












WALKING AND CYCLING TOURS IN ITALY



Tour Operator

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GENERAL INFORMATION

A note on our self guided adventures Fitness preparation

Self guided walking or cycling requires individuals to use problem solving skills, be adaptable and have a keen eye. It is recommended that you are comfortable map reading, referring to route notes and that you have a good sense of direction (or are willing to work on improving this!) Sometimes route finding, losing your way, finding it again and asking the locals for help is all part of the adventure. If you've never been on a self guided trip, after the first couple of days you will get the hang of it as the vast majority of our first time travellers attest. Please be assured that our written material issued to you for route finding is updated regularly and we provide a 7day service hotline in the event of any problems. There is a certain level of the unknown that comes with self guided trips; however with a methodical approach potential problems will be averted. The freedom of a self guided trip is something that, once experienced, is sought time and time again.

The concept behind most of our trips is active holidays and the fitter you are the more easily you will adjust and enjoy yourself. We expect participants to take responsibility for their fitness and preparations on a consistent basis prior to departure, and INCREASE the regular weekly training schedule in the two months leading up to departure. That way, when you start walking, you will feel relaxed and comfortable and strong, having done more than sufficient preparation for the trip. You will also have more energy to enjoy the views, take photos and explore the sights in your spare time, rather than just make it to the next hotel. During the day is when the most interesting features of interest will be found, and being fit allows you to optimize every situation you encounter. As a minimum, we recommend 40 minutes of aerobic type exercise; running, swimming, biking, hill walking, or gym work two to three times a week for two to six months leading up to your walk. Note the best training is the activity that you are actually going to be doing; walking up and down hill, and cross-country. Practice this as much as possible. Training should be stepped up as you get closer to departure, to an amount you feel appropriate (you don't want to cause yourself an injury!). Using your gear before departure (boots, daypack, clothing, etc.) gives familiarity and comfort whilst on the walk. It makes sense to know that all your gear 'works for you' BEFORE departure, rather than discovering how things work or fit (or don't!) on the trip you have invested so much in. Use the philosophy of 'getting fit to go walking', rather than 'going on a walk to get fit', to avoid problems.





Alto Adige

The Dolomites of Val Badia

Self-guided individual walking tour



STRIKING MOUNTAINS OF ITALY

The Val Badia will astonish you with its breath-taking landscapes on this quintessential Dolomite walking tour. Enjoy exhilarating hikes through the awe-inspiring nature of dramatic limestone mountains with snowcapped peaks, magnificent nature reserves, and picture-perfect alpine pastures and idyllic meadows. This unique German-speaking part of Italy boasts an exceptional cuisine, a rich variety of wildlife, such as the distinctive marmot and chamois, and lovely spring flowers blooming in thousands, including prized orchids, lilies and monkshoods. Leave your worries behind as you walk to the gentle sound of singing birds.

Trip highlights

- Feeling you are on top of the world
- Spellbinding views, wild open spaces, mountain lakes, jagged peaks
- Cosy, comfortable, family-run accommodations
- Gorgeous flora and fauna
- Many culinary specialties, including delicious cheese, carne salada, polenta, mushrooms, speck and outstanding wines

Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4

8 Days Programme

Day	Itinerary	Overnight	km	Climb m ↑	Descent m ↓	Hrs
1	Arrive in La Valle/Wengen	La Valle/Wengen	–	–	–	–
2	Round walk La Valle – Crusc de Rit – La Valle	La Valle/ Wengen	12,7 17,3	745 921	745 921	5 7
3	Round walk Pederöa – Spizan - Pederöa	La Valle/Wengen	13	772	773	5
4	Walk from Passo Valparola to Corvara	La Valle/ Wengen	14,9	572	1181	6
5	Walk from La Valle to Rifugio Fanes	Fanes	13,8	1278	563	6
6	Walk from Rifugio Fanes to La Valle	La Valle/ Wengen	20,1	790	1511	8
7	Round walk Longiarù – Rifugio Genova - Longiarù	La Valle/ Wengen	13,4 17	950 1110	950 1110	5 6
8	Departure from La Valle	–	–	–	–	–



Day 1 – Arrive in La Valle-Wengen *La Valle-Wengen on HB basis*

Arrive in the mountainside village of La Valle, or Wengen in German, go for a stroll to soak in the extraordinarily beautiful and peaceful surroundings and marvel at the unique language that you will hear spoken, as La Valle has a vast number of Ladinic speakers. Immerse yourself in the pure essence of the Dolomites.

Day 2 – Round walk La Valle – Crusc de Rit – La Valle *La Valle-Wengen on HB basis*

Today's excursion starts and ends in La Valle and passes over the Sas De Crosta (Pares) mountain. A stop at the Crusc de Rit is a must, as from this panoramic point you overlook the Val Badia on the south, and the Valpusteria and Austrian peaks in the north. Proceeding across stretches of forest and wide pastures, you will have exceptional views including the majestic rock faces of the Sas Dalesc Desc, the Sas Dales Nu and the Ju de Sant Antone. If desired there is an option to shorten the itinerary.

Day 3 – Round walk Pederöa – Spizan – Pederöa *La Valle-Wengen on HB basis*

The walk starts and ends in the village of Pederöa, 2km from La Valle and it is reachable on foot, by local bus or with a pre-arrangement private transfer. Initially the route alternates asphalted sections with footprint that climb gradually until you reach wide glades with panoramas on the whole La Valle, as well as on Longiarù and the impressive Monte Putia. A gradual descent on a good dirt road along the Gran Ega stream (the largest in Val Badia) brings you down from the Spizan peak back to Pederöa.



Day 4 – Passo Valparola to Corvara *La Valle-Wengen on HB basis*

A short included transfer brings you to Passo Valparola here starts an outstanding panoramic trail along the Sett Sass until the wide upland meadow of Pralongià from where you have extraordinary views on the peaks and the valleys of the Val Badia the Marmolada glacier in the backdrop.



Day 5 – La Valle to Rifugio Fanes *Fanes on BB basis + Packet lunch*

Today's route is a gradual climb and then descent on stony footpaths. Along the way you will admire the rock faces of the Sasso delle Nove and a complete view on the Pares ridge and the Austrian peaks. The last uphill section is quite steep till the Ju De Sant Antone where there are ample views on the valley and the Fanes-Senes-Braines Natural Park. Crossing the high pastures you reach Rifugio Lavarella and Rifugio Fanes from where it is worthwhile to deviate for 1km until Lé Vërt lake and Limo lake.

Day 6 – Return from Rifugio Fanes to La Valle *La Valle-Wengen on HB basis*

Today's route is a bit steep but fascinating and crosses the larch forest as you climb to the alpine lake Lech Parom where the vast and majestic Fanes upland and prairies gradually turn to sheer vertical rock surfaces surrounded by the typical Dolomiti peak. To avoid the steep climb, it's possible to follow a more gradual trail and it's possible to descend to Val di Medesc through a narrow stony canal that brings you to La Crusc from where you can admire other massif of Val Badia. In the last stretch to La Valle, you will cross the Armentara with its wide lawns, a peculiarity of this landscape.



Day 7 – Round walk Longiarù – Rifugio Genova – Longiarù *La Valle-Wengen on HB basis*

The itinerary is quite steep at the beginning until the side of Monte Putia, it's a magnificent peak, particular in its shape and stands out over the others in Val Badia. As you head towards Rifugio Genova, a pleasant hiding place beneath Passo Poma, you cross wide prairies with exceptional views on the peaks of Puez-Odle Natural Park and the Fanes massif. The way back is through the Seres valley characterized by a succession of ancient watermills. It's possible to shorten the trail by about 3km. Longiarù is reachable by local bus directly from La Valle.

Day 8 – Arrivederci La Valle!

The trip and our services end after breakfast, unless you have booked another service with us.

5 Days Programme

Day	Itinerary	 Overnight	 km	Climb m ↑	Descent m ↓	Hrs
1	Arrive in La Valle/Wengen	La Valle/Wengen	–	–	–	–
2	Private transfer to Passo Valparola and walk to Corvara	La Valle/ Wengen	14,9	572	1181	6
3	Walk from La Valle to Rifugio Fanes	Fanes	13,8	1278	563	6
4	Walk from Rifugio Fanes to La Valle	La Valle/ Wengen	20,1	790	1511	8
5	Departure from La Valle	–	–	–	–	–

PRACTICAL INFORMATION

N. Participants:	Minimum 1
Trip Grade:	Moderate to demanding mountain walks on well-marked paths.
Activity characteristics:	Basic experience in mountain walking is recommended as well as an active, healthy general level of fitness and stamina. The paths are well maintained though sometimes stony or steep. Most walks can be extended or shortened. The altitude changes per day are between 500 and 1300 m.
Best arrival & departure airport:	Innsbruck, Verona, Milano (Malpensa or Linate) and Bergamo
Best arrival & departure station:	Brunico train station
Trip availability:	Any day from 01/06 to 08/10

Getting there and away

Fly into Innsbruck or Verona Airport and take the train to Brunico. You can either take a taxi directly from Brunico to La Valle-Wengen or take a local bus to Pederöa (40 minutes) followed by a taxi to La Valle (2km). It's even possible to book a private transfer from Brunico to La Valle-Wengen, there and back, when booking the trip.

There are a few local buses running from Pederöa to La Valle each day.

If you come to La Valle with your own car, you can park in the hotel's free unguarded, open-air parking area. There are no parking restrictions in La Valle.

By Car

If you come to La Valle-Wengen with your own car, you can park in the hotel's unguarded, open-air parking area. There are no parking restrictions in La Valle.

By Plane

Best airports to travel to are Innsbruck or Verona. You can also fly to Bergamo or Milan.

From there you can take a train to Brunico and from Brunico a taxi to La Valle-Wengen or a local bus to Pederöa (35 minutes) followed by a taxi or local bus to La Valle (2km).

There are only a few buses running from Pederöa to La Valle each day.

If desired a private transfer can be pre-booked from Brunico to La Valle-Wengen, and vice versa.

