, with dramatic consequences on our planet. But sustainable tourism also responds to a need of the tourists themselves: those traveling now seek the **authenticity**, want to explore **nature**, want to share stories and emotions, they are aware of their environmental and **social** impact.

These are some of the reasons why the United Nations declared 2017 as the **International Year of Sustainable Tourism**, reiterating its importance in the future of the planet and its development.

Thus, 2017 marks the turning point, an opportunity to permanently change the way we travel, making the right choices for the environment and future generations even on holiday. It is the right time to fully develop the first definition of sustainable tourism, dating back to 1988, by World Tourism Organization:

"The tourist activities are sustainable when they develop themselves in order to remain viable in a tourist area for an unlimited time, do not alter the environment (natural, social and artistic) and not hinder or inhibit the growth of other social and economic activities".

In these pages we want to tell you about places, traditions, tastes to discover during your green holidays. We want to show you all those accommodations that have already chosen to invest in a cleaner and equitable manner: all the hotels, bed and breakfasts and farms, *Alberghi Diffusi* offering **local and organic food**, using ecological cleaning products, that heat the water with solar panels, and save water and recycle.

Because this is the goal of Ecobnb: networking all the possibilities for a **tourism that is environmentally friendly, and respectful of the economy and local communities**. It is a project born in Italy, between Emilia-Romagna and Trentino, which has become the reference point for sustainable tourism by offering more than 2,000 eco-friendly accommodations around the world, in an ever-expanding community.

On the following pages we will discover wild corners of Italy, will go on board of unique trains, we will sleep in suggestive **tree houses**, walk in unforgettable **paths along the sea**, discover the best Italian city for a weekend by bike, we'll dive into the

waters warmed by the land in the most beautiful **natural hot springs**, we will live authentic experiences, will find the contact with nature, we'll be inebriated by aromas and flavors.

We'll find out how to minimize our impact on the environment, to make positive and profitable our passage, supporting local economies and discover a way to travel **authentic**, able to establish a strong connection with the places we visit and the people we meet in our path. Ready to leave?

A cycling weekend

The wind flowing through your hair, the thrill of a fast descent, the scents of nature and the city, **freedom**: nothing is unattainable, everything is closer and everything is more beautiful by **bike**. The opportunity to spend a cycling holiday are endless: you can spend a weekend in the Italian cities that seem to be born to be visited and experienced by bicycle or discover secret places and enchanted beautiful routes in Europe.

The Best Italian city to explore on two wheels

Lucca

Right here, where the internal combustion engine was invented, there aren't cars. The old town of Lucca is a huge car-free island where there are many zipping bikes! You will go around the wonderful **wall**, and delve into the **old town** to visit the **Doge's Palace**, the Clock Tower and all the wonders that this amazing medieval city offers.

Verona

Along the **Adige** river, across the **bridges** and then around the **arena**: biking in Verona allows you to quickly see the wonders of the center and **feel part of the city**. There are many routes you can travel with confidence, because the center is a limited traffic zone, for a mix of **art**, culture and traditions.

Florence

Switch from **timeless artworks** of Florence's inner city to the parks in minutes: you can do it with your bike! Even the center of Florence, a UNESCO **World Heritage Site**, is closed to traffic and its dimensions make it perfect for a ride on two wheels. The sun, the bike and the wonders of this amazing **Renaissance city**: what could be better?

Ferrara

Among all, Ferrara is the city that boasts the **largest number of bikes** per inhabitant. There is no better way to discover its characteristics, **winding streets**, to walk the nine kilometers of **walls** that encompass the old town and to discover the great works of the **Renaissance**. Historians point to it as the first modern city in Europe: it is the perfect combination of history that every street corner and tell and innovation.

Pesaro

In Pesaro there is the *Bicipolitana*, a metro area where instead of the rails there are cycle-paths and instead of trains there are bikes. Four lines, which connect the different parts of the city, make getting around on two wheels even easier. The city of **Roman origin**, between the hills and the Adriatic, has a unique charm and antique flavor.

The best bike paths to travel in Europe

From Manciano to Saturnia by bike

We start from **Italy**, in the heart of the beautiful **Maremma**. This itinerary starts from **Manciano**, a **charming village** and then you ride through a succession of hills and aromas of the grapes, through the medieval village of Montemerano finally reaching the famous Saturnia's **hot springs**, an oasis of peace where you can relax in the beautiful **natural pools**.

Why we like it: because the Maremma is one of the most beautiful places in Italy where you can easily move from the sea to the mountains, to beautiful historic towns to the lagoon.

Where to stay: A Manciano the organic farm [Podere Santa Croce](#), which combines the flavor of the old with modern comforts, awaits you.

Along the Walensee Lake

We move to Switzerland for this incredible tour around the Walensee, reminiscent of a fjord. Between beautiful waterfalls, **beautiful landscapes** and picturesque **harbors** of the villages, it is a perfect trip for the **family**.

Why we like it: along the lake there are amazing sights such as Seerenbach **waterfalls** or the town of Weesen.

Where to stay: through the cable car you can reach an [unique refuge](#), embedded in rock.

To the discovery of Porquerolles by bike

Caribbean beaches, the smell of salt air, uncontaminated nature and lavender fields: all this and more await you in Porquerolles, a small island of **France**, along this beautiful cycle route between land and sea.

Why we like it: because of the **lighthouse** surrounded by the sea and by an incredible **wilderness**.

Where to stay: In a nearby island you will find the beautiful [Hotel Le Provençal](#), with the typical atmosphere of Provence, private beach and two acre garden.

Cycle-path Lake Constance

This time the journey is long. For an **active holiday** of a week there is nothing better than the Lake Constance, **a pearl set among three states** (Germany, Austria and Switzerland). Despite the length of the route it is **suitable for everyone** and completely **customizable** thanks to the **boats** that connect the shores of the lake.

