



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



ITALY - Tuscan Hills & Vineyards 7 Nights Guided Hiking Tour

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 hedgerows; seaside resorts and dozens of UNESCO World Heritage Sites. Tuscany is an idyllic destination for day hiking and we welcome you to experience this inspiring part of the world on foot with us!

IS THIS TOUR FOR ME?

This trip is active in the sense that we'll be on our feet daily and having day hikes, village explorations and some guided tours with local guides. We'll hike through rural landscapes and villages – explore nature reserves, world heritage sites and be exposed to a wide variety of regional food. Accommodation will be in 3 & 4 star hotels and / or an Agriturismo Home Stays in beautiful regions. If you are seeking a destination that offers pleasant day hikes of between 4 – 7 miles in a wide variation of terrains, this is a perfect tour for you!

ITINERARY

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. 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 Diana Park Hotel

<https://dianaparkhotel.com/>

Meals Included: Welcome Dinner with your Trip leader



Day 2: BARGA & GARFAGANA REGION

Our first official tour day! After breakfast we have a morning walking tour with local guide to explore Florence's cultural highlights. We then meet our regional guide, Matt Butler from Adventurebug and transfer by private coach to Tuscany's best known hiking region, the *Garfagana* and the village of *Barga*. The scenic drive across Tuscany's midland region is approximately 2 hours. Overnight in Barga at the 3 star Villa Moorings (located in Barga village). Meals: Breakfast and Dinner

included.

Hiking Profile: Flat, city walking tour of 2 hours & a short explorative walk around Barga late afternoon – perhaps hiking up to Barga's Cathedral, situated at the top of the medieval town itself.

Distance: 2 miles maximum in Florence and perhaps 1 to 2 miles in Barga

Elevation Gain / Loss: Not applicable however Barga is a hilltop village and we will experience many short, steep village streets to access the Cathedral and tour the old town itself.





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Day 3: BARGA & GARFAGNANA REGION

Today we'll hike between Barga's surrounding hilltop village communities taking in the wonderful scenery of the Garfagnana and surrounding Apuan mountain ranges. Hiking will be from our hotel door and we may return by local transfer (taxi or shuttle bus), depending on our final arrival destination or we may complete the hike as a loop – options are available. Same hotel lodgings in Barga tonight. Meals: Breakfast and Dinner included.

Hiking Profile: Hilly but not mountainous hike through chestnut forests connecting small, Tuscan villages

Distance: 4-6 miles

Elevation Gain / Loss: up to 1200 feet gain and 700 feet loss (pending final route)



Day 4: BARGA & CASTIGLIONE DI GARFAGNANA

A short transfer (25 min approx.) brings us to the wonderful village of *Castiglione di Garfagnana*. Famous for its walled medieval fortress and 13th century bridge, this riverside market town is simply a delight. October is nearing the chestnut harvest period, so the village is preparing for their annual celebration, one of the most important in all of Italy. Our hike

today explores the village before descending to the bridge and largely following the river system through farmland and passing both historic and modern elements of rural Tuscan life.

Same hotel lodgings in Barga tonight. Meals: Breakfast and Dinner included.

Hiking Profile: A village and nature walk utilizing at times small rural roads / lanes and nature paths.

Distance: 5 miles approximately

Elevation Gain / Loss: Expect up to 4-500 feet gain and 700 feet loss

Day 5: LUCCA EXPLORATION (GUIDED TOUR AND LIGHT HIKING)

A great day awaits as we depart Barga to visit Lucca, the home of Italy's great opera composer *Puccini* and beautiful renaissance architecture. Highlights today include a tour on foot with a local specialist; a wander through Lucca's weekly street market and a 2.5 mile walk along the famous ramparts which surround the medieval city itself. From Lucca we transfer by private coach 1.5 hours into the southern Chianti region where we'll have two nights at *San Gimignano*, the village of towers! Pending arrival

time, we can make a short hike into the countryside surrounding San Gimignano to stretch our legs after the bus journey. Overnight in Hotel Relais La Cuppuccina 4 star or a village based 3 star hotel / Meals: Breakfast & Dinner included.

Hiking Profile: Flat, city walking tour of 2-3 hours plus a 2.5 mile hike around the upper ramparts (very good footing).

Distance: 4-5 miles approximately including tour.

Elevation Gain / Loss: The ramparts are only 25 feet above the city and level once you are on them.





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Day 6: SAN GIMIGNANO

San Gimignano is surrounded by gorgeous Tuscan landscapes, largely vineyards and medieval farms. It is also on the famous *Via Francigena* – the historic pilgrim’s way between Canterbury and Rome. Today we’ll hike a portion of the Via and experience the beauty and serenity of this special part of Tuscany. Please note, depending on our final hiking route, we may utilize local transfer services.