Getting from the arrival airport to Brunico train station

There is a bus connection from some of the airports to the Dolomites.

For more information and updated time schedule, please see www.terravision.eu.

By Train

You can reach Brunico by train from one of the airports mentioned in the "Getting there and away" section:

From Innsbruck to Brunico

Innsbruck is the closest airport to La Valle to fly into. From the airport you can easily reach the train station by bus in 20 minutes. Buses are running about every 15 minutes.

The main Railways Station is Innsbruck Hauptbahnhof (IBK HBF) located in the East part of the town in the Sud Tiroler Platz (South-Tyrolean Square), only 15 minutes walking from the city

center. Depending on the train, it takes from 2 to 3 hours to get to Brunico and you always have to change twice; in Brennero and Fortezza.

For info about time schedule see the Italian Railways web site www.trenitalia.com or the Austrian Railways one fahrplan.oebb.at/bin/query.exe/dn (not English web site).

From Verona to Brunico

From Verona Airport take the "Aerobus" to go to the train station. There are buses running every 20 minutes and the price is about 6,00 euros one way www.aeroporto.verona.it/en/come-arrivare/aerobus.asp

The train from Verona takes from 3 to 4 hours to get to Brunico Railways Station; it's usually needed to change at least once and the price varies from 15,00 to 20,00 euros depending on the train you take www.trenitalia.com

From Bergamo to Brunico

From Bergamo Orio al Serio Airport take a bus and in less than 15 minutes you arrive at the Bergamo train station. www.atb.bergamo.it/ENG/Default.aspx?SEZ=2&PAG=126&NOT=257

Buses run every 30 minutes and price is about 2,00 euros one way.

Take the train to Brunico. It's a long way, from 5hrs. and 30 minutes to 8 hours, depending on the train and you have to change at least 3 times. Price varies from about 25,00 to 45,00 euros. www.trenitalia.com

From Milan to Brunico

Visit www.sea-aeroportimilano.it/en the Malpensa and Linate Airport websites for up to date detailed info about travelling from the airport to downtown Milan where you catch the train to Brunico.

Train takes about 5hrs. and 30 minutes/ 6 hours and you have to change at least 2 times.

Price can vary from 25,00 to 45,00 euros. www.trenitalia.com

Getting from Pederöa to La Valle/Wengen

By Taxi

If you wish to take a taxi from Pederöa to La Valle/Wengen, you can pre-book a transfer at the moment of reservation or directly call Taxi Richard Ploner at +39.335.821.94.31 or +39.0471.84.31.31. You can also call the accommodation to come and pick you up.

By Bus

From Pederöa take the local bus to La Valle/Wengen. For info about time schedule, see www.sii.bz.it/en/benvenuti.php or call the toll free number 840.000.471.

Getting from Brunico to La Valle-Wengen

By Taxi

If you wish to take a taxi from Brunico to La Valle-Wengen and back, you can pre-book a transfer at the moment of reservation. The same service is available from Brunico to Pederoa, always with prearrangement.

By bus

The bus company that offers transports to South Tyrol is called S.A.D.

For info about time schedule, see www.sii.bz.it/en/benvenuti.php or call the toll free number 840 000 471.

Direct public buses run every hour 8 minutes past the hour, from 8:08 hrs. to 18:08 hrs.; last run is at 19:18 hrs.

It takes about 35 minutes to get to Pederoa.

In case you miss the last public bus from Brunico to Pederoa you can always call the taxi.

Useful transport information for/ from the start/ end of the walks:

Local buses don't run on Sundays, so you need to prearrange a transfer at the moment of the booking.

Optional transfer for the walk on Day 3

To reach Pederoa from La Valle-Wengen and vice versa, you can pre-book a transfer at the moment of reservation.

Otherwise you can take a local public bus from Pederoa to La Valle-Wengen.

For info about time schedule, see www.sii.bz.it/en/benvenuti.php or call the toll free number 840 000 471.

Optional transfer for the walk on Day 4

Today you reach the start of the walk in Valparola with an included private people transfer that leaves at 9:00 hrs. from your hotel in La Valle-Wengen.

In the afternoon, on the way back from Corvara to La Valle-Wengen, you can either pre-book a transfer at the moment of reservation or take one of the few local public buses, changing in Pederoa; for detailed information on changing timetables see www.sii.bz.it or call the toll free number 840.000.471.

Optional transfer for the walk on Day 7

To return to La Valle-Wengen from Longiarù you can take one of the few local public buses.

For detailed information on changing timetables see www.sii.bz.it or call the toll free number 840.000.471.

Accommodation and Meals

The accommodations we use in La Valle-Wengen are small, comfortable 3 star hotels, equipped with a wellness centre. These family-run hotels have a friendly atmosphere and all the rooms have private bathrooms.

The Fanes Mountain Hut is very wonderfully located, cozy 3 star equivalent mountain hut, run by the Mutschlechner family. The inside is built in classic South Tyrolean style and has a marvelous panoramic terrace. There are different types of rooms where linen and blankets are provided.

The 2 person rooms are all twins with separate beds (no double beds) while the 3 and 4 person rooms have bunk beds. The three 10-bed dorms have bunk beds and bathroom in common. In these dorms, blankets are provided however you must take your

own sleeping sheet/sleeping bag and towel. If you do not have one, you can purchase it there.

Breakfast will be served everyday. Dinner is included everyday (**NOT INCLUDED IN FANES**) Beverages are excluded.

When staying in La Valle, lunch is not included and you have to buy your own lunch in the food stores in the village (shops normally close from 12:00-15:00 hrs.) or you can ask the hotel for a picnic lunch, to be paid directly on the spot. Sometimes it is possible to eat lunch in a restaurant along the walk.

The day walk from Fanes to La Valle, a picnic lunch is included and provided by the hut.

Alternative accommodation

During high season it is possible that you might sleep in accommodations different from the ones indicated in the description/ list of accommodations. This means that the start or end of the routes can be slightly different. Therefore you should check to see if your accommodation is the same as that the one mentioned in this programme. If not, you must be alert at the start and end of the routes.

In choosing alternative accommodations we have tried to maintain the same standards and quality. We have also tried to stay in the same towns and villages, in order to change routes as little as possible.

Activity characteristics

The paths are well maintained though sometimes stony or steep. Most walks can be extended or shortened. The daily elevation gains are between 500 and 1.300m.

You will use local transports to reach the start of the day's walk and afterwards to return to La Valle-Wengen (apart from the already mentioned included transfer to Val Parola in Day 4 and the optional pre-bookable transfer in Day 3 and 4 back).

In this area an effort is made to both mark and maintain the paths, and the described routes on this trip are generally well marked.

Luggage transfer

No luggage transfer is provided during this trip.

When travelling with public transport you always take your luggage with you.

Mini trek to Fanes

When going to Fanes Mountain hut, pack an overnight change of clothes (to carry in your day pack) and leave the rest of your luggage in your room at the hotel in La Valle-Wengen.



Piedmont

Barolo to Barbaresco route

8 days Self-guided walking tour in Italy



Piedmonte is Italy's paradise for true connoisseurs of mouth-watering food, truffles and fabulous wines. The Langhe region is set between the Alps and the Apennine mountains and is blessed with the fertile lands that produce the Tuber Magnatum – a prized white truffle – and some of Italy's most prestigious red wines: the Barolo and Barbera. Walking from Barolo to Barbaresco you discover a spectacular array of local specialties including gourmet cheeses, pastries and chocolates that are appreciated the world over. This walking trip takes you amidst a magnificent landscape of rolling hills dotted with small picturesque villages, elegant castles and feudal towers, walking through vineyards and hazelnut forests and staying in small rural villages where the accommodation is charming and welcoming.

Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4

Trip highlights

- An infinite selection of incredible wines, cheese, sweets and chocolates to taste along the way
- Beautiful cities and characteristic hamlets
- Vineyard walks and carefully groomed hazelnut forests
- Small, comfortable, family run accommodation some with prize winning restaurants on site or near by
- Spectacular views of the snow capped alps on clear days
- Friendly people
- Quiet foot paths

8 Days Programme

Day	Itinerary	 Overnight	 km	Climb m ↑	Descent m ↓	Hrs
1	Arrive in Alba	Alba	–	–	–	–
2	Private transfer to Barolo. Visit castle in Barolo (Wine Museum) Walk Barolo – Novello – Monforte	Monforte	8	440	200	3
3	Walk from Monforte to Cissone via Roddino	Cissone	17	680	565	4-5
4	<i>Short option:</i> transfer cortemilia to Bossolaschetto and walk Bossolaschetto to Cravanzana <i>Long option:</i> walk from Cissone to Cravanzana	Cravanzana	13 20	370 600	550 665	4 5-6
5	Walk from Cravanzana to Benevello	Benevello	13,5	550	510	3,5
6	Walk from Benevello to Neive	Neive	17	250	550	4-5
7	Walk from Neive to Alba	Alba	14	325	225	3-4
8	Departure from Alba	–	–	–	–	–



Day 1 – Arrive in Alba

Alba on BB basis

Arrive in Alba, the heart of Piedmont wine country, a captivating medieval city of a “hundred towers” and a treasure chest of flavours and aromas. You can wander through the cobbled streets, climb up a tower to admire the beautiful view or just tempt your sweet tooth in a pastry shop.

Day 2 – Walk from Barolo to Monforte via Novello

Monforte on BB basis

A morning transfer brings you to Barolo, where you should not miss a visit to the wine museum in the imposing castle. From Barolo Here you pick up the official Bar to Bar route and following a short and easy walk takes you to the village of Novello. Continues on to the picturesque town of Monforte set on a hillside with narrow winding streets lined with stone houses and several great places to eat and taste some of Italy's best wines.

Day 3 – Walk from Monforte to Cissone via Roddino

Cissone on BB basis

The first section of today's walk brings you to the typical hamlet of Serralunga d'Alba offering great views of the typical undulating clay hill landscape covered in orderly vineyards. Continue on to Roddino for a panoramic lunch of local specialties that energise you for the final climb to the farm in Cissone.