Why we like it: along the 260km route you will discover unforgettable corners of the world as the lively Constance, the island paradise of flowers Mainau or the picturesque **Lindau**.

Where to stay: A few kilometers from Constanta, there's [Jugendherberge Kreuzlingen](#), eco-friendly hostel, in a beautiful historic home.

From Trieste to Porec, the Route of Health and Friendship

For an unforgettable weekend we propose a trip in **Istria** in this truly special itinerary. It starts from **Trieste** and continue following an old disused railway line reborn as a cycle-path. It continues through **Slovenia** and its picturesque villages until arriving in **Croatia**, between the Maquis shrubland, salt fields and the blue of the **Adriatic Sea**.

Why we like it: This path is a beautiful and exciting cycle path, to do at least once in life, to find out in a matter of few kilometers three amazing countries.

Where to stay: before leaving from Trieste you can stay at the [B&B Ferdinando](#), while along the way (with a small detour) the [oldest lighthouse in the Adriatic](#) awaits you for a holiday even more special!

Sleep in trees like Tarzan

What do have the *Calvino's Baron in the trees*, the Burroughs' *Tarzan* and an Orangutan in common ? Quite simple! They all **live in a forest** or, better, above a forest!

Who among us as a child has not dreamed of being able to have their own home on the branches of some mighty oak and observe from this perfect retreat the world below? And if I told you that you can find throughout Europe wonderful tree houses, perfect for unforgettable holiday in contact with nature? Let's find out the best ones!

[Ecolodge de Cabaneros](#) – Spain

In the heart of the **Cabañeros National Park** wonderful tree houses are waiting for you! You too can live the experience of sleeping surrounded by **15000m2 of Mediterranean forest** in sustainable accommodation. The tree houses, of varying sizes, have a small kitchenette, air conditioning, heating and private bathroom. Inside the ecolodge you will find a reading room where you can plan your routes within the park, a nice **salt water pool** and a **solarium** with **hammocks**.

The Cabañeros National Park offers visitors attractions and different paths to explore. You can admire the **breathtaking scenery** formed by mountain ranges, forests and maquis, ideal habitat for many animal species. You can often see deer and directly from the tree houses you can watch the winter **migration** of cranes.

[Cabane perchée Normandie](#) – France

In **Normandy**, at 115 kilometers from Paris, you can rediscover the child in you. The tree houses of this accommodation offer friendly staff and high attention to the environment. The wooden stairs will lead you to the first floor where there are the living room, with access to the **balcony**, a dining room, a small **stove** and a kitchen. One of the tree houses has its own **sauna**. The cabins are also ideal for **children** and it is possible to request a cot or crib. Bed linen and towels bamboo and eucalyptus are **biodegradable**, such as cleaning products. A few steps from the houses you will find a forest of oak and hornbeam trees, a playground, and so much to discover and explore.

[Hackspett Hotell](#) – Sweden

This tree house is a work of art by the Swedish **artist** Mikael Denberg. Hackspett hotel is located in Vasteras; and a single nail was not used to anchor the building to the tree, and is instead suspended by wires.

The room is simply furnished with a bed of 120 cm, cutlery, 10 liters of water and dry toilet, but without heating and electricity.

Enjoy your breakfast and your meals on the **terrace**, where you can enjoy a magnificent view over Vasaparken park.

[Les Nids](#) – **Switzerland**

Les Nids offers accommodations made of **glass** and **wood**. Here the visitor has the chance to sleep 8 m above the ground in one of 4 beautiful tree houses. Surrounded by a **pine forest** and meadows you can spend an unforgettable holiday in Le Locle with the whole family immersed in nature. Each tree house, which can accommodate two to four people, has its own kitchen, shower and toilet, as well as a **wood stove!**

Nearby you can make many walking or cycling.

[La Maison dans Arbre](#) – **France**

These tree houses are a **haven for lovers**, an adventure for **children** and an idyllic place for adults!

Here are four available tree houses nestled in woods, and accessible all year. Each tree house is able to accommodate a couple or a family (4 people).

Escape the bustle of the city and spend a weekend or a few days in the woods and live extraordinary moments among over 600 km of marked trails.

[La Piantata organic farm](#) - **Italy**

In Tuscia, a few kilometers from **Bolsena Lake** and **Tuscania**, an **ancient Etruscan town**, the **organic farm “La Piantata”** offers two environmentally friendly tree houses. From 8 meters in height you can see the amazing Italian landscape, with olive trees, and fragrant lavender. One of the houses is on a majestic old oak tree, designed by the French architect **Alain Laurent**. All the tree houses have incredibly comfortable rooms, large wooden terraces, sheltered by the branches, where you can consume the organic breakfast with homemade pastries and fresh ricotta.

[Aperegina Farmhouse](#) – **Italy**

Aperegina is a beautiful organic farm, surrounded by the greenery, in the middle of the three parks of Abruzzo. Here you can spend unforgettable days in contact with the land and the countryside: there is the vegetable garden, farm animals, an orchard. Among its three accommodations, there is also a tree house, a unique accommodation designed for couples, all in wood and with a wonderful panoramic view.

[B&B Il Giardino dei Semplici](#) - Italy

The Bed & Breakfast “Il Giardino dei Semplici”, lying the hill of Manta, at the foot of the western Alps, in the province of **Cuneo**, offers a **romantic tree house**. It's a small wooden bedroom (with bathroom) embraced by branches of a giant **oak tree**, and surrounded by a **terrace** where the organic breakfast is served, through a basket hanging from the branch.

