



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000
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Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



ITALY

TUSCANY & CINQUE TERRE

Day Hiking Tour

8 Nights / 9 Days

ABOUT THIS TOUR

Tuscany is the melting pot for Italy's most quintessential highlights. Wonderful gastronomy; world class Chianti vineyards; mountain ranges and rolling pastures; stone cottages and villages; hedgerows; and dozens of UNESCO World Heritage

Sites. The **Cinque Terre** region of Liguria is not only home to pesto and focaccia bread, it's a area of outstanding natural beauty and charming coastal villages and seaside resorts. Combined, these two regions provide backdrop for some of Italy's best known features – all rolled into one! We welcome you to join us and experience two of Italy's most enigmatic destinations on foot!



IS THIS TOUR FOR ME?

This trip is active in the sense that we'll be on our feet daily and experiencing day hikes of various levels. We'll also enjoy village explorations and cultural visits with local guides and of course options for free explorations, souvenir hunting, beach swims or simply having a latte in a piazza under a shaded tree! We'll hike through rural landscapes and coastal paths – explore nature reserves, world heritage sites and sample a wide variety of regional food and wines. Accommodation is provided with comfortable hotels in beautiful regions (all 4 stars and on one occasion a 3 star boutique hotel in the Cinque Terre

region). Transfers are taken care of by private air conditioned coach. So if you are seeking a destination that offers pleasant day hikes and/or rides in a wide variation of terrains & cultural visits, this is a perfect tour for you!

GENERAL ITINERARY

- DAY 1 Depart from home
- DAY 2 Arrive FLORENCE / (no activities) Welcome dinner included / night Florence / D
- DAY 3 FLORENCE - Tour with guide am / free time & lunch / afternoon transfer to San Gimignano / B D
- DAY 4 SAN GIMIGNANO - Morning river hike & visit Col Val D Élsa / afternoon wine tasting / night San Gimignano / B D
- DAY 5 SAN GIMIGNANO - Panoramic hike of Chianti countryside / free afternoon to explore / night San Gimignano / B D
- DAY 6 CINQUE - Visit Pisa Field of Miracles Historic Site / travel to Levanto, Cinque Terre / night Cinque Terre / B D
- DAY 7 CINQUE - Cinque village hike or bike and visit the main village & Coastal boat cruise / night in Cinque Terre / B D
- DAY 8 LUCCA - Morning visit & hike Porto Venere / afternoon transfer to Lucca / night Lucca / B D
- DAY 9 LUCCA - Guided visit Lucca am / afternoon free for galleries, museums, self-explore / night Lucca / B D
- DAY 10 DEPARTURE – Group direct transfer from Lucca to Florence Airport / B



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Day 1: FLORENCE - ARRIVAL DAY

Welcome to Florence, Tuscany's iconic capital and home to a staggering number of artistic & architectural delights, including four **UNESCO World Heritage Sites** alone. *No transfer(s) from airport to hotel is included as there are easy, cost-efficient options that include the metro (tram), city bus & taxi.* There are no activities planned for today and you are free to acclimate to the time change and recover from the long journey. Overnight at **4 Star Firenze Pitti Palace al Ponte Vecchio, historic center** <https://www.hotel-bb.com/it/hotel/firenze-pitti-palace-al-ponte-vecchio?> Meals Included: Welcome Dinner with your local leader. Dinner location in hotel (roof panoramic terrace).



14 Sept / Day 2: FLORENCE GUIDED VISIT & JOURNEY TO CHIANTI

This morning our local specialist guide will take you on a historic city walk specializing in Florence's main highlights and of course, its contributions to the world of art and **Renaissance** architecture. You are free for lunch and time to self-guide around Florence's wonderful museums and galleries! Later this afternoon we'll meet your regional guide Matt and transfer approximately 1 hr 15 minutes to San Gimignano village in the heart of the **Chianti** region. Overnight at the 4 star **Cappuccina Country Resort** <http://www.lacappuccina.com/> Meals Included: Breakfast & Dinner in hotel.