Day 4 – Walk from Cissone/ Bossolaschetto to Cravanzana *Cravanzana on BB basis*

A transfer to Bossolaschetto shortens today's walk by 6.5km as you spend the day in pure nature. Follow country tracks and paths gradually descend to the River Balbo, from where a steep climb takes you to the opposite ridge with imposing views of the Alps and Apennine mountains on clear days. It is then through the woods till Feisoglio and finally Cravanzana. Along the way you cross the typical village of Serravalle Langhe.



Day 5 – Walk from Cravanzana to Benevello *Benevello on BB basis*

A generally easy day walk. From Cravanzana you gradually descend towards the river Belbo, to then climb back to the side of the hill leading to Montemarino. You can admire outstanding views of the Lower Langhe, the Alps to the northwest and the Apennine to the southeast.



Day 6 – Walk from Benevello to Neive *Neive on BB basis*

From the Hamlet of Benevello you head back to the Bar to Bar route that runs along lovely undulating country roads and paths with no significant uphill. Large farmhouses dot the landscape producing world-class wines. Here and there, sections of forest give a change of colour to the expanse of vineyards and throughout the day, you see the Langhe area at your feet and the Alps as a backdrop.



Day 7 – Walk from Neive to Alba *Alba on BB basis*

This walk is once more on quiet country roads and paths, with no significant climbs. The landscape dominated by manicured vineyards, offers open views on the Langhe area and the Alps. On the way pass by the village of Barbaresco, home to great wines. From where you descend to the River Tanaro, walking through beautiful riparian forest.

Day 8 – Arrivederci Alba!

The trip and our services end after breakfast and depart for the airport with public transport unless you have pre-booked a private transfer with us.

PRACTICAL INFORMATION

N. Participants:	Minimum 1 person
Activity characteristics:	The walks are along vineyards, uneven footpaths, mule tracks and small gravel roads (strade bianche). The trails through the vineyards can get slippery, muddy and heavy-going when wet or after it has rained. The Bar to Bar route is well marked, while alternative trails do not always have markings.
Best arrival & departure airport:	Turin or Milan airports
Best arrival & departure train stations:	Alba train station
Trip availability:	Any day from 01/04 to 15/11

Getting there and away

Turin International Airport is served by both major and low cost carriers.

Milan's Linate and Malpensa Airports are further away but served by many more flights.

There are several daily trains from Turin to Alba and you must change either in Asti or in Cavallermaggiore. Travel time is approximately 1,5 – 2 hours. Ticket costs approx. 7 euros per person one way.

It is possible to book a transfer from Turin and Milan to Alba and vice versa.

Accommodation and Meals

Selected 3 and 4* hotels are used in the larger towns, while in the villages and countryside we use cosy, friendly 'agriturismo' (farm-houses) and inns, some quite renowned for their cuisine.

In all the accommodation the rooms have private bathrooms and a good Italian breakfast is included each morning.

The trip is on Bed and breakfast basis because throughout the trip there are plenty of opportunities to taste both the outstanding local cuisine and a wide array of prestigious regional wines. Therefore you can choose when and where to have that special 7 course tasting menu or pop a great bottle of wine!

Alternative accommodation

During high season it is possible that you might sleep in different accommodation to the ones that are indicated in the description. In some cases it is possible that your list of accommodation differs slightly. This means that start or end of the routes are slightly altered. Therefore you should check to see if your accommodation is the same as that mentioned in the programme. If not, you must be alert at the start and end of the routes.

In choosing alternative accommodation we have tried to maintain the same standards and quality. We have also tried to stay in the same towns and villages, in order to change routes as little as possible but this might not always be possible.

Trip grading:

Introductory to Moderate – grade 2

This is a self guided walk with average daily stages of 3 to 5 hours. The paths are clearly visible and well-marked; there are some sections of the trail which

Luggage transfer

Luggage transfer is included and is provided by the accommodation itself or a local taxi company.

Please clearly mark all your belongings with your name. Labelling your belongings prevents mix ups, delays and loss. Ask the accommodation owner where the bags should be left in the morning.

Bags should be ready and at the reception or store room by 9:00 hrs. If you are unable to walk, you can always ask, if the luggage transporter can take you with him when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally. In some countries there are special insurances for transporting peoples and sometimes the car is not suited for transporting persons.

When you travel with public transport you always take your luggage with you.



Via degli Dei

From Bologna to Florence

8 days Self-guided individual walking tour

NATURE, CULTURE, HISTORY AND SPIRITUALITY COMING TOGETHER

The Way of the Gods or Via degli Dei connects two of Italy's most important art cities: Bologna and Florence as you walk on an ancient Roman road from Piazza Maggiore in the heart of Bologna to Piazza della Signoria, the main square of Florence and literally the Cradle of the Renaissance. This ancient way is steeped in history and legends and owes its suggestive name to the



Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4

mountains along the route: Mt. Adone, Mt. Giove, Mt. Venere and Mt. Lunario. It joined the town of **Felsina** (the Etruscan name of Bologna) to **Faesulae, the Original town of Florence**. In Roman times the route was re-baptised as “Flaminia Militare” and paved with large flagstones still visible today that you will walk on. The area has a surprising variety of natural habitats, allowing for great biodiversity: the Reno River valley is dominated by Pliocene era spurs and a series of rocky sandstone crags. Higher up, huge beechwoods shade your way as you gently ascend to the **Piana del Mugello**. Small medieval villages and solitary farm houses dot the hills. Looking down from high up in the Mugello hills you are rewarded with your first glimpse of Florence, as you hike down to the city on the last day.

Trip highlights

- Discover the fossil shells set into the rocks of Mount Adone;
- Surprise yourselves walking along an ancient Roman paved road in the heart of the Apennines forest;
- Visit the military cemetery of La Futa where more than 30,000 German soldiers are buried;
- Listen to the macabre legends about the burned tavern, ancient inn and crossroads of communication roads;
- Admire the dome of Brunelleschi and Giotto's tower on the horizon from the Monastero dei Sette Santi of Mount Senario, one day's walk from Florence.

8 Days Programme

Day	Itinerary	 Overnight	 km	Climb m ↑	Descent m ↓	Hrs
1	Arrival in Bologna	Bologna	–	–	–	–
2	Walk from Bologna to Sasso Marconi	Sasso Marconi	20	522	504	6
3	Transfer to Badolo and walk to Monzuno	Monzuno	16	696	497	5
4	Walk from Monzuno to Bruscoli	Bruscoli	19	500	400	6
5	Walk from Bruscoli to San Piero a Sieve	Piero a Sieve	21/28	464	1139	6/8
6	Walk from San Piero a Sieve to Olmo	Olmo	20	1019	803	7
7	Walk from Olmo to Fiesole/Florence	Florence	10.5	381	529	4
8	Departure from Florence	–	–	–	–	–



Day 1 – Arrive in Bologna

Bologna on BB basis

Individual arrival in Bologna, a city with many attractions: you will be able to walk across the 7 chapels of the Santo Stefano Basilica, admire the city from the Torre degli Asinelli (“the Donkeys’ Tower”), and of course taste some tagliatelle al ragù. Do not miss a view of the illuminated Piazza Maggiore or the Piazza Grande, the subject of a famous song by Lucio Dalla, a bolognese songwriter who used to live a few meters away.

Day 2 – Walk from Bologna to Sasso Marconi

Sasso Marconi on BB basis

From Piazza Maggiore, the heart of the city, you will walk to the **Portico di San Luca**, built in 1674: this is the longest covered street in the world, 4 km dominated by 666 arches as far as the basilica of San Luca, from where you will be able to enjoy the splendid view. The journey continues towards **Parco Tolon**, where the Casalecchio lock-gate has been managing the flow of waters of the Reno to the city of Bologna for 800 years. From the top of a hill you will see the village of **Sasso Marconi**, named in honour of the Nobel Prize winning scientist Guglielmo Marconi who was born here.



Day 3 – Walk from Sasso Marconi to Monzuno

Monzuno on BB basis

A short private transfer will take you to Badolo. From **Badolo** you start walking uphill towards Monte Adone. The most important element of this leg of the journey is the **Contrafforte Pliocenico**, the rocky bastion which rose from the shallow sea during the Pliocene age (2-4 million years ago). Along some sections of the route you will walk on sand, climbing to the edge of the abyss along the spectacular path that climbs up to the top of **Mount Adone**, with its characteristic stone towers. From here you will continue towards **Monzuno**, where we recommend you visit **Zivieri's charcuterie shop**, the temple of local food and wine thanks to its meat protected by Slow Food.



Day 6 – Walk from San Piero a Sieve to Olmo

Olmo on BB basis

After leaving San Piero you will continue towards the Castello del Trebbio, one of the residences of the Medici family, now a private property. It does however offer exceptional views: from here you will dominate the Mugello valley and Lake Bilancino. The route continues through large olive groves as far as Tagliaferro, and then climbs up to the Badia di Bonsollazzo, an enormous completely abandoned building. After a while you will arrive at the Monastero di Monte Senario, founded by 7 saints belonging to the order of the Servants of Mary: their skulls are kept inside the church.



Day 4 – Walk from Monzuno to Bruscoli

Bruscoli on BB basis

In this section of the route you will come across the first **Roman paving stones** of the "Flaminia Militare", the ancient Roman road that used to link Bologna to Arezzo. At **Pian di Balestra** you will cross the border with Tuscany. Along your route you will come to the **Bruscoli** where you will spend the night in a charming Agriturismo **on the hill**.



Day 7 – Walk from Olmo to Fiesole/Florence

Florence on BB basis

You have now nearly reached **Florence**: the end of your journey is getting closer, and there is much excitement. You will go through **Vetta le Croci**, a place where 200,000 barbarians (killed during the battle of Montereggi, 405 A.D.) are said to be buried. Then you will tackle the last climb up to Il Pratone, before descending towards **Fiesole**, an Etruscan town built on a terrace overlooking the city of Florence. Here you will be able to admire the large archaeological area of the town, staring in amazement at the frescoed presbytery of the **San Romolo Cathedral**. Finally you will arrive in Florence, where you will be able to celebrate with a fine **Florentine steak**. Florence offers numerous attractions but we suggest you start from piazza del Duomo: do not miss the **Porta del Paradiso** of the Battistero di San Giovanni, which tells the stories of the Old Testament on golden tiles of staggering beauty.