Ecological and glamour vacation in a tent

A tent, but comfortable as a home. Have you ever heard of Glamping? The word comes from the fusion of 'camping' and 'Glamour' and is the new frontier of outdoor vacations. Glamping offers the freedom of camping but the comfort and wellness of the house. If you can not decide between back to nature and sleeping in a comfortable bed, it could be the perfect solution for you. Do you like the idea? Here are the 5 best Glamping eco friendly to try in Italy.

Garda Lake: here you wake up surrounded by olive trees

You need to **relax**? The place for you is [La Casa del Tempo Ritrovato](#). Here you can sleep in a modern **Yurt tent**, furnished with comfortable king beds, carpets and design details, set in one hectare of olive groves, **few kilometres from Garda Lake**.

Why is it 'Green': Sheets are made from **organic cotton**, and at breakfast you can taste organic food, homemade jams and exquisite oil dop of Garda Lake. The old farmhouse has been restored following the principles of **green architecture** and enhancing the local tradition. The accommodations retrieve rainwater and reduce energy consumptions.

Why we love it: Because it's located in the countryside, with a breathtaking lake view. There is also a **swimming pool** and lots of hammocks where you can enjoy reading a good book.

Marche: here you sleep under the stars

Have you always dreamed of **sleeping under the stars**? In [this transparent tent](#) decorated with comfortable mattresses you can. In the morning you wake up with the colors of dawn behind the mountains and the first sounds of nature. All around the soft contours of the hills of **Marche** (center of Italy), and a lot of possibility for walking or biking.

Why is it Green: *La casa dei Nonni* Guesthouse is an **organic farm** in Monteleone di Fermo, Marche, which offers excellent **breakfasts with local and organic food**, and homemade cakes. The old farmhouse has been restored following the principles of bio-architecture and using traditional materials. Water is heated using solar energy (with solar panels), and recycling is more than 80%.

Why we love it: because the experience is unique and the price is low. In addition, guests can use bicycles for free and explore the surroundings.

Tuscany: here you jump into the sea as soon as you wake up

Looking for a stay just **a step from the sea**? [Here](#) you can enjoy 11 km of **white sandy beach** and one of the cleanest seas in Italy. You can sleep in a comfortable **African tent** with a raised wooden veranda.

Why is it green: the Camping Capalbio uses natural products for cleaning, serves organic and **zero miles food**, is engaged in the waste reducing. In addition, the camping offers a bicycle rental service to encourage **soft mobility**.

Why we love it: because the camping is just one step away from the sea, in the **Natural Reserve of Burano, Tuscany**.

Sardinia: here we go back in time

Looking for the most authentic Sardinia? Start your trip in [this magical place](#), surrounded by mediterranean trees, 2 kilometers from the sea and the sand dunes of the **beach of Cape Conino**. Here you can sleep in the ancient '*pinnatu*', the **traditional houses of the Sardinian shepherds**.

The **ancient huts** are equipped with comfortable wooden beds and **organic sheets**. In the bathroom you can find natural soaps and spring water served in earthenware jars. At night the light is given by a **lamp** to the salt, just as once.

Why is it green: old houses, abandoned for over 50 years, have been recovered respecting the tradition and transformed into unique accommodations. They offer organic food and body care products made with essential oils.

Why we love it: for the eerie silence, broken only by the sound of birds and wild animals, and for the incredible **starry sky** at night.

Piedmont: here you look deep into nature

Do you want to immerse yourself in the green? In the woods of the hills of Turin, a [Yurt](#), typical house of Mongolia, awaits you, with an incredible terrace with a view of **Turin** and the **Alps**. Around you, you will be able to see the inhabitants of the **woods: foxes**, squirrels, badgers, wild boars, and a wide variety of **birds** and raptors. At your disposal you will find a large **garden**, cots and beds for children, barbecue, free private parking, and a private bathroom.

Why is it green: The tent is built entirely of wood, sheep felt and natural fabrics, illuminated by LEDs and low consumption lamps, wood-heated, clean and sanitized with natural detergents.

Why we love it: because this special place allows you to live a unique experience, almost spiritual, definitely refreshing: the true essence of glamping.

Natural pools and dreamy hot springs

Soak in a **natural pool** of **hot, steaming water**, let yourself be pampered by the placid flow of thermal streams, be enveloped by the benefits fumes. It is not a dream, it is easier and **cheaper** than you think! From Valtellina to Lazio, Italy offers us infinite possibilities of relaxation: pools carved into the rock, natural waterfalls, beautiful coves, real natural spa, inviting you to rejuvenate body and mind. The amazing thing is that most of the time these havens have open access for free.

Daughters of volcanoes from the mighty wrath, eroded by wind or storm surges, emerged from the most unexplored recesses of the earth, the **natural hot** springs have always fascinated travelers. Where are these little **oases of wellness** immersed in **nature**, useful to escape the autumn greyness? Let's find out some of the most beautiful **hot springs** in Italy!

Bormio free hot springs (Lombardy)

The baths of **Bormio** (Sondrio) are formed by a pond with stones that gather a hot bowl of crystal clear water . The view still preserves the memory of the movements of the rock. The red and gray stone blend seamlessly into the background of emerald green vegetation that stands proud of the blue. The baths are completely free access.

Only 25 km you can stay at the [B&B Villa Verde](#), Grosio in Valtellina.

Grosio is an ancient town situated on the right bank of the Adda, 650 meters high, rich in history, art and traditions. With a few more miles you can reach **Livigno** (famous tourist and duty free area) S. Catherine, the Stelvio and St. Moritz.

Viterbo Bullicame Natural hot springs (Lazio)

Bullicame pools in Viterbo: you can find them in many Dante's quotations. they are natural pools in the open country that collect water directly from the source of thermal water (through channels). This park is also famous for hosting a toad, a protected species for which it was built a pond that collects water from the source. Unbelievable but true, the toad is the true master of the place, everything is done according to its protection. In the nearby you can stop to **Arvalia**, a small country house that is located in the heart of **Viterbo** countryside where farming is still an important resource for the inhabitants of the area. Here you can eat genuine fruits and vegetables, not contaminated by pesticides or chemical fertilizers, to round off your relaxing day!