Day 3: SAN GIMIGNANO (Colle di Val D' Elsa)

San Gimignano is surrounded by gorgeous **Tuscan** landscapes, largely vineyards, villas and medieval farms. This morning we'll drive 25 minutes to the enchanting village of **Colle di Val D' Elsa** where we stroll through the historic quarter and have a 2.5 hour gentle river walk in beautiful natural surroundings. On return to our hotel, we'll visit an authentic **Chianti** vineyard to learn (and taste!), all about this delightful, world-class wine. Overnight in same hotel as previous night. Meals: Breakfast & Dinner in hotel included. **Hiking Profile:** We walk village lanes and a river nature path today. **Distance:** 4 miles approximately (with village portion) / 100 feet elevation gain.



Day 4: SAN GIMIGNANO (Countryside hike & village exploration) This morning we hike **San Gimignano's** beautiful rolling vineyard landscapes. Our hiking circuit offers wonderful views of the village & historic towers, followed by free time for lunch exploration of the boutique shops and museums (and perhaps a famous gelateria) in the afternoon! Overnight in same hotel as previous night. Meals: Breakfast & Dinner in hotel included. **Hiking Profile:** We utilize some country lanes (roads) and rural pathways walking amongst Tuscan Villas and farms. **Distance:** 5 miles approximately. 400 feet elevation gain in total.



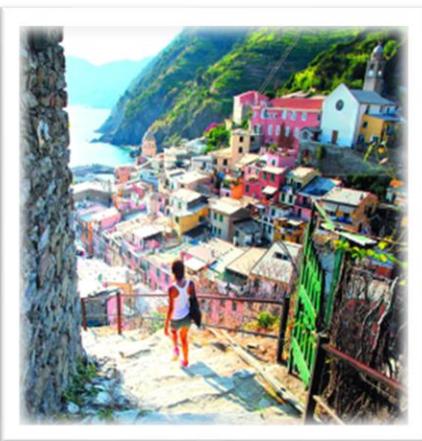
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Day 5: SAN GIMIGNANO & Pisa's Field of Miracles

This morning we transfer 1 hr to the wonderful **Ligurian** coastal state of Italy. On route we make a visit to Pisa's *Field of Miracles Piazza* to visit the **Duomo Cathedral** and of course the **Tower of Pisa!** After lunch we continue for 1 hr 15 min to the Cinque Terre and the quaint beach resort town of **Levanto**. Late afternoon you can stroll around the village or perhaps a swim in the Tyrrhenian Sea as the beach is a 2-minute walk from the hotel! Overnight in the charming family-run 3 star (superior) Hotel Nazionale <https://nazionale.it/en/> Meals: Breakfast and Dinner in hotel included. **Hiking Profile:** Urban walking with optional light nature walk in pm. **Distance:** 2 miles approximately / no elevation gain



Day 6: CINQUE TERRE – Classic Cinque Village Hikes & Explorations

Today we explore some of the Cinque Terre National Park's world-famous hiking trails and of course, visit the famous villages on route! Using the Cinque Train pass, we have the freedom to explore these wonderful coastal towns and walk between some of them as well. *Weather and sea conditions permitting*, we'll return to our hotel base via the sea (1 hr 20 min) on the scenic Cinque boat transfer service. A fantastic day and a brilliant introduction to the Cinque's highlights. Tonight we have another Cinque / Ligurian dinner in a local Levanto restaurant. Overnight in same Levanto Hotel / Meals: Breakfast & Dinner **Hiking Profile:** Cinque Park trail system & numerous village walks which we can decide on. **Distance:** 2-6 miles approximately (pending the options chosen) / Elevation gain can be from 200 to 800 feet

Day 7: CINQUE TERRE – Porto Venere & Lucca

This morning we say *arrivederci* to our coastal base and head for Porto Venere (1 hr transfer), where we'll explore on foot this beautiful historic village – offering time to perhaps visit the castle fortress (entrance not included) and take lunch in the riviera-esque atmosphere! Later today we'll return to Tuscany and one of its most charming destinations, Lucca (45 min transfer). Overnight in the 4 star luxury, Hotel Gran Universe <https://www.granduniverselucca.com/> Meals: Breakfast & Dinner in Hotel included. **Hiking Profile:** Gentle village walking with option to hike up to 3 miles. **Distance:** 2-3 miles if nature walk is chosen with up to 600 feet gain.

