



## WELLNESS

Our Spa is called "Portovenere Wellness".

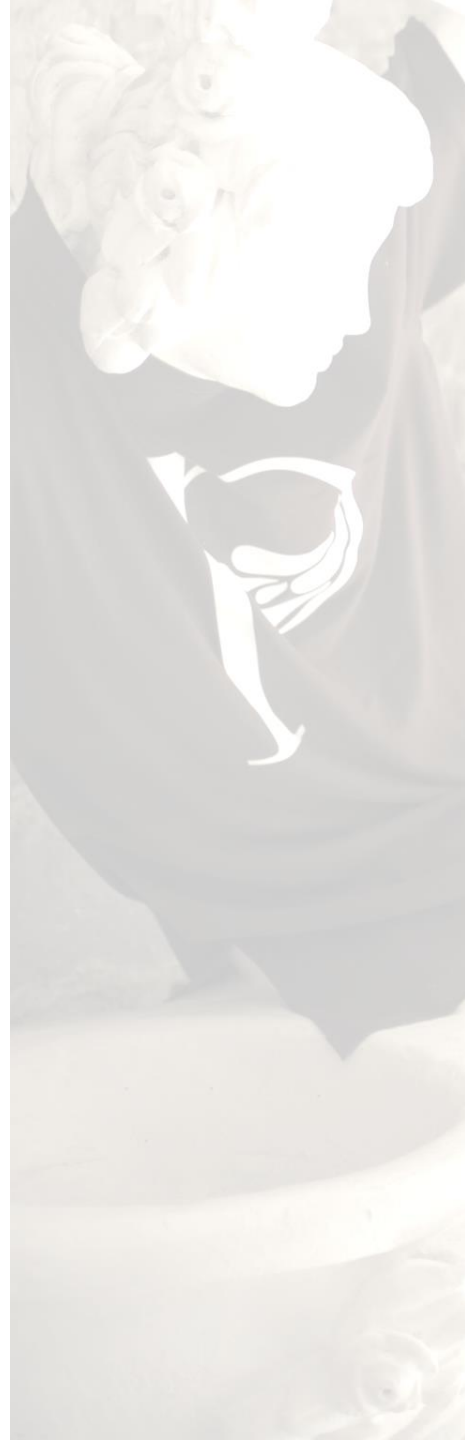
Located near the hotel, it's the perfect place where to unwind with relaxing and revitalizing massages.

It offers a humid zone; a relaxation area with herbal teas; a fitness room; and different beauty and wellness treatments.

Upon reservation, you can enjoy a massage in the comfort of your room.

Please note that the use of the wellness center and gym is subject to availability.

**Advance booking is recommended  
by email [wellness@portoveneregrand.com](mailto:wellness@portoveneregrand.com)  
or telephone +39 0187 791030**



## SPORTS

The Nature Parks of Portovenere, Cinque Terre and Montemarcello-Magra all provide a peaceful nature haven where to practice sports and reenergize your body and mind.

Some of the activities that you can enjoy near Grand Hotel Portovenere include:

- Hiking for all levels and trekking for Pros
- Diving and snorkeling
- Sailing and kayaking
- Mountain biking and e-bike
- Rock Climbing

**To book your relaxing yet active vacation,  
contact Tel +39 0187 777751 or  
[experience@portoveneregrand.com](mailto:experience@portoveneregrand.com)**

