



FOOD & WINE EXPERIENCES

in CINQUE TERRE, LA SPEZIA, VAL DI VARA

WINE TASTINGS
PESTO LESSON
COOKING COURSES
HIKING & WINE
OLIVE OIL COURSE



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CINQUE TERRE & ITALIAN RIVIERA

<http://www.arbaspaa.com/tour>



SEA EXPERIENCES

in CINQUE TERRE, GULF of LA SPEZIA & TIGULLIO

CINQUE TERRE BY BOAT
SAILING
KAYAKING
CANYONING & RAFTING
SUP: PADDLE SURF
OPEN BAR BBQ BOAT TOUR
FISHING
BOAT RENTAL



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OUTDOOR EXPERIENCES

in CINQUE TERRE, LA SPEZIA, VAL DI VARA



E-BIKE
PARAGLIDING
ROCK CLIMBING
MOUNTAIN BIKE



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CULTURAL EXPERIENCES

in CINQUE TERRE, LA SPEZIA, VAL DI VARA

PHOTOGRAPHIC TOUR

PAINTING

PHOTO SESSION

VOLUNTOURISM: rebuild, preserve

MARBLE CAVES



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