Day 8: LUCCA – Cultural Exploration Day

Our final day offers a morning guided walking tour of Lucca's enigmatic historic quarter. This elegant and artistic city has so much to offer and a full day visit will ensure you cover all bases! For the afternoon you can choose to explore the museums and galleries or cycle or hike the 2-5 miles of walled ramparts surrounding the historic quarter! Tonight we have a farewell dinner in Lucca's wonderful Roman quarter. Overnight in the 4 star Hotel Grand Universe Meals: Breakfast & Farewell Dinner included.





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Hiking Profile: Flat, city walking tour of 2-3 hours plus an optional self-guided 2.5 mile walk or (rental) bike around the upper ramparts (smooth surface for biking and walking).

Distance: 3.5 miles approximately including ramparts and city walking tour / no elevation gain

Day 9: DEPARTURE FROM LUCCA – Airport Transfer to Florence

This morning after breakfast we provide a group transfer of 1 hr to 1 hr 15 min to Florence (departure time pending final consensus time for group). Meals today include breakfast at the hotel.



ITALY – Some Useful Information

Dining in Italy & Non-included Meals

Some meals are not included on our tour (*please refer to itinerary*). We feel you'll benefit from getting out and discovering the local cuisine. So when a meal is not included, it's a great opportunity to try something new. Your guiding team will offer tips on where to get the best meal, or you might decide to dine out as a group and experience the fun together. Lunches are not included during the hiking days (as per itinerary), allowing you to

source lunch items locally, stimulating the regional economy and allowing you to choose items to suit your needs. A limited amount of wine or beer is included with our group dinners.

Responsible Travel

Adventurebug's *Responsible Travel Ethos* is at the heart of everything we do, from getting the basics right like respecting local cultures and the environment, to initiating projects in the Developing World that make positive contributions to communities, to volunteer efforts on a wide range of projects. At some point during our journey, Matt may share some of the projects associated with his work in tourism and social entrepreneurial stewardship.



Customs and Culture

Italy is a modern European country that is suffering from a long period of recession and even more so after the Covid19 Pandemic. From our perspective (tourists), we still see the better side of the nation and the trappings of success. Behind the scenes is a different story. On the otherhand, Italy remains a safe, welcoming country and very hospitable to travellers from abroad. Remember, travelling is about new experiences and do not expect the same level of personal service nor speed of delivery that you may be accustomed to at home. Be patient and respect the fact that life in the Mediterranean region

moves at a different pace. You will appreciate your journey more so and feel accomplished by adapting better.



Special Dietary Needs and Medicines

Vegetarian diets can generally be accommodated to with ease, but don't be surprised if fish is offered to you! Vegan diets may pose problems in some regional areas. Italy remains an old-world mentality in many places. Special diets such as gluten free (celiac) and lactose intolerance can be a challenge to source out in some places so we recommend you bring supplements from home just in case. Medicines and glasses / contacts subscriptions we strongly recommend you bring from home as resources can be very scarce in the small coastal villages.

FLORENCE arrival Information

When arriving to **Florence**, there is no group transfer provided and there are easy and cost effective ways to reach the hotel. The new metro at the airport is inexpensive and takes you right to the city centre station (and one stop beyond).

There is also a public bus that runs between Florence Airport and the City and it stops (only 1 stop), in the vicinity of the *Santa Maria Novella Train Station*. At time of print, the cost was 6 Euros each way for the bus and the Metro even cheaper. Be sure to buy the metro before getting on the train (this can be done on the platform with a credit card). If you are arriving to Florence by airport bus or train, the hotel is located 10 minutes drive / taxi from the station, 1.5 miles approx).

LUCCA departure information

There is a group transfer to Florence Airport included. The time for this will depend on the group common travel needs. But please note, this is a single group transfer time. If you choose to return to Florence on your own, or perhaps travel elsewhere in the region, there are good bus, train and private taxi shuttles from Lucca.

FURTHER READING / CINEMATOGRAPHY

Beautiful Ruins – Jess Walter

Under the Tuscan Sun – Frances Mayes

Italy – A Traveler's Literary Companion – Lawrence Venuti

**There have been Hollywood Blockbusters and Italian films made in the region of Tuscany and the coast of Cinque Terre. If interested, look here: <http://www.italylogue.com/planning-a-trip/10-italian-movie-locations-you-can-visit.html>*

EMERGENCY CONTACT INFORMATION

In the case of a genuine crisis or emergency, your operator, Adventurebug Worldwide can be reached as follows:

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