Overnight in same lodgings. Meals: Breakfast and Dinner included.

Hiking Profile: We utilize some country lanes and rural pathways walking through picturesque Tuscan landscapes.

Distance: 6 miles approximately

Elevation Gain / Loss: 900 feet gain (if we complete the longer portion) and descent approximately 700 feet



Day 7: CHIANTI COUNTRY HIKE AND VINEYARD TOUR

This morning we explore on foot the vineyard region of Chianti – America’s most popular red wine and arguably one of the most striking wine growing regions in the world. We will enjoy a morning hike followed by a vineyard tour and of course, sampling this wonderfully crafted wine. At the end of the day, a short private transfer brings us to Siena, Tuscany’s enigmatic centre for art, style and culinary delights. Hotel 4 star (Hotel Garden Siena 4 star or Hotel Athena 4 star). Meals: Breakfast & Farewell Dinner included.

Hiking Profile: Rolling countryside and vineyards. We must utilize local agricultural tracks and some small tarmac roads at times where necessary to connect our route.

Distance: 4 miles approximately

Elevation Gain / Loss: 500 feet gain and 3-400 feet loss approximately



Day 8: DEPARTURE FROM SIENA

This morning after breakfast your Tuscan hiking tour finishes. We highly recommend you take in Siena’s wonderful attractions and history. No transfers are provided for your departure however onward connections to Florence, Pisa or Rome are easily available by train, bus or private taxi share. Meals today include breakfast only at the hotel.

WHAT’S INCLUDED ON THE TOUR

- 7 nights accommodation (twin share) all rooms have internal en-suite facilities (single rooms are limited)
- All meals as per itinerary
- All land transport on tour in private A.C. microbus with driver, taxi or local bus where necessary
- Full time Guiding and Tour management services from Adventurebug.
- Entrance Fees and / or guided visits as per itinerary
- **All Tips** included - covering included meals, local guides and drivers
- Taxes and Adventurebug administration fees (prices are Net with no hidden fees)



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WHAT'S NOT INCLUDED

- Flights (International to and from Italy)
- Private insurance (emergency, evacuation, trip cancellation, etc.)
- Medical expenses and / or services required on tour
- Additional services such as telephone, laundry, private transfers and additional activities on day 11
- Additional beverages at meals that are not included in the dinners provided.

*Please note - House keeping and / or baggage handling fees and tips are not included.

ITALY – Some Helpful 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.

Non Inclusions of this tour

- International flights (to/from Italy)
- Travel Insurance for health, emergency, cancellation, etc.
- Meals (where not listed as included in the itinerary)
- Transfers to/from hotel at beginning & end of tour. *Tour begins and ends at our hotel bases.
- Optional additional tours or activities during free time

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, Adventurebug 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



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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 and departure Information

When arriving to **Florence**, there is only one 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. If you are arriving to Florence by airport bus or train, the hotel is located 10 minutes from the station, 1.5 miles approx).

FURTHER READING / CINEMATOGRAPHY

Beautiful Ruins – Jess Walter

Under the Tuscan Sun – Frances Mayes

Italy – A Traveler's Literary Companion – Lawrence Venuti

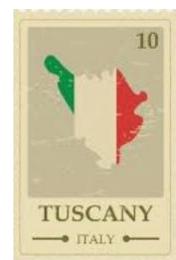
**There have been Hollywood Blockbusters and Italian films made in the region of Tuscany and the coast of Cinque Terre. If interested, look here: <http://www.italylogue.com/planning-a-trip/10-italian-movie-locations-you-can-visit.html>*

EMERGENCY CONTACT INFORMATION

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

ADVENTUREBUG OFFICE + 34 952 894 308

Matt Butler (Guide) + 34 635 817 819



HOTEL CONTACT INFORMATION (*SUBJECT TO FINALIZATION)

FIRST NIGHT: FLORENCE (1 night) **TBC**

Diana Park Hotel

Address: Via Giovanni Pascoli, 10, 50129 Firenze FI, Italy

Phone: +39 055 575788

Website (with email link): <https://dianaparkhotel.com/>

SECOND, THIRD & FOURTH NIGHTS: BARGA (3 nights) **TBC**

Hotel Villa Moorings 3 stars, Barga Village

Address: Via Roma, 18, 55051 Barga LU, Italy

Phone: +39 0583 711538



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FIFTH & SIXTH NIGHTS: SAN GIMIGNANO (2 nights) TBC

Hotel Relais La Cuppuccina 4 star rural hotel or a 3 star village based hotel

SEVENTH NIGHT: SIENA (1 night) TBC

Hotel Garden Siena 4 stars or Hotel Athena 4 star