Day 8 – Depart from Florence

Last day included. Tour ends after breakfast.



Day 5 – Walk from Bruscoli to San Piero a Sieve

San Piero a Sieve on BB basis

Along the route you will come to **Passo della Futa** which, during the Second World War was held by the Germans: we recommend a visit to the **military cemetery**, a moving monument to the absurdity of all wars. The highest peak of the leg is Monte Gazzaro with its white cross from which you will be able to admire to splendid view of the Firenzuola valley and Mugello. A wide down-hill path will bring you to Sant'Agata, a typical Tuscan village. We recommend you stop to visit the unusual "Museo del Leprino", before continuing along your way: as you proceed you will notice the scenery changing again around you, taking on typically Tuscan traits. Optional stop in Sant'Agata and take the bus to shorten the walk. At San Piero to Sieve you can dine on the robust local cuisine of Mugello, or enjoy the typical Ramerino bread.

PRACTICAL INFORMATION

N. Participants:	Minimum 1
Trip Grade:	The route is quite challenging due to elevate differences in height.
Activity characteristics:	The whole itinerary is mostly on paths and gravel roads (strade bianche), even if you will find some sections on asphalted road. Some walks are quite long but can be shortened if requested in advance. The whole itinerary is well marked by the Official signs of the Via Degli Dei (white-red markings).
Best arrival & departure airport:	Bologna and Florence, Pisa airports
Best arrival & departure stations:	Arrival Bologna, Departure Florence
Trip availability:	Any day from 01/04 to 31/10

Getting there and away

By Plane

The closest International Airports to get to Bologna are: Florence "A. Vespucci" Airports www.aeroporto.firenze.it/en/ and Bologna "Marconi" (visit the website <http://www.bologna-airport.it/en/travellers.aspx?idC=61676&LN=en-US>).

From both airports you can take a train to Bologna.

By Train from the airport to Bologna

Check the updated timetables on the website www.trenitalia.com.

From **Florence Airport**, take a taxi or the public "Vola in bus" to Florence Santa Maria Novella Train Station (see <http://www.aeroporto.firenze.it/it/i-passeggeri/trasporti/bus.html>). There are several daily direct trains from Florence to Bologna. Ride can take from 30 to 1 hour 40 minutes depending on the train you take. Price is varies from about Euro 9,35 to 30 Euros per person one way, depending on the train you take.

From **Bologna Airport**, take the BLQ shuttle service to Bologna centre <http://aerobus.bo.it/en>

Departure: By Train from Florence to the airport

Check the updated timetables on the website www.trenitalia.com.

To Pisa Airport: There are direct trains running from Florence to Pisa.

The ride can take from 50 minutes up to 1hrs. 30 minutes and price is about Euro 8,40 (or more) per person one way, it all depends on the train you take. From Pisa Centrale you can take a bus, train or taxi to reach Pisa Airport.

To Florence Airport

From Florence Santa Maria Novella you can take a bus or taxi to reach Florence Airport

Accommodation and meals

We use selected 3* and 4* hotels and agriturismo. Some of the accommodations chosen have an internal restaurant.

All rooms in the accommodations have en-suite facilities. Throughout the trip, there are plenty of opportunities to taste both the great local food and a wide array of prestigious wines of the region.

Alternative accommodation

During high season, you might sleep in different accommodation to the ones indicated in the description. This means that start or end of the routes can be slightly altered. Therefore, you should check to see if your accommodation is the same as that mentioned in this programme. If not, you must be alert at the

start and end of the routes. In choosing alternative accommodation, we have tried to maintain the same standards and quality. We have also tried to stay in the same towns and villages, in order to change routes as little as possible.

Luggage transfer

Luggage transfer is always included in this trip.

Please clearly mark all your belongings with your name and put a small note with the name of the next accommodation in order to indicate where the bags should go next (check your accommodation list). Also ask the accommodation owner where the bags should be left in the morning. Labelling your belongings prevents mix ups, delays and loss.

Bags should be ready and at the reception or store room by 09:00 hrs.

If you are unable to walk, you can always ask, if the luggage transporter can take you with him when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally. In some countries there are special insurances for transporting peoples and sometimes the car is not suited for transporting persons.

When you travel with public transport you always take your luggage with you unless specified differently.





Via Francigena Tuscany

walking from Lucca to Siena

8 days Self-guided individual walking tour



NATURE, CULTURE, HISTORY AND SPIRITUALITY COMING TOGETHER

At the beginning of the second millennium, a huge number of pilgrims began crossing through Europe in search of the lost "Celestial Land", the "Patria Celeste".

The pilgrims travelled to three major destinations: Rome, the city of the martyrdom of Saints Peter and Paul (the founders of the Christian Church).

The Holy Land, site of Calvary, where the pilgrims sought out the places of Christ's Passion; Santiago de Compostela, the furthest point of Western Europe which the Holy Apostle James chose as his final resting place.

The way to Rome, Via Francigena (or Via Romea) which led to the Eternal City from the Western Alps and the Rhineland, was used for 7 centuries by sovereigns, emperors, plebeians and clergymen and was probably the most important road of the times. The Via Francigena led all the way from Canterbury to Rome and was one of the pathways of European history. It was a main thoroughfare

along which hundreds of thousands of pilgrims passed on their way to Rome. In those days, the journey was not just an adventure or a risk but an act of devotion in itself, and the pilgrims would stop off along the way at places deemed holy by the Church.

Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4

Nowadays, we are able to reconstruct the itinerary thanks to a document left behind by Archbishop Sigeric of Canterbury, who, upon his return from Rome to his dioceses in 994, wrote down the names of the places that had formed the stages of his journey home.

It is only natural that one thousand years later, on the eve of a new millennium, there should be a reawakening of interest in the old route and a desire to rediscover a road that once represented unity and communication between the different cultures and ideas of European nations which are once again opening their borders.

The Via Francigena bears witness to how even then there was a desire for unity in Europe.

The route cut through the Alps in the Valley of Aosta and proceeded southwards through Piedmont, Lombardy, the flatlands of the River Po (Padania), before going through the Apennines near Berceto to pass into Tuscany and Latium, and ends in Rome.

This “way to Rome” is an essential and formative phenomenon in the history of Europe. Fragments and reminders of its existence are still to be found scattered throughout our area.

THE NORTHERN TUSCANY SECTION OF THE VIA FRANCIGENA

A walk in the heart of Via Francigena, along an itinerary that combines better-known villages, such as Siena and San Gimignano, with beautiful hamlets such as San Miniato, allowing you to discover the very best of the Tuscan Via Francigena in a single travel.

Your travel will start in San Miniato, one of the hidden pearls of Via Francigena, and continue along an itinerary of extraordinary beauty: from the thousand-year-old Pieve di Chianni, where the same Sigerico slept, to the crenellated towers of the Monteriggioni Castle, to finally reach Siena and its contrade.



You will continue on the legendary dirt roads of Siena, among wonderful views and fortified hamlets where time seems to have stopped, and reach Buonconvento, enjoying your travel until the very end.

The attractions of this travel are not limited to the landscape: you'll be able to savor the tasty Tuscan kitchen in every possible declination, from the precious white truffle of San Miniato to the tasty pici of Siena, not to mention the yellow gold of San Gimignano: the saffron.

Trip highlights

- Spectacular landscapes, fascinating Tuscany countryside full of vineyards and the picturesque rolling hills of the Crete Senesi
- Amazing round walls of the historical fortified military village of Monteriggioni
- The charming UNESCO towns of San Gimignano and Siena
- Small comfortable, family run accommodations with delicious Tuscan culinary specialities

8 Days Programme

Day	Itinerary	 Overnight	 km	Climb m ↑	Descent m ↓	Hrs
1	Arrival in Lucca	Lucca	–	–	–	–
2	Train from Lucca to Altopascio and walk to San Miniato Alto	San Miniato Alto	29	250	115	7
3	Walk from San Miniato Alto to Gambassi	Gambassi	24	400	200	7
4	Walk from Gambassi to San Gimignano	San Gimignano	13.5	350	350	6
5	Walk from San Gimignano to Colle Val d'Elsa	Colle Val d'Elsa	12	150	300	6
6	Walk from Colle Val d'Elsa to Monteriggioni	Monteriggioni	16	220	100	4
7	Walk from Monteriggioni to Siena	Siena	20	300	250	6
8	Arrivederci Siena	–	–	–	–	–



Day 1 – Lucca

Lucca on BB basis

Arrive in Lucca and check-in at the hotel. If you arrive early, enjoy a visit to the town, explore its splendid gardens, majestic bell tower and impressive Piazza Anfiteatro, a 2nd century Roman amphitheatre. Don't miss a walk along the tree-lined walls of its perimeter. Dinner is on your own in one of the many restaurants in town.



Day 4 – Walk from Gambassi to San Gimignano

San Gimignano on BB basis

Today you enjoy the wonderful surroundings of the Via Francigena. Before walking up to the peculiar villages of Collemuccoli and Pieve di Cellole, stop for a visit at the Sanctuary in Pancole. If you arrive early, take some time to visit the famous town of San Gimignano and enjoy its charming medieval atmosphere. Dinner is on your own in one of the many restaurants in town.



Day 2 – Train from Lucca to Altopascio and walk to San Miniato

San Miniato Alto on BB basis

Leaving Altopascio you will walk along a splendid section of the original paved **Via Francigena**, surrounded by woods. Allow yourself to be charmed by the wild land of the **Cerbaie**, and enjoy a panoramic view of the old village of **Fucecchio** from the top of the old park with its ancient medieval tower. After crossing over the **river Arno**, you will walk along its banks towards **San Miniato**. The Seminary which gives the name to the main square will amaze you with its particular facade: enjoy it lit up, perhaps after eating a risotto dusted with the typical **white truffle**, the pride of the local area.