Like under a snow-covered glacier (Tuscany)

Bagni San Filippo, in **Castiglione d'Orcia** (Siena), is famous for its free thermal springs, located in a green area near **Mount Amiata** , much frequented mainly by locals . The water contains a white powdery substance that remains on the skin, turning the swimmers in small ghosts, an evocative image, especially in the evening . This natural spa also include small pools and waterfalls. The spa are "free" and there are many pools where the temperature varies from 30° to more than 40°. A chain of natural pools where you can bathe , topped by a characteristic limestone formation similar to a snow-covered glacier high mountain. Mount Amiata is an old volcano, the unmoved mover that enriches all its area of hot springs (Saturnia, Bagno Vignoni, San Filippo bathrooms etc ...) and in winter offers skiing opportunities.

Not too far away, on the slopes of Monte Amiata, near Santa Fiora, on a hill surrounded by old chestnut trees that seem dancing silhouettes, you can find [Podere di Maggio](#). First of all here you will enjoy the peace that the silence of this place manages to infuse; wonderful walks in nature reserves in the area (Holy Trinity , Monte Penna , Pescinello , etc.), medieval villages (Arcidosso, Castel del Piano, etc), Etruscan sites and the beautiful villages in tuff (Pignone, Sorano, etc).

Terme di Saturnia: an open-air free hot spring (Tuscany)

The natural pools formed by the waters of Saturnia (Grosseto) are one of the best italian solutions for natural health care.

An ancient legend says that Jupiter, during an argument with Saturn, hurl a lightning from the sky, striking the earth and thus creating the hot springs of Saturnia (Grosseto), already known at the time of the Romans and the Etruscans. The sulfur springs, that flow from the ground at a temperature of 37 degrees Celsius, form waterfalls and collect in pools carved into the rocks. It's the perfect place to relax, even when it's cold outside.

Good point of reference for those who choose only to drink a good glass at the restaurant [Fattoria Acquaviva](#): delicious wine to taste, Tuscan cuisine, typical products of the Maremma and oil Km 0. To regenerate mind, body and... belly!

Colà: wellness near Lake Garda (Lombardy)

Surrounded by cypress, thuja, yew and beech trees, a hot spring discovered by chance, has transformed the splendid park of Villa of the Cedars in a place of delights where you can find your own essence in the embrace of the warm **thermal lake**. Nature lovers can walk in the hinterland to discover majestic **ancient trees**. Through a tunnel you dive into the water without coming into contact with the outside temperature.

Near **Lazise** (just ten minutes walk) you can stay in the [farm Tirtha](#), in **Pescantina**: in a natural environment, the owners promote the philosophy of organic and sustainability. Two rooms suitable for yoga, **meditation** and gentle aerobics and massages, and you'll have the chance to try horse riding and cycling.

Italy's top 8 scenic rail journeys

Snowy mountains, volcanoes, forests, mountain villages and streets dotted with cypresses are flowing by your train window. You can enjoy the panorama comfortably seated in a wagon with an elegant old style design, sipping a cup of coffee.

Ready for the Top 8 scenic **rail journeys** in Italy?

Welcome on board!

Touching the sky

It's considered one of the most beautiful railway lines in the world, and it's one of the World Heritage Site Unesco.

On board of the **famous Bernina red train**, which connects the station of **Tirano** (in the province of Sondrio), with that of **St. Moritz** (Switzerland), you can admire a rich

variety of landscapes, gardens and cultivated fields, rivers, lakes, desolate spaces, bridges and viaducts incredibly elegant, snow-capped mountains, breathtaking views.

A route of three hours, takes you at an altitude of 2,256 meters on top of the Bernina Pass, where you can touch the sky with your finger!

Italian Trans-Siberian

The **highest** and **most spectacular railway** in **Italy** crosses 70 km of parks and nature reserves, in **Abruzzo** and **Molise**.

The railway line, which had been for long time abandoned, was recently reactivated.

Each month, the train leaves from **Sulmona**, through the majestic mountains in the **Majella National Park** and through the **Abruzzo plateaus**, it reach the green and wild territory of Alto Molise, providing passengers guided tours and tastings of wines and typical food.

Orient Express between Genoa and Casella

It's a historic railway line, which runs from **Genoa** towards the mountains, for 25 wonderful kilometers, through the river valleys of Bisagno, Polcevera and Scrivia. If the day is clear, looking out the window, from the top of the **rocky ridges**, you see, between the blue of the **sea**, **Portofino** and even **Corsica**.

Some carriages date back to **1929**, with the original wooden seats and finishes in bronze and brass. The carriage bar, with the antique coffee machine and the abatjourns on the tables, recalls, with its antique design, **a mini-Orient-Express**.

The Dolomites from your window

On board of the small **Renon Train** you are immersed in the magnificent scenery of the Dolomites, among remote villages of **South Tyrol**, Alpine pastures and farms. The line runs for about 7 km from **Bolzano**, passing in front of the incredible rock sculptures born of the slow work of erosion of wind and ice known as "fairy chimneys".

Old Style Tuscany

Through the **Val d'Orcia**, in the province of Siena, one of the most famous Italian landscapes (World Heritage Site) flows in front of your train window: clay hills in warm colors, **perched villages**, beautiful white streets lined with cypress trees, fields of sunflowers.

The “Nature Train” transports you **back in time**, with its antique wooden carriages and, in some cases, with the **steam locomotive**.

The travel, which lasts one hour and half, starts from Siena and returns after stopping in all the little historical stations, set in the countryside as precious relics of rural archeology.

