
walkwithin

tread a path of self discovery

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Walkwithin launches a new type of spa holiday - a spa for soul

A new type of spa holiday, Walkwithin (www.walkwithin.co.uk) is being launched which aims to restore the mind and the spirit through walks and talks. This new idea consists of week-long holidays in beautiful European locations (next available are in Italy, September and October 2007), where memorable guided walks in stunning environments are followed by pampering massages and daily one-to-one gentle counselling. These are the three elements of the Walkwithin formula. The walks, though not strenuous, require a certain degree of fitness and familiarity with the outdoors. Such a 'close to nature' experience is a key component in approaching those hidden aspects of ourselves so often neglected in the hectic routine of our daily life. The afternoon 'talks', the smart accommodation and the attentive care offered to each guest will do the rest.

Stefania Piazzalunga, an Italian who lives in London and a qualified psychotherapist, developed this new idea as she discovered years ago that long walks in the mountains would free her mind from clutter and help her to make important shifts in the small and big picture of her life. Then she tailored it to the needs shared by all those who like comfort, crisp linen sheets and good Italian food.

'Walk yourself into well-being' is one of her favourite mottos.

A Walkwithin experience is a unique opportunity for those who enjoy walking immersed in spectacular surroundings, who wish to take time off (this is the real luxury!) to give themselves the space to explore their inner world, at their own pace while supported.

There is still availability for Walkwithin holidays in Italy in 2007:

Anterselva in the Dolomites region: 8-15 September and 22-29 September

Walkwithin's centre in Anterselva is a beautifully restored small castle, which was once the residence of the local noble family and dates back to 1580. Innsbruck is the nearest airport. It has seven ample bedrooms and one luxurious suite. Prices range from £ 1900 to £ 2500 which includes 7 nights' accommodation, daily guided walks, massages and counselling sessions and full board with a la carte dinners.

Spoletto in Umbria: 3-10 October, 12-19 October and 21-28 October

Walkwithin's base in Spoleto is situated on the edge of this beautiful Umbrian ancient town. It has six bedrooms, a small heated garden pool and a roof terrace offering spectacular countryside views. Prices range from £ 1600 to £ 2400 for a superior room. Included in the price are 7 nights' accommodation, daily guided walks, massages and counselling sessions, breakfast, lunch and four dinners.

Stefania Piazzalunga, founder of Walkwithin, said:

'Nature is a great healer and can work as an ally to help people find their bearings. The combination of walking and 'talking', I believe is a powerful one to help people regaining the necessary clarity to make changes thus improving the quality of their lives. Our aim is to provide a service which blends comfort and simplicity with elegance and privacy creating a safe and peaceful environment.'

For bookings and further information please go to www.walkwithin.co.uk or call Stefania Piazzalunga, Walkwithin, on + 44 (0) 207 584 7900 or mobile + 44 (0) 7771 665851 or email info@walkwithin.co.uk.