Day 5 – Walk from San Gimignano to Colle Val d'Elsa

Colle val d'Elsa on BB basis

Today you walk a gorgeous path of the Via Francigena. Going up and down the Tuscan hills, crossing vineyards, olive groves, fields and woods, you finally reach your accommodation in Gracciano. Along the way, you can make a detour to discover the fascinating Abbey of Santa Maria a Coneo of the XI century.



Day 3 – Walk from San Miniato Alto to Gambassi

Gambassi Terme on HB basis

From San Miniato, a paved road brings you to a spectacular route crossing the typical countryside of the Val d'Elsa. Following the Sigeric's diary you meet two "Submansiones": Pieve di Coiano (XXI, Sce Peter Currant) and Pieve a Chianni (XX, Sce Maria Glan), then you arrive at your accommodation. Dinner is included at the accommodation tonight.



Day 6 – Walk from Colle Val d'Elsa to Monteriggioni

Monteriggioni on HB basis

From Gracciano, cross Pieve a Elsa and meet the ancient Etruscan Thermae (hot pool) of Caldane. After reaching Strove and its beautiful Romanesque Church, continue walking along the particular complex of Abbazia a Isola till you reach the medieval town of Monteriggioni, surrounded by its peculiar crown of towers.

Day 7 – Walk from Monteriggioni to Siena

Siena on BB basis

Leaving Monteriggioni, you walk on dirt roads along the Montagnola Senese, the main hilly area in the district. You pass the ancient medieval suburb of Cerbaia that appears currently abandoned. Across the wood you reach the Castle of "Chiocciola" and go up to Poggio di Riciano. Descend the old river of the Pian del Lago (or skip Poggio di Riciano to arrive directly from Chiocciola to Pian del Lago). At the end of the Renai forest, enter the beautiful town of Siena for its ancient pilgrim's access of Porta Camollia. Dinner is on your own in one of the many restaurants in town.

Day 8 – Departure from Siena !

Our services ends after breakfast unless you have other services booked with us.

PRACTICAL INFORMATION

N. Participants	Minimum 1
Trip Grade	The route is quite easy due to low differences in height.
Activity characteristics:	The whole itinerary is mostly on paths and gravel roads (strade bianche), even if you will find some sections on asphalted road. Some walks are quite long but can be shortened if requested in advance. The whole itinerary is well marked by the Official signs of the Via Francigena (white-red markings and yellow sign with the Pilgrim symbol on it).
Best arrival & departure airport:	Pisa and Florence airports
Best arrival & departure stations:	Arrival Lucca, Departure Siena
Trip availability:	Any day from 01/04 to 31/10

Getting there and away

By Plane

The closest International Airports to get in Lucca are: Florence "A. Vespucci" Airports www.aeroporto.firenze.it/en/ and Pisa "Galileo Galilei" (visit the website www.pisaairport.com/index.php?lang=_en).

From both airports you can take a train to Lucca.

By Train from the airport to Lucca

Check the updated timetables on the website www.trenitalia.com.

From Pisa Airport, you can take a bus, a taxi or a train to Pisa Centrale Train Station, then take the train to Lucca. There are many daily direct trains from Pisa to Lucca, but sometimes you have to change.

From Florence Airport, take a taxi or the public "Vola in bus" to Florence Santa Maria Novella Train Station (see <http://www.aeroporto.firenze.it/it/i-passeggeri/trasporti/bus.html>). There are several daily direct trains from Florence to Lucca. Ride can take from 40 to 55 minutes depending on the train you take.

ARRIVAL: By Train from Siena to the airport

Check the updated timetables on the website www.trenitalia.com.

To Pisa Airport: There are no direct trains running from Siena to Pisa, therefore you will need to change train once or even twice (usually in Empoli).

The ride can take from 2hrs. 20 minutes up to 3hrs. 15 minutes and price varies from Euro 12 to Euro 30 (or more) per person one way, it all depends on the train you take. From Pisa Centrale you can take a bus, train or taxi to reach Pisa Airport.

To Florence Airport There are direct trains running from Siena to Florence, sometimes you will need to change train once (usually in Empoli).

The ride can take from 2hrs. 10 minutes up to 2hrs. 40 minutes and price is approximately Euro 12 per person one way, it all depends on the train you take. From Florence Santa Maria Novella you can take a bus or taxi to reach Florence Airport

Accommodation and meals

We use selected 3* and 4* hotels and agriturismo. Some of the accommodations chosen have a swimming pool and internal restaurant.

All rooms in the accommodations have en-suite facilities. Throughout the trip, there are plenty of opportunities to taste both the great local food and a wide array of prestigious wines of the region.

Alternative accommodation

During high season, you might sleep in different accommodation to the ones indicated in the description. This means that start or end of the routes can be slightly altered. Therefore, you should check to see if your accommodation is the same as that mentioned in this programme. If not, you must be alert at the start and end of the routes. In choosing alternative accommodation, we have tried to maintain the same standards and quality. We have also tried to stay in the same towns and villages, in order to change routes as little as possible.

Luggage transfer

Luggage transfer is always included in this trip.

Please clearly mark all your belongings with your name and put a small note with the name of the next accommodation in order to indicate where the bags should go next (check your accommodation list). Also ask the accommodation owner where the bags should be left in the morning. Labelling your belongings prevents mix ups, delays and loss.

Bags should be ready and at the reception or store room by 9:00 hrs.

IMPORTANT: luggage is guaranteed to be delivered to the next accommodation within 16.00

If you are unable to walk, you can always ask, if the luggage transporter can take you with him when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally. In some countries there are special insurances for transporting peoples and sometimes the car is not suited for transporting persons.

When you travel with public transport you always take your luggage with you unless specified differently.



Hill top towns of Tuscany

Val d'Orcia Montepulciano to Siena

8 days Self-guided individual walking tour

NATURE, CULTURE AND HISTORY COMING TOGETHER



Walking on the Val d'Orcia

The Tuscan landscape of the Val d'Orcia will warm your heart like a classic photograph as you penetrate its natural beauty. You are in for a thrilling ride along steep valleys, dense forests, rivers and the legendary “badlands” eroded clay slopes. Walk by picturesque farmhouses nestled amidst olive groves, vineyards and fig trees on your way to the hot spring hamlet of Bagno Vignoni and the heavenly Renaissance city of Pienza. You shall visit captivating palaces, Romanesque churches, thermal baths, and prestigious wineries serving the divine local red “Brunello”. Soaring up high on invigorating hilltop towns, you’ll revel in delight.

Trip highlights

- Visit the natural, artistic and cultural treasures of the Val d'Orcia, on the UNESCO heritage list
- Wonderful landscapes, wide open fields, cypress lined hills and vineyards
- Incredibly well preserved medieval and renaissance villages and hilltop towns
- Peaceful country roads, friendly Tuscans and delicious regional culinary specialties

Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4

8 Days Programme

Day	Itinerary	Overnight	km	Climb m ↑	Descent m ↓	Hrs
1	Arrival in Montepulciano	Montepulciano	–	–	–	–
2	Walk Montepulciano to Pienza	Pienza	13/15	384	504	4
3	Walk Pienza to Bagno Vignoni	Bagno Vignoni	12	197	418	4
4	Walk Bagno Vignoni to Sant'Antimo transfer to Montalcino	Montalcino	14	227	187	5
5	Walk Montalcino to Pieve a Salti or Buonconvento	Buonconvento	15/18	316	619	5
6	Transfer to Monte Oliveto Maggiore Monastery and walk to Pieve a Salti	Buonconvento	14	382	460	5
7	Transfer to Monteroni d'Arbia and walk to Arbia; then take a train to Siena	Siena	10	227	187	4
8	Departure from Siena	–	–	–	–	–



Day 1 – Arrive in Montepulciano *Montepulciano on BB basis*

Your Tuscan walking begin in the medieval and Renaissance hill town of Montepulciano.

Montepulciano is easily accessible via Rome, Florence or Pisa; catch the train to Chiusi then take a local bus or a short taxi ride to Montepulciano. Admire the impressive views over the rolling Tuscan landscape that you'll be exploring over the next week.

Day 2 – Walk from Montepulciano to Pienza

Pienza on BB basis

Starting from the San Biagio church you follow a quiet track to the peaceful village of Montichiello where you can pause for a relaxed lunch or perhaps just a quick cappuccino before continuing to Pienza.

Pienza is a UNESCO World Heritage site with unique Renaissance architecture. The town is well known for its delicious pecorino cheese and truffles; this is a great spot to indulge in Tuscan treats!

Day 3 – Pienza to Bagno Vignoni *Bagno Vignoni on BB basis*

Today you wander through a beautiful region of rolling hills, oak woods, cypress trees and pretty villages. The thermal baths complex at Bagno Vignoni is the perfect location to spend the afternoon soaking up the Tuscan warmth.



Day 4 – Walk from Bagno Vignoni to Sant'Antimo and transfer to Montalcino

Montalcino on BB basis

A more challenging but rewarding day's walking awaits as you follow dry riverbeds through a fairly wild environment to Sant'Antimo, an isolated abbey situated in a Pastoral landscape.

After exploring the abbey you will be transferred to Montalcino.

Day 5 – Walk from Montalcino to Buonconvento

Buonconvento (Pieve a Salti) on HB basis

A hearty breakfast will set you up for a long but enjoy day of walking in the famous Brunello wine region, passing vineyards and olive groves, then again entering the beautiful Tuscan landscape of the Crete Sensi and Buonconvento.

Day 6 – Loop walk to Monte Oliveto Maggiore Monastery *Buonconvento (Pieve a Salti) on HB basis*

A short day which is full of ups and downs, beginning with a transfer to the monastery at Monte Oliveto Maggiore, an impressive abbey built of red brick and set in the rugged Tuscan landscape.

After an early visit to avoid the crowd, walk back to Buonconvento.