Other special trains depart to the discovery of Mount Amiata offering thematic tours of parks, reserves, oases, caves and streams.

Rails on the lava

In Sicily, on board of “Circumetnea” train, which goes alongside the volcano Etna, you'll be immerse in an incredible nature, by contrasting and wild tones: panorama on volcanic craters from an altitude of almost 1,000 meters, citrus and landscapes of black lava.

It stop at small stations out of time, such as Bronte, famous for its pistachios, or Rendazzo, an ancient medieval village.

Wild Ride

The “Green” Train takes you among the pristine landscapes of the hinterland of **Sardinia Island**, difficult to reach by other means, where you don't feel the presence of man and the **green forests** surrounds you completely. A journey through forests, Dolmen and **archaeological sites**.

Green Holidays near the sea

Immersed in the **countryside**, hidden along the narrow streets of the old town, surrounded by trees from which you can take the fruit, within walking distance of local shops and within **natural parks**: they are bed & breakfast, small **ecological apartments** or **organic farms** where it feels like home, a few kilometers from a dip in the sea!

From Liguria to Sardinia, discover 11 corners of Italy to spend an **unforgettable summer** within range of the **beach**, between the white sand and clear **sea**.

A few minutes from the most famous beaches of Sciacca, Sicily

In the picturesque Sciacca, with its **thermal waters** and its port of fishing vessels, a [beautiful residence](#) awaits you in the countryside, with villas and **swimming pool**

surrounded by palm and olive trees and beaches that you can reach in a few minutes with the **bicycles** at your disposal.

Time to get to the beach: 5 minutes

A stone's throw from the sea and the pinewood, Tuscany

Forget the car and discover **Viareggio**, staying in [this cozy and eco-friendly bed and breakfast](#), between the waterfront and its bars and the West **Pinewood** Park. Among the music of **Puccini**, wild beaches, green oasis and a vibrant city life, this pearl of **Versilia** will give you unique moments.

Time to get to the beach: 1 minute

Among the crystal clear sea and ancient *nuraghi*, Sardinia

In the pristine island of **Sant'Antioco**, among crystal-clear sea, green routes and ancient *nuraghi*, there is an [eco and colorful hospitality](#) that will accompany you in the discovery of the South of Sardinia, of some of its incredible beaches, such as Cala Lunga and Cala Sapone, its **depths** and its **cuisine**.

Time to get to the beach: 5 minutes

In the green with sea view, Liguria

[Here](#), if you want, your day will start with a **yoga** session in the small *shala* in the old chicken coop, it will continue with an **organic breakfast** on the patio, surrounded by olive trees, and then in the alleyways of the village of Diano San Pietro and in the **Ligurian countryside** until to reach the sea.

Time to get to the beach: 15 minutes

Here 180 kilometers of beaches await you, Marche

A [farmhouse](#) in the **green hills** invites you to discover the uncontaminated nature of this region still far away from mass tourism that embodies true jewels of nature and culture, as well as **180 km of coastline** on the Adriatic Sea.

Time to get to the beach: 10 minutes

A country house in Cinque Terre Park, Liguria

Live a **rural getaway** in a beautiful corner of Liguria, out of the chaos of mass tourism, surrounded by nature while staying in [this country house](#). You can reach it only **by foot** in about 20 minutes from Campiglia and rediscover the pleasure of living in nature. You'll enjoy a **breathtaking view**, dine in the moonlight in the company of **fireflies** and discover many paths.

Time to get to the beach: 30 minutes

A few steps from the sea and near Rome, Lazio

Just an hour by train from Rome, you can discover **Anzio**, the historic gem of **Roman coast**, with its beautiful **lighthouse**, the reserve of WWF Tor Caldara, its **archaeological sites** and its beaches. The [B&B Piccolo Rifugio](#) will welcome you with its comfortable rooms and attention to detail, the organic breakfast and a beautiful **garden** to relax.

Time to get to the beach: 3 minutes

A farm where the hills plunge into the sea, Apulia

Among the hills of **Vieste**, just 4 kilometers from the sea, [Atlhos](#) welcomes you in its simple rooms for an unforgettable holiday in the pristine nature of the **Gargano National Park**.

Stop and enjoy the rising and setting of the sun, the sounds of nature: the song of crickets and cicadas, the wind in the leaves of the trees and the sea breeze.

Time to get to the beach: 10 minutes

A B&B between sea and lemons, Sicily

And here's the perfect starting point to visit Sicily: between olive and lemon trees, in the hills of Casteldaccia there's [a beautiful B&B](#) that will make you discover the flavors of Sicily in genuine breakfasts and will advise you the hidden corners to visit, the places to reach by train and the most beautiful beaches.

Time to get to the beach: 10 minutes

An apartment in the green of the Pollino National Park, Calabria

Pine forests and Mediterranean are the backdrop of [this beautiful eco-sustainable accommodation](#). Enjoy a **barbecue** with friends, relax in the shade of a beach umbrella in the beautiful **garden**, at the poolside, discover the nearby **Pollino National Park** and the wild beach in the Tyrrhenian coast of Calabria.

Time to get to the beach: 15 minutes

Yoga and vegetarian breakfast between Brindisi and Ostuni, Puglia

A beautiful garden of 100 lemon and olive trees, where everything grows organically, a roof terrace to do yoga in the morning: this is Villa Luce Ecological B&B, a corner of paradise in the Natural Reserve Torre Guaceto where you can spend a relaxing and vegetarian holiday.

Time to get to the beach: 10 minutes

Secret places and hidden corners of Italy

There are hidden places, parts of Italy as much incredible as unknown and secret. They are dream destinations, corners that have so much to tell, but that the mass tourism does not know. The aim of sustainable tourism is also to rediscover these territories, to appreciate the smaller towns, to offer viable alternatives to the hit-and-run holiday in the big cities. Let's find out three secret places of Italy, to visit as soon as possible!

