

# Casa del Sole

Rural hospitality in Valgraveglia, Genova, Liguria



Casa del sole arises from the enthusiasm of modern country people, that is, from individuals who have chosen to organize their lives around an agricultural base.

We have been cultivating the soil for more than 15 years, always without using pesticides, weed-killers or chemical fertilizers: not only working the land, but also developing in the world and improving it as much as we can.

## The Place

We are located 13 km from the sea, at the Riviera di Levante, among the mountains of the Ligurian countryside, wildwooded and silent with olive groves, chestnut trees and all that nature.

From here, you can walk along paths and hiking-trails connecting with many others, until you may even reach Monte Zatta - 1400 m - with its magical panorama. Not far away, the Parco d'Aveto organizes guided tours of the most remote mountain areas of the wildlife park, where you can see wolves and other wild animals.

Whoever prefers the sea, can find 30 minutes away the beaches of Cavi di Lavagna, the beauties of Sestri Levante and further down the famous Cinque Terre. Quite characteristic are also the towns of Chiavari and Lavagna with their rich and interesting historic centers.

Casa del Sole belongs to the township of Ne, rich in history, also for having given birth to Giuseppe Garibaldi, and for its agricultural tradition.

For further information click to the site of the valgraveglia: [www.valgraveglia.it](http://www.valgraveglia.it).

## hospitality



Our hospitality provides an apartment of 140 m2 including kitchen, bath, 3 bedrooms (of 3 sleeping places each) and a living room with a panoramic view, where you can enjoy food coming directly from our fields.

We offer overnight stays and breakfast for 30 euro (25 if more than 1 day), a single meal for 10 euro and 2 meals per day for 15 euro; 10% discount for groups of at least 5 adult persons , children under age 2 free of charge, children under age 12 half-prize.

Our cooking proposes a vegetarian option without eggs, garlic and onions, and we don't serve alcoholic beverages. Otherwise you can use the kitchen in your own apartment.

In our seasonal programs we will be having courses in Indian cooking, painting, sculpture and mashed paper creations.

## Activities

In summer , you can relax in the shade of the olive trees or at a cool brook, where you can dip into natural pools. Whoever wants to stop here can share days filled with agricultural activities, dances, songs, yoga and excursions. We will organize little competitions in tribal dancing (for men) and dances which develop interior strength (for everybody). There are also endurance contests and prizes for the best wood chopper.

The strong point of the farm is the production of seasonal vegetables , fruit and olive oil, all of strictly organic cultivation, applying synergical and permacultural methods.

We are striving for continous growth , which goes from agriculture to the use of renewable sources of energy and craftsmanship, and for this reason we are also interested in an exchange of useful advice with all our guests, so that Casa del Sole will become a worksite of continous evolution.

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