Day 7 – Transfer to Monteroni d’Arbia and walk to Arbia; then train to to Siena

Siena on BB basis

Today you will start with a short transfer to Monteroni d’Arbia from where you start the walk towards Siena.

Hike through a landscape of rolling hills and small hamlets as the unmistakable sight of Siena appears in the distance.

Once you reach Arbia train station take the train into Siena.

Enjoy the magnificent beauty of Siena, famous for its biannual “Palio” horse race, held in the most beautiful shell-shaped square in Europe: the Piazza del Campo. Don’t miss a visit to the Duomo, an architectural treasure, and numerous imposing medieval palaces.

Day 8 – Depart from Siena

Last day included. Tour ends after breakfast.



PRACTICAL INFORMATION

N. Participants:

Minimum 1

Trip Grade:

The route is quite easy, with ups and downs typical of the Tuscany’s rolling hills.

Activity characteristics:

The whole itinerary is mostly on paths and gravel roads (strade bianche), even if you will find some sections on asphalted road. Some walks can be shortened if requested in advance.

Best arrival & departure airport:

Rome, Florence, Pisa airports

Best arrival & departure stations:

Arrival Chiusi - Chianciano Terme, Florence, Departure Siena

Trip availability:

Any day from 01/04 to 31/10

Getting there and away

By Plane

The closest International Airports to get to Montepulciano are: Florence "A. Vespucci" Airports www.aeroporto.firenze.it/en/ Pisa <http://www.pisa-airport.com/en/> and Rome <https://www.adr.it/fiumicino>

From the airports you can take a train and then busses to reach Montepulciano.

By Train from the airports to Montepulciano

From Rome

From the two major Rome airports take the bus or train to Rome Termini train station. From Roma Termini train station take the direct train to Chiusi-Chianciano Terme (train ride takes approx. 1 hour and 40 minutes, ticket costs 9,95 Euros) From Chiusi-Chianciano Terme take the bus to Montepulciano (line FT4 bus ride takes 25 minutes) <http://www.sienamobilita.it/>

From Florence

From Florence airport take the bus Florence Santa Maria Novella train station. From Florence train station take the direct train to Chiusi-Chianciano Terme (train ride takes approx. 2 hours and 15 minutes, ticket costs 13,50 Euros) From Chiusi-Chianciano Terme take the bus to Montepulciano (line FT4 bus ride takes 25 minutes) <http://www.sienamobilita.it/>

Departure: By Train from Siena to the airports

Check the updated timetables on the website www.trenitalia.com.

To **Pisa Airport**: From Siena take the train to Pisa Centrale

Train journey to Pisa takes approx. 1 hour and 45 minutes, ticket costs 10,70 Euros

From Pisa Centrale you can take a bus, train or taxi to reach Pisa Airport.



To **Florence Airport** From Siena take the train to Florence Santa Maria Novella

Train journey to Florence takes approx. 1 hour and 30 minutes, ticket costs 9,10 Euros

From Florence Santa Maria Novella you can take a bus or taxi to reach Florence Airport

Accommodation and meals

We use selected 3* and 4* hotels and agriturismo. Some of the accommodations chosen have a swimming pool and internal restaurant.

All rooms in the accommodations have en-suite facilities. Throughout the trip, there are plenty of opportunities to taste both the great local food and a wide array of prestigious wines of the region.

Alternative accommodation

During high season, you might sleep in different accommodation to the ones indicated in the description. This means that start or end of the routes can be slightly altered. Therefore, you should check to see if your accommodation is the same as that mentioned in this programme. If not, you must be alert at the start and end of the routes. In choosing alternative accommodation, we have tried to maintain the same standards and quality. We have also tried to stay in the same towns and villages, in order to change routes as little as possible.

Luggage transfer

Luggage transfer is always included in this trip.

Please clearly mark all your belongings with your name and put a small note with the name of the next accommodation in order to indicate where the bags should go next (check your accommodation list). Also ask the accommodation owner where the bags should be left in the morning. Labelling your belongings prevents mix ups, delays and loss.

Bags should be ready and at the reception or store room by 09:00 hrs.

IMPORTANT: luggage transfer from Montalcino to Buonconvento is guaranteed to be delivered within 18.00

If you are unable to walk, you can always ask, if the luggage transporter can take you with him when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally. In some countries there are special insurances for transporting peoples and sometimes the car is not suited for transporting persons.

When you travel with public transport you always take your luggage with you unless specified differently.



Tuscany

Discovering the Chianti

Self-guided individual walking tour



A LAND OF CULTURE WINE AND OLIVE OIL

Discover the genius behind the “Chianti Classico and Gallo Nero” wines by walking through the celebrating vineyards where they are produced. Nestled amidst the flourishing art cities of Florence and Siena, the Chianti region offers natural beauty and incomparable culinary treasures such as the world famous Chianti wines and delectable homemade olive oil. Walk along cypress lined country roads and strade bianche, gravel roads, traversing forests of oak, beech and chestnut. As the Tuscan sun shines above and the golden Chianti countryside reflects your delight, you will feel as if you have stepped into a Renaissance painting.

Trip highlights

- Florence, cradle of the Renaissance and Medieval Siena with the imposing Piazza del Campo
- Fiesole and the Ancient Roman amphitheatre
- The wine hills of Greve in Chianti and Radda in Chianti
- Great wineries to visit and wines to taste
- Wonderful landscapes, medieval villages and hamlets
- Friendly people, great salami, Florentine steak, Cantucci with vinsanto and of course ... wine!

Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4

8 Days Programme

Day	Itinerary	Overnight	km	Climb m ↑	Descent m ↓	Hrs
1	Florence and Florence city walks	Florence	–	–	–	–
2	Walk from Settignano to Fiesole	Florence	8/16	347/567	224/566	3/6
3	Selection of walks to choose from:		–	–	–	–
	Walk A: Greve in Chianti loop via Uzzano	Greve in Chianti	11,4	425	447	2,5
	Walk B: Greve loop via Montefioralle		10	358	355	3,5
4	Panzano loop	Greve in Chianti	11,7	385	385	4
5	Transfer to Monte San Michele & walk Badiaccia a Montemuro to Radda in Chianti	Radda in Chianti	14	506	668	5
			12			3
6	Radda in Chianti loop via Vertine	Radda in Chianti	15,8	586	586	5
7	Siena	Siena	–	–	–	–
8	Departure from Siena	–	–	–	–	–



Day 1 – Arrive in Florence

Florence on BB basis

Arrive in Florence and take a moment to breathe in the air of the Renaissance. We suggested arriving early to go for a city walk around the magnificent squares and by the illustrious Arno River. This walk starts and ends in the Piazza della Signoria and takes about 3,5 hours.



Day 2 – Walk from Settignano to Fiesole

Florence on BB basis

Travel uphill on a twenty-five minute local city bus ride to the village of Settignano where the walk begins. On the walk, you have magnificent views of cypress trees, olive groves, Renaissance villas and the whole city of Florence at your feet. Stroll through the charming town of Fiesole and tour its Etruscan ruins, Roman amphitheater and Franciscan monastery.

Day 3 – Selection of walks

Greve in Chianti on BB basis

After breakfast, take the local bus (with your luggage) or book a private transfer to Greve in Chianti, a rustic market village and the capital of the Chianti wine producing region. Check in to the hotel and head over to Le Cantine di Greve where you can taste over 50 different Chianti wines. Take advantage of the daylight to walk around this gorgeous scenery by choosing between two routes.

Walk A: Greve in Chianti loop via Uzzano

In the afternoon, make a round walk north of the attractive main square of Greve in Chianti, through a picture perfect landscape.

From the main square a round walk starts and takes you through the Chianti Classico area passing by the Villa Calcinai and numerous vineyards with "aziende agricole" (farms) where the prestigious Chianti wine is produced.

Walk B: Greve loop via Montefioralle

Explore the wonderful surroundings through the forest, among dense wild vegetation, villas, vineyards and olive groves. You will be passing by abandoned old farms, ruins and beautiful villas before reaching the panoramic hamlet of Montefioralle.



Day 4 – Panzano loop

Greve in Chianti on BB basis

The walk is made up of a loop out of Panzano. You walk through the hills surrounding the village, in the classic Chianti landscape that alternates forests with vineyards, offering you the possibility to discover ancient Roman farmsteads.



Day 5 – Private transfer to Monte San Michele and walk from Badiaccia a Montemuro to Radda in Chianti

Radda in Chianti on BB basis

After breakfast, a short car transfer takes you to the highest of the Chianti hills, Monte San Michele. From Badiaccia you descend through a forested valley of century old chestnut trees and continue towards the stunning medieval hamlet of Volpaia, situated amongst vineyards and castles. Stop in for a glass of red at a fine Enoteca, wine shop, and then continue on to Radda in Chianti.



Day 6 – Radda in Chianti round walk *Radda in Chianti on BB basis*

A scenic walk around the old centre of Radda in Chianti. Stop for lunch in the lovely hamlet of Vertine and in the afternoon treat yourself to a glass of Chianti wine at Colle Bereto, a celebrated local vineyard that you encounter along the way back to Radda.

Day 7 – Siena *Siena on BB basis*

After breakfast, take the local bus (with your luggage) or with a prearranged private transfer, to the marvelous city of Siena, famous for its biannual "Palio" horse race, held in the most beautiful shell-shaped square in Europe: the Piazza del Campo. Don't miss a visit to the Duomo, an architectural treasure, and numerous imposing medieval palaces. History comes alive as you meander through the narrow streets of this fantastically preserved jewel of Italy.

Day 8 – Arrivederci Tuscany!

Our services end after breakfast, however we highly recommend you to book extra nights in Siena to continue exploring the old centre, exquisite museums, lush galleries and marvelous churches. A visit to the top of the bell tower is also quite a sight.

