





WINDY CAVE SPELEO ADVENTURE & BARGA URBAN TREK

Difficulty itinerary adventure (climb) 



	When	15.10.2018 (1 DAY)
	Departure time	08.15 am / Estimated return time 5.00 pm
	Pick up/Drop off	Teatro Verdi Montecatini
	Min- Max Pax	6

DESCRIPTION

Explore the underground world of the Apuan Alps Park at the Grotta del Vento (Windy Cave), a spectacular karst cave featuring stalactites and stalagmites, little lakes and streams, mud formations and even perfectly-vertical shafts, which can be visited with practical walkways.

Highlights:

- Cave Exploration or Speleo Adventure in the Unesco Geopark of the Apuan Alps
- Delicious rustic lunch in a local *trattoria*
- Afternoon walk in the lovely Barga

PROGRAMME

Total transfer time: 2:30 drive round trip by minivan /minibus

Speleo activity lasts: approx. 3 hrs

Barga Urban Trekking lasts: 1 hrs 30 min

Meals: L

- Meet your English speaking guide and transfer from Montecatini (approx. 1 hr 15 min) to **the Grotta del Vento (Windy Cave)**, a karst cave set between 600 and 1400m asl in the Apuan Alps Unesco Geopark. The cave takes its name from the constant air current that blows between the

two entrances, keeping it warm in winter and cool in summer. The temperature inside is approx. 10 °C all year round.

- Instead of using the classic walkways we will explore the cave using ladders and climbing its walls attached to safety ropes, accompanied by an expert speleologist. This adventure itinerary **“The Abysses of Light”** will take us on vertical shafts, natural bridges and winding tunnels, including a 10m rope descent to admire the formations illuminated by spotlights.
- Transfer by minivan to the lovely medieval town of **Barga**, lovely medieval village of Barga where we will have an urban trekking along its winding and steep lanes up to the Dome where we will enjoy spanning views over the Apuan Alps.



Difficulty: itinerary soft: 3-moderate. *Alert for claustrophobia or fear of heights*

What's included:

- Transportation service by minivan or minibus
- Full day qualified English speaking tour leader
- Experienced cave or speleologist guide
- Gears for adventure itinerary: helmet and harness
- Lunch based on local products
- Barga urban hiking

INFO/FAQs

Difficulty/Trip rating: 3 -Moderate

Experience required: The activity in the cave is almost completely made in vertical areas, so they are not suitable for those who are

afraid of heights and suffer from vertigo. A minimum of physical preparation is necessary to be able to do the easy climbing and the ascents up the ladders.

Disabled people: not suitable

Clothing/What to bring: Hiking boots or sturdy running shoes, warm clothes (be aware that clothes could be damaged/orn).

Equipment advisable: gloves

Transports: minivan

Insurance: RC included. We suggest to stipulate a personal insurance health/baggage

Weather/Climate&Season: Tour can be run also in case of bad weather.

Food Intolerances/allergies: to be advised by 72 hours prior the beginning of the tour