The Apennine Colossus

The beauty and richness of this place can not be represented by written words

These are the words that the French philosopher **Michel de Montaigne** uses to describe **Medici's Villa di Pratolino**, an **unusual** and suggestive **destination** at the gates of **Florence**, surrounded by **woods**, **meadows** and lakes, that hides a secret marvel, a creation of the Flemish sculptor **Giambologna**, known as the Apennine Colossus.

Among the green, a **giant statue** stands: a mysterious figure of ten meters, **half man** and **half mountain**, seems to come from the small lake. It's a **thoughtful giant**,

covered in mud and lichen within which there are still two **small rooms**, one of them inside the giant's head. They say that once the rooms and the mysterious caves built within it were many more, and that inside the head there was a fireplace that blew the smoke out through the nostrils.

The Appennine Colossus has been there for 500 years, in the midst of one of the largest parks in Tuscany that from 2013 was recognized **World Heritage Site** by Unesco.

The Villa di Pratolino, also known as Villa Demidoff, was bought by Francesco I de Medici in 1568 that surrounded it with woods and wonders, water games and labyrinths. It was the largest park of the estates of the Medici, but when Francesco died it was abandoned until the Grand Duke Ferdinand III of Lorraine turned it into a romantic garden, destroying the house. In 1872 the Russian Prince Demidoff bought the park and in part he renovated. Although some art works of the park have disappeared over the centuries, the charm and **ineffable beauty** of this green oasis and the fairy-tale atmosphere remain.

Taburno Camposauro Regional Park

If I tell you spa treatments, fine **wines**, **bike** routes, rafting and **local food** you have an uncontrollable desire to leave and travel? Then follow me to discover the beauties of the **Taburno Camposauro Regional Park**, in the province of Benevento in **Campania**. Taburno Camposauro Regional Park is a **lesser-known place** of the Campania Region (South Italy), so different from the most visited places of Sorrento and Amalfi Coast. It's also a authentic part of Campania, where you keep intact magnificent small villages and unspoiled nature.

Far from the tourist clichés of Italy, here you can **live as a local**, staying in an organic farmhouse and tasting amazing local products accompanied by a glass of Aglianico, the **local wine**.

The natural park of the Taburnus welcomes you more as a traveler not as a tourist: you can talk with local people, visit the traditional festivals (such as the Carnival of the Months) and walk in the pristine nature of the park.

Here are our tips to make your trip truly sustainable and unique!

Things to discover in this part of **Italy** are many and it would be impossible to list them all: the Regional Park Taburno Camposauro offers natural beauty, but also resources of **historical** and **cultural** interest.

Between history and nature, you can not miss the wonderful **eon-cultural** route, at north of **Solopaca**, that will allow you to discover **Roman villas**, Samnite fountain, churches, archaeological finds along the cultivation of **vines** that were growing already in Roman times.

Discover the Pietraroja **fossil deposits** and its museum, or venture into the **gorges of Caccaviola** by canoe. Unexpectedly you discover **beautiful scenery**, uncontaminated nature made of **waterfalls**, natural and clear **pools**, and a lush wild vegetation. Perhaps what is most incredible of the Regional Park Taburno Camposauro is the village of **Sant'Agata de' Goti**, an ancient city perched on the plateau of a **tuff hill**. Getting here is exciting and its streets, its roofs, the monuments will leave you breathless. And from here an **interesting itinerary** begins, to discover the beautiful **landscapes** of Benevento region.

Vallone dei Mulini in Sorrento

The **Vallone dei Mulini** in **Sorrento** is an **old mill**, now **abandoned** and submerged by vegetation.

About its **history** we know a few things: that until the early nineteenth century all the grain for the Sorrento people were ground here, the adjoining sawmill was powered by water from **natural sources**, which next to the mill and the mill was attached a public wash where local women went to wash clothes. These little information can be inferred only from old photographs, prints or paintings, the chronicles of the time didn't recorded anything.

The **mysterious valley, abandoned** in **1866** (after the construction of Piazza Tasso had closed every avenue of communication), has been **reclaimed** by **nature**, which found the ideal climatic conditions for ferns and plants of all kinds, and turned it into a true green work of art.

Walks to regenerate the soul

A journey within a journey, a journey that is first of all interior: travel on foot means getting to know the territory, but also yourself, to discover ancient sensations. In Italy there are at least 6600 km of nature, religious itineraries, cultural and spiritual paths that can turn the holidays in those travels that change you forever. But what are the routes not to be missed? Here are our favorite!

On the path of Gods

It is considered among the most beautiful hiking trails in the world, and the reason will be clear from the very first step. You walk for three hours **watching the sea**, facing the panorama of the **Amalfi Coast** and Capri, for an **itinerary** that will give you unique emotions.

Where to stay: a few kilometers from Amalfi and Positano, the [B&B Nido degli Dei](#) invites you to relax in its beautiful panoramic terrace or in his organic garden.

To the Sanctuary of La Verna

In a wild but hospitable corner, away from the renowned tourist places, Tuscany hides a **forest** of fir trees, where over the millennia writers, saints and pilgrims have found a sacredness out of the ordinary. Here, in this nature so intense and poetic, **St. Francis** retired in the summer of 1224, for a period of silence and prayer. To get to the **Sanctuary of La Verna**, we take the old path of the Sacred Forests, within the Natural Park of the Casentino Forests. Among ancient silver fir and natural caves we arrive to the Sanctuary that contains spirituality, art, culture and history.

Where to stay: for ecological stay, [here are some ideas](#) you can't miss next to the Sanctuary of La Verna and Casentino Forests. For pilgrims, the sanctuary of La Verna also offers [free hospitality in the monastery](#) (in dormitories of 15 beds).