5 Days Programme

The 5 days programme includes day: 1, 3, 5, 7 and 8 of the 8 days programme

Day	Itinerary	Overnight	km	Climb m ↑	Descent m ↓	Hrs
1	Florence and Florence city walks	Florence	–	–	–	–
	Selection of walks to choose from:		–	–	–	–
2	Walk A: Greve in Chianti loop via Uzzano	Greve in Chianti	11,4	425	447	2,5
	Walk B: Greve loop via Montefioralle		10	358	355	3,5
3	Transfer to Monte San Michele & walk Badiaccia a Montemuro to Radda in Chianti	Radda in Chianti	14 12	506	668	5 3
4	Public bus to Siena	Siena	–	–	–	–
5	Departure from Siena	–	–	–	–	–

Day	Itinerary	Overnight	km	Climb m ↑	Descent m ↓	Hrs
1	Arrive in Florence	Florence	–	–	–	–
	Transfer to Greve and selection of walks:		–	–	–	–
2	Walk A: Greve in Chianti loop via Uzzano	Greve in Chianti	11,4	425	447	2,5
	Walk B: Greve loop via Montefioralle		10	358	355	3,5
3	Transfer to Monte San Michele & walk Badiaccia a Montemuro to Radda in Chianti	Siena	14 12	506	668	5 3
	Afternoon transfer from Radda to Siena					
5	Departure from Siena	–	–	–	–	–

PRACTICAL INFORMATION

N. Participants:	Minimum 1 person
Trip Grade:	The walks are generally easy with one longer day from Greve to Radda
Activity characteristics:	The walks are along small gravel roads (<i>strade bianche</i>), footpaths and mule tracks on hilly terrain. You will cross several small hamlets and some larger villages
Best arrival & departure airport:	Florence, Pisa or Bologna Airports
Best arrival & departure stations:	Florence and Siena
Trip availability:	Any day from 01/04 to 31/10

Getting there and away

Florence, Pisa and Bologna airports are flown to by both major and low cost international carriers. All three airports can be easily reached by local transport, which is affordable and offers a frequent service. From Florence airport take the direct local bus to downtown. From Pisa airport, you can take either a direct train or bus to Florence. From Bologna airport take the bus to Bologna central station, then the train to Florence.

To return from Siena to Florence, the SITA-TRAIN bus station is very close to the hotel and a bus leaves every 30 minutes.

If you come with your own car, please note that the hotels we use in Florence and Siena do not have a private parking lot of their own, there are several guarded parking areas which cost approximately €20 per day.

Accommodation and Meals

Selected 2*, 3* and 4* hotels are used in this trip. Some of these hotels have swimming pool and restaurant. In all the accommodation the rooms have private bathrooms and a good Italian breakfast is included each morning.

The trip is on bed and breakfast basis because throughout the trip there are plenty of opportunities to taste both the outstanding local cuisine and a wide array of prestigious regional wines.

Alternative accommodation

During high season it is possible that you might sleep in different accommodation to the ones that are indicated in the description. In some cases it is possible that your list of accommodation differs somewhat. This means that start or end of the routes are slightly altered. Therefore you should check to see if your accommodation is the same as that mentioned in this programme. If not, you must be alert at the start and end of the routes.

In choosing alternative accommodation we have tried to maintain the same standards and quality. We have also tried to stay in the same towns and villages, in order to change routes as little as possible.

Activity characteristics

Tuscany has a typically agricultural landscape. Because the walks often pass near to, or through, towns and villages, the occasional stretch of asphalt road is unavoidable. We have done our best to keep these to a minimum, however. You will mostly be walking along so-called *strade bianche* (sing. *strada bianca*), i.e. 'white roads'. These roads, which are paved with compacted gravel, are peculiar to Tuscany. You will occasionally meet a car on them. Certain *strade bianche* will be asphalted in the near future: if you come across a newly asphalted stretch, please inform us so that we can change the route or its description at that point. Apart from the *strade bianche*, you will also walk over smaller paths. These take you through loamy crop fields. If the weather is rainy, the paths are often muddy and the loamy clay will stick to your shoes. This minor handicap can make the walks considerably heavier going.

Luggage transfer

In all trip versions Luggage transfer is included from Greve in Chianti to Radda in Chianti.

You travel with your luggage from Greve to Badiaccia on Monte San Michele (start of the walk on day 5). The supplier will continue to Radda in Chianti with the luggage.

If you have booked the **ALL TRANSFERS** version of the trip, luggage transfer is included from Florence to Greve in Chianti and from Radda to Siena. In this case you travel with the luggage.

In all cases, transfers are at 9:30 hrs. from the hotel.

Please clearly mark all your belongings with your name and put a small note with the name of the next accommodation in order to indicate where the bags should go to next (check your accommodation list). Also ask the accommodation owner where the bags should be left in the morning. Labelling your belongings prevents mix ups, delays and loss.

Bags should be ready and at the reception or store room by 9:00 hrs.

If you are unable to walk, you can always ask, if the luggage transporter can take you with him when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally. In some countries there are special insurances for transporting peoples and sometimes the car is not suited for transporting persons.

When you travel with public transport you always take your luggage with you.



Via Francigena Latium

Southern Section

The last 100km from Viterbo to Rome

7 days Self-guided individual walking tour



NATURE, CULTURE, HISTORY AND SPIRITUALITY COMING TOGETHER

At the beginning of the second millennium, a huge number of pilgrims began crossing through Europe in search of the lost "Celestial Land", the "Patria Celeste".

The pilgrims travelled to three major destinations: Rome, the city of the martyrdom of Saints Peter and Paul (the founders of the Christian Church).

The Holy Land, site of Calvary, where the pilgrims sought out the places of Christ's Passion; Santiago de Compostela, the furthest point of western Europe which the Holy Apostle James chose as his final resting place.

The way to Rome, Via Francigena (or Via Romea) which led to the Eternal City from the Western Alps and the Rhineland, was used for 7 centuries by sovereigns, emperors, plebeians and clergymen and was probably the most important road of the times. The Via Francigena led all the way from Canterbury to Rome and was one of the pathways of European history. It was a



main thoroughfare along which hundreds of thousands of pilgrims passed on their way to Rome.

In those days, the journey was not just an adventure or a risk but an act of devotion in itself, and the pilgrims would stop off along the way at places deemed holy by the Church.

Nowadays, we are able to reconstruct the itinerary thanks to a document left behind by Archbishop Sigeric of Canterbury, who, upon his return from Rome to his dioceses in 994, wrote down the names of the places that had formed the stages of his journey home.

It is only natural that one thousand years later, on the eve of a new millennium, there should be a reawakening of interest in the old route and a desire to rediscover a road that once represented unity and communication between the different cultures and ideas of European nations which are once again opening their borders.

The Via Francigena bears witness to how even then there was a desire for unity in Europe.

The route cut through the Alps in the Valley of Aosta and proceeded southwards through Piedmont, Lombardy, the flatlands of the River Po (Padania), before going through the Apennines near Berceto to pass into Tuscany and Latium, and ends in Rome.

This "way to Rome" is an essential and formative phenomenon in the history of Europe. Fragments and reminders

of its existence are still to be found scattered throughout our area.

THE ETRURIAN SECTION OF THE VIA FRANCIGENA



Montefiascone sits atop a volcanic ridge overlooking the Bolsena caldera lake. It is a medieval papal town also known for its great white wine, "Est, Est, Est". You continue through hazelnut forests and gently rolling hills, sometimes walking on sections of ancient Roman road, till you arrive in Viterbo. This ancient town was the favourite residence of the Medieval Popes who built a palace next to the Duomo of San Lorenzo. Viterbo was an important rest stop along the Via Francigena for the Medieval pilgrims and is the last large town before making the final trek to Rome.

After Viterbo the Via Francigena takes you through shady forests passing near the Cistercian Abbey of St Martins in Cimino. Continuing on to Vetralla and little parish Church of Santa Maria in Forcassi, mentioned by Sigeric. You continue on to the town of Sutri famous for its ancient stone theatre carved into the rock. At Campagnano where you leave the ancient Via Cassia way for the Via Trionfale now a large road with heavy traffic entering the heart of the Eternal City – Rome, at last.

Trip highlights

- Fascinating countryside: the Lake of Bolsena and tuff stone gorges
- Ancient Etruscan villages and historical sites: necropolis, the Fortress of the Popes
- Nature Reserves: Regional Park of the age-old city of Sutri and its Roman amphitheatre
- Small, comfortable, family run accommodations with delicious culinary specialties

7 Days Programme

Day	Itinerary	 Overnight	 km	Climb m ↑	Descent m ↓	Hrs
1	Arrive in Viterbo	Viterbo	–	–	–	–
2	Walk from Viterbo to Vetralla	Vetralla	17	288	309	6
3	Walk from Vetralla to Sutri via Capranica	Sutri	25,5	469	475	7
4	Walk from Sutri to Campagnano, or transfer to Monterosi and walk to Campagnano	Campagnano	15 24,5	376	399	5 7
5	Walk from Campagnano to Isola Farnese	Isola Farnese	22	433	604	7
6	Travel with public transport or walk to Rome from Isola Farnese	Rome	22	360	450	6
7	Departure or Extra day in Rome	– Rome	–	–	–	–



Day 1 – Arrive in Viterbo

Viterbo on BB basis

Arrive in Viterbo and take some time to visit the lovely old town with its many medieval palaces and churches as it was, once papal seat. Dinner on your own in one of the restaurants in town.



Day 2 – Walk from Viterbo to Vetralla

Vetralla on HB basis + packet lunch

On the first part of today's itinerary you will be exploring the Etruscan hollow roads then you will immerse in the typical Etruscan countryside. There are no villages along the way to Vetralla. Dinner is included at the accommodation tonight.



Day 3 – Walk from Vetralla to Sutri via Capranica

Sutri on HB basis + packet lunch

Today the route is quite long. From Vetralla you walk along the volcano side, which crater was occupied by the Lake Vico in the past. Continue the itinerary across the Etruscan countryside until you reach the tiny village of Capranica. From here you walk down to a tuff gorge by following the stream. The track is very striking but sometimes it could be difficult because of the water flow.

Finally arrive at your accommodation in Sutri where you can enjoy a nice dinner.



