

Discover local Funghi and Mashroom excursion

Difficulty: Easy walking in woodland with a few short climbs on very slight slopes.

Departure: Leaving at 07.00 from meeting point. **Tuesday Friday Saturday Sunday**



Beginning in Fondi, a city of long cultural heritage and continued occupation. The expert local guide will lead you on an early morning hike through the plains of Fondi where in the paths of the woodland they will introduce you to the world of Mycology. Sharing detailed local information and demonstrations on the collection of mushrooms with their cleaning, storage and cooking in a range of local styles.

Equipment: Hiking Boots or sturdy shoes, long trousers, long sleeved shirt, water bottle and hat. If you hold a mushroom collector ID Card issued by the Lazio Region you will be able to bring your own basket (wicker or similar so that fungal spores can drop through). If you do not hold a card you can take advantage of the basket belonging to the accompanying expert.



Even for those more experienced in this field, the area will prove interesting when exploring the many varieties of mushrooms present in the woodlands of the territory of Fondi. Examples of the various different woodlands

are the cork trunked oak trees of San Vito, near Monte San Biagio and the chestnut woodlands of Ambrifi near Lenola. With differing woodlands will come the large variety of fungi.

The mycological excursion will finish at a location on the shores of Lago Fondi where you will be able to enjoy cooking local dishes using the specialities gathered on your hike.



On a full day itinerary you can hike in the **woods of Sabaudia near the National Park of Circeo**, uninhabited and unspoilt mushrooming in the inland areas.

The inland areas



Price : Euros 45,00 per person (and minimum of 5 people, to be confirmed) Excursions on an

individual basis on request

Bookings : info@voyagealacarte.it or phone 0039 347 7260433