Cinque Terre

[A full day excursion](#) to discover one of the most pristine areas of Italy: a long stretch of rocky coastline full of **bays** and **beaches** bathed by crystalline waters, and five quaint and **colorful small towns**.

Where to stay: in Riomaggiore, the first of the five villages, the [Affitacamere dai Baracca](#) awaits you in a historic tower just a few steps from the sea that has become an eco-friendly hospitality.

The Hermitage of Santa Caterina

Here you cannot arrive by car. You can reach this impressive complex, divided into three buildings, just by foot. We are in **Reno**, a small fraction of **Leggiuno**, in the picturesque **Lake Maggiore**, in the part of Lombardy. The place is still a destination for devoted and pilgrims who are welcomed by Benedictine monks who live in the hermitage. It is said that the hermitage was founded by Alberto Besozzi, a rich merchant who, after a promise, devoted his life to prayer and meditation.

Where to stay: close to Leggiuno you can find [different accommodations](#) to live a slow holiday near the waters of the lake.

Via Francigena from San Quirico to Radicofani

In San Quirico d'Orcia, a route of the **Via Francigena**, the famous **pilgrimage** road that starts in Canterbury and arrives in Rome, begins. We are in the heart of **Val d'Orcia**, in the province of Siena, at 424m above sea level. San Quirico d'Orcia is a village of Etruscan origin, surrounded by hills, vineyards and woods. The village is made of **castles** and **medieval churches**, **picturesque** narrow streets and stone fountains. Because of its elevated position, it's one of the best spots to see the beautiful landscapes of the *Valdorcia* (the surrounding valley). From the town we climb down towards a popular village, Bath Vignoni, known for its large **thermal** pool located in the central square. The old village is one of the most suggestive places in Tuscany and the thermal water were used already in Roman times.

After two hours of walking, up and down the **sweet hills** and crossing the river Orcia, we reach Gallina where we find the first food court of the itinerary. Here the routes become more and more challenging, but the pilgrims are rewarded with **wonderful views** of the Mount Amiata. Beyond the Formone river we walk along the **woods**, in the difficult climb that leads us to **Radicofani**, our destination. An Ancient fortress, Radicofani has controlled for centuries the border between the Grand Duchy of Tuscany and the Papal States. We are at 800m above sea level and the view that the village offers is spectacular: the village overlooks the Val d'Orcia, the Amiata, the Apennines and we can also glimpse the lakes of Trasimeno and Bolsena, reachable in short time. The symbol of the village is its **Rocca** (castle) that have stand out for a thousand years. The castle has a troubled history, but it is strongly linked to the personality of **Ghino di Tacco**, the bandit with the manner of a gentleman named in Boccaccio's Decameron and in the Divine Comedy.

Where to stay: [Farmhouse Bonello](#) awaits you a few kilometers from San Quirico d'Orcia.

Farm holidays

How many times have we thought: "This city destroys me"? How many times have we dreamed of a life, or at least a few days, away from the hustle and the gray buildings? It's time to escape the city and leave for a holiday in nature, where you can discover the flavors of the land, the views that take your breath away and the stars that light up the night. How? With a **farm holiday**!

Press the olives in **Tuscany** or ride horses on Lake Garda. Learn how to do 'organic cheese in **Piedmont** or collect lavender in **Sicily**. Wake up early to milk the cows in **Trentino**, or build straw participating in a course of bio-architecture in **Liguria** ... Here are 20 ideas for a **farm holiday around Italy**.

Milan: Cascina Santa Brera, to learn environmental sustainability

A few kilometers from **Milan**, where the fog disappears and the sky is blue again, there's [Cascina Santa Brera](#), the farmstead of sustainability at the heart of the **Agricultural South Milan Park**. Here, waiting for you, there are beautiful rooms and mini apartments, a large vegetable garden, **farm brady animals** and a wide cultural offer, lessons for the **self-production of solar panels**, meetings on **permaculture**. Staying at Cascina Santa Brera you will discover the simplicity and richness of agricultural and sustainable living.

Grosseto: Organic Farm Sant'Egle, relax in a former customs

[This Tuscan farmhouse](#) has been converted from a **Customs house** of 1600, between the border of the Papal State and the Grand Duchy of **Tuscany**. You can relax in charming bedrooms, in the garden with its **hammocks** and discover the cultivation of **saffron** and truffle according to the synergistic organic and biodynamic method.

Perugia: Farmhouse Villa Dama, a dip in the pool and pressing olives

We are in **Umbria**, in a [farm of 170 hectares](#) between **vineyards**, olive groves, orchards and farmland. The farm offers five **cottages** beyond the central villa, where you will find rooms and apartments equipped with every service, an excellent **restaurant** characterized by a friendly atmosphere and a real farm experience. You will participate in **organic cooking classes**, butchery, to **harvest week** or the pressing of the olives, without forgetting a visit to the **animal farm**, your children will appreciate it!

Verona: Il Rovero, for horseback riding

[The farm](#) is surrounded by **olive groves**, vineyards and woods, and a little further on there's the beautiful Lake Garda. A beautiful **swimming pool** surrounded by greenery, the possibility to make a **barbecue**, an organic restaurant will make your vacation truly enjoyable and relaxing. Also you can participate in the farm life, follow the winemaking, take care of **breeding** and discover the surroundings to **Monte Baldo** in thrilling **rides**.

Trento: Farmhouse La Fonte, learning the cycle of wheat

Between the **woods** and the **mountains** of **Trentino** there is the [farm La Fonte](#), perfect for a **carbon-free holiday** in nature. A relaxed friendly atmosphere invites you, together with your children, to discover the complete **cycle of wheat**, the **wool cycle**, the one of milk and many other foods, from field to table.

Perugia: Tribewanted Monestevole, a vacation in a community

[Tribewanted Monestevole](#) has created an **eco-sustainable community** in the green heart of Italy, **Umbria**. Rediscover the pleasure of **living together** and **sharing**. Meet people from all over the world, tell and listen to life stories and **actively participate in the daily life**. Each season has its activities. In the spring you can prepare the vegetable garden, during the summer season you can **pick tomatoes** and make preserves, in the fall you'll **make wine** and olive oil, and in the winter you can prepare ham, salami and sausages.

Pisa: Farm Tassobarbasso, a wild luxury

The scent of **freshly baked bread** and the essences of aromatic plants greet you in this incredible country and in [these beautiful apartments](#) tastefully furnished in Crespina, **Tuscany**. An **authentic holiday** in a wild place, but close to many attractions, including the **sea** of Livorno and Casciana Terme.

Torino: Farmhouse La Campagnetta, to discover the life of those that left the city forever

Chiara and Claudia have abandoned the anonymity of the city and changed their life. Now they live within the picturesque **park of the 5 Lakes** in **Piedmont**, in a [cozy rustic](#) made of stone and wood. They invite you to spend a few days with their **cats** and **donkey Rina**, to taste the exquisite cuisine of Claudia, reading a book by the **fireplace** and enjoy the **silence of nature** helping in the organic garden. Who knows, maybe you too will decide to change your life.

Nuoro: Agripaules, between the mountains and the sea

We move in **Sardinia**, near the east coast, in the province of Nuoro. Here there's an [organic farm](#) in the typical countryside of the island and just a few steps from the **sea**, which also offers the opportunity to live the experience of **agri-camping**. You'll know the typical Sardinian products, from **cheese** to **wine**, you can venture into

Supramonte excursions and admire several **archaeological sites** and participate in care and handling of animals and vegetable garden.

Cuneo: Farm I Pascoli di Amaltea, self-production and recycling

Alessandro and Arianna invite you in **Alta Langa**, Piedmont. Here you can immerse yourself in the **daily life** of the [farm](#), with its artisan cheeses and animals. You will participate in the **workshops** of **cheese** and discover the value of **recycling** and reuse. The rooms are furnished with furniture made from old windows, and other old objects that have been reanimated.

Romantic getaways: castles and chalets

An anniversary, a birthday, a special occasion or a simple escape from everyday life: every weekend is the right one for a **romantic weekend**. And there's nothing more romantic than a room in a **hotel** or a B&B, soft lighting and new worlds to discover out the door. Take time to explore **10 unforgettable and sustainable places around Europe!**

For those looking for luxury

In **Vienna**, a city of art and music, there's one of the largest luxury hotels in the world: the [Hotel Sacher Vienna](#). In an amazing location, within walking distance of major attractions of the city, you can find **luxurious rooms** in Art Nouveau style, the exclusive Sacher **Spa** that hides a world of luxury and wellness and **fine restaurants**. And you can't miss the beauty treatments with chocolate!

A romantic weekend in a castle

In **Abruzzo**, the [Castello Chiola](#) overlook the **medieval village** of Loreto Aprutino. Here spacious elegant rooms, outdoor **pool** and every comfort you can imagine await you in an incredible and **picturesque location**. And outside, there are the seas and mountains of Abruzzo a few minutes of walk!

For those seeking tranquility

Do you want to immerse yourself in the **green**, staying in a small house just for you two? In **central Serbia** the [Lodge Glisov](#) awaits you with a beautiful **garden**, a barbecue and a beautiful view of the mountains. There are also two bicycles to explore the area.

A special night with a rustic flavor

For an unusual overnight choose [Nostro Mulino](#), an incredible **mill** in Eindhoven with **luxurious and elegant fabrics**. It is perfect for a romantic getaway! You will find everything you need from the terrace to the mini-bar, from the living room to the **steam cabin**. Every day, in a basket, you will be given breakfast, made from local products.

A suite near the Verona's arena

A court house of the '20s has been recently restored according to the principles of **green building** and transformed into a [beautiful B&B](#). The wood gives to the space a touch of **romance**, everything is natural and the **suites** are beautiful! And a few steps you will find the Arena and all the other attractions of **Verona**.

Sleeping under the stars

In the **Marches** you'll find an [organic farmhouse](#) really special because it offers to its guests the chance to sleep watching the stars and wake up with the colors of **dawn**. How? With a beautiful **round and transparent tent**. Breakfast includes **homemade cakes** and pastries and the you can heading out to explore the surrounding nature.

For those looking for wellness

Harmony: this is the key word of [La Clairière Bio&Spa hotel](#). The interior spaces are harmonic as well as external ones are designed in harmony with the environment. Discover the **French charm** and the **forests of Alsace** alternating walking and holistic treatments for couples.

For those who love nature and wildlife

A cottage, the **sea**, rolling fields and the two of you. It does not seem the perfect romantic weekend? Choose your **cottage** on the isle of Mull between 8 that [Treshnish Haunn & Cottages](#) offers and live an incredible atmosphere of peace and explore the countryside and coastline, on the tracks of **wild animals**.

A romantic weekend in the open sea

Your island in the **Atlantic**: [Littleisland Lighthouse](#), in **Norway**, offers beautiful eco suites in a beautiful lighthouse with **excellent views**. Discover **uncontaminated nature**, admiring the **northern lights** or the midnight sun. And with a little luck you can see whales and killer whales!

A luxurious experience

In the beautiful and famous island of **Santorini** there are 3 beautiful windmill-villas. The resort [Windmill Villas](#) is perfect for **honeymooners** or for a special romantic weekend. Each villa has a **private pool**, a terrace, a garden and a Jacuzzi.



Ecobnb

Travel in Harmony
With nature

www.ecobnb.com

info@ecobnb.com