Day 4 - Walk from Sutri to Campagnano di Roma

Campagnano on BB basis

The first section of the route crosses fields till Monterosi till you reach the Monte Gelato waterfalls, a park where you can rest and go swimming. Then you walk along a panoramic excavated street leading to Campagnano doors.

To shorten the day's walk it is possible to pre-arrange a morning transfer to the picturesque village of Monterosi, from where you walk to Campagnano di Roma.



Day 5 – Walk from Campagnano to Isola Farnese

Isola Farnese on BB basis

The day's excursion is along the Roman countryside.

The itinerary is quite flat with dirt roads or country trails, with just some hill in the final part.

You will need to cross a stream and this could be more difficult just in particular conditions of water flow.

Dinner is on your own tonight.



Day 6 – Walk or Travel to Rome with public transports

Rome on BB basis

After breakfast, you set off for the last leg of your modern day 'pilgrimage' along the Via Francigena to Rome - the 'Eternal City'. You can choose to reach Rome by public transportation or walk your way to Rome. Part of the walk to the city is through the Insugherata park, a beautiful natural reserve a few steps away from the bustling city. As you approach the eternal city you can stop for a triumphant photograph at the Monte Mario Belvedere. From here you are able to see a glimpse of the dome of Saint Peter's, before descending towards the city to finally reach Piazza San Pietro, your ending point and that of many pilgrims throughout the centuries.

You will be immediately fascinated by the magnificent history, monuments and archaeological areas of Rome. Discover the city's amazing restaurants and traditional cuisine. If you want to maximise your time in Rome it is possible to skip most of today's walk by taking a local bus and train.

Day 7 – Arrivederci Rome!

The trip and our services end after breakfast unless you have pre-book an extra in night in Rome or other destinations in Italy.

PRACTICAL INFORMATION

N. Participants:	Minimum 1
Trip Grade:	The route is quite easy due to low differences in height even if on unasphalted roads.
Activity characteristics:	Some walks are quite long but can be shortened if requested in advance. The whole itinerary is well marked by the Official signs of the Via Francigena (white red markings and yellow sign with the Pilgrim symbol on it). There are just some points where you need to cross a stream and can be more difficult in case of over flow. You will find more details in the road book
Best arrival & departure airport:	Rome (Fiumicino or Ciampino)
Best arrival & departure stations:	Rome Termini, Viterbo train stations
Trip availability:	Any day from 01/03 to 31/10

Getting there and away

By airplane

The closest International Airports to Viterbo are the followings:

Rome Fiumicino and Rome Ciampino Airports: to check transfers to and from the city centre, check on the side bar of the website for Fiumicino www.adr.it/web/aeroporti-di-roma-en/pax-fco-to-and-from and for Ciampino www.adr.it/web/aeroporti-di-roma-en/pax-cia-to-from).

By train

There are several local or national trains going to Viterbo.

From **Rome Termini** there are many daily direct trains to Viterbo. The ride take 1/ 1.30 hours and the price varies from 5,00 euro depending on the train you take.

For more details and updated prices visit the website www.trenitalia.com or call the numbers +39.89.20.21/ +39.06.30.00.

By car

Take the SR2 Via Cassia from Rome to Viterbo.

Accommodation and meals

Selected 3* hotels are used in the larger towns, while in the villages and countryside we use cozy, friendly agriturismo (farms) and inns. All rooms in the accommodations have en-suite facilities.

Throughout the trip, there are plenty of opportunities to taste both the great local food and a wide array of prestigious wines of the region.

Alternative accommodation

During high season, you might sleep in different accommodation to the ones indicated in the description. This means that start or end of the routes can be slightly altered. Therefore, you should check to see if your accommodation is the same as that mentioned in this programme. If not, you must be alert at the start and end of the routes. In choosing alternative accommodation, we have tried to maintain the same standards and quality. We have also tried to stay in the same towns and villages, in order to change routes as little as possible.

Luggage transfer

Luggage transfer is included in your package and is normally provided by the accommodation itself.

Please clearly mark all your belongings with your name and put a small note with the name of the next accommodation in order to indicate where the bags should go next (check your accommodation list). Also ask the accommodation owner where the bags should be left in the morning. Labelling your belongings prevents mix ups, delays and loss.

Bags should be ready and at the reception or store room by 9:00hrs.

IMPORTANT: luggage is guaranteed to be delivered to the next accommodation within 16.00

If you are unable to walk, you can always ask, if the luggage transporter can take you with him when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally. In some countries there are special insurances for transporting peoples and sometimes the car is not suited for transporting persons.

When you travel with public transport you always take your luggage with you unless specified differently.



Amalfi Coast and Capri Island

8 days self guided walking tour



ITALY'S MOST FAMOUS COASTAL PATH

This flexible trip with options of shorter and longer walks is all about enjoying the Italian way of life, the sun and the sea. Visit the panoramic Amalfi Coast and the magnificent Gulf of Naples with Capri and the volcanic Mt. Vesuvius towering in the horizon. Spend the day walking on the Jet set island of Capri, then walk along scenic coastal paths of the gods, visit bustling fishing villages and go for a dip in the crystal clear waters of the Mediterranean

Trip highlights

- The enchanting Amalfi Coast with its amazing villages of Amalfi and Positano
- The magnificent Gulf of Naples and the volcanic Mt. Vesuvius towering the horizon
- The Capri Island with breath-taking views of the emerald blue Mediterranean Sea
- Fabulous coves for swimming
- Mouthwatering local food and the famous Limoncello liquor produced in Amalfi

Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4

8 Days Programme

Day	Itinerary	Overnight	km	Climb m ↑	Descent m ↓	Hrs
1	Arrive in Sorrento with public transports	Sorrento	–	–	–	–
	Capri day trip via public hovercraft from Sorrento and public transport on the island:					
2	WALK A: circular walk to Tiberio's Roman Villa Jovis	Sorrento	5.3	239	238	1.5
	WALK B: Coastal walk from Anacapri to Punta Carena		6.5	278	559	1.5-2
	WALK C: Punta Carena to Blue Grotto		5.9	276	283	1.5-2
3	OPTION 1: Private transfer to Termini and walk to Marina del Cantone via Punta Campanella	Marina del Cantone	10.3	445	750	3
	OPTION 2: Private transfer to Sant'Agata and walk to Marina del Cantone via Punta Campanella		17.5	507	875	5-6
	OPTION 3: Walk from Sorrento to Marina del Cantone via Punta Campanella		22.3	846	632	7-8
4	Baia di Jeranto loop walk	Marina del Cantone	8.5	549	549	3
5	Private transfer to Sant'Agata WALK Sant'Agata to Colli San Pietro. Afternoon public bus to Amalfi	Amalfi	9,5	329	416	2.5
6	Public bus to Bomerano WALK Bomerano to Positano on Sentiero degli Dei. Return to Amalfi with public bus	Amalfi	12.6	70	711	3.5-4
7	Circular walk options: WALK A: Amalfi–Pontone–Amalfi through the Valle delle Ferriere	Amalfi	6	452	452	2
	WALK B: Pontone–Pogerola–Amalfi above the Valle delle Ferriere. (Starting from Amalfi: +1.5 km and +250m ascent)		12.8 (+1.5)	350 (+250)	650	3.5-4
8	Depart from Amalfi with public transports	–	–	–	–	–



Day 1 – Arrive in Sorrento *Sorrento on BB basis*

Arrive in Sorrento with public transports. As soon as you get settled in your accommodation, step outside and breathe in the incredibly fresh, crisp air of the Mediterranean Sea. In the afternoon you can visit the historic centre, and in the evening, let all your senses be delighted as you prepare for your phenomenal walking adventure ahead.



Day 2 – Capri day trip with selection of walks from: *Sorrento on BB basis*

Take the ferry from the port of Sorrento to Capri Island, the pearl of the Bay of Naples. Here you have a choice of two walks, a short easy walk to visit Emperor Tiber's villa or a longer coastal walk from the hill town of Anacapri down to the west coast, with the option of an additional easy panoramic coastal walk to the Blue Grotto. On the island you can use the public bus or cable car to travel around. In the late afternoon return to Sorrento by ferry.

Walk A – Roman Villa Jovis (Tiberio):

This is an easy walk that goes from the

town of Capri to the Roman Villa Jovis from where Emperor Tiberio is said to have thrown his rivals and unwanted guests off the cliff. Walk along paved and cobbled lanes lined with luxurious gardens, and take in great views of the western side of the island and the Gulf of Naples.

Walk B – From Anacapri to Punta Carena and extension to Blue Grotto (Grotta Azzurra):

A really spectacular walk with really great views of the Faraglioni, Capri, the Gulf of Naples and the imposing cliffs between Monte Solaro and Punta Carena. From Punta Carena you return by bus to Anacapri where you change bus to reach Capri or Marina Grande OR you can continue walking to the Blue Grotto.

Walk C – Extension to Blue Grotto from Punta Carena:

This is one of the most picturesque trails on the island. The path gently contours the coast offering spectacular sea views from the cliffs and 19th century military forts. From the end of the walk take the local bus to Piazza della Pace, Anacapri.



Day 3 – Walk from Termini to Marina del Cantone via Punta Campanelle

Marina del Cantone on BB basis

A private transfer will lead you from Sorrento to Sant'Agata, from where you can walk to the wonderful beach at Marina del Cantone via Punta Campanelle. The day's itinerary offers offering spectacular views on the Capri Island, the Amalfi Coast, the Gulf of Naples and the Vesuvius.



Day 4 – Baia di Jeranto loop walk *Marina del Cantone on BB basis*

The day's walk takes you to the lovely Bay of Jeranto offering great views on the Island of Capri and the Amalfi Coast and ample time to go for a dip in the Mediterranean blue sea



Day 5 – Walk from Sant'Agata to Colli San Pietro and local bus to Amalfi

Amalfi on BB basis

A private transfer will lead you to Sant'Agata sui Due Golfi from where you walk to Colli San Pietro, located slightly inland and high above the coastline. Today's picturesque walk is along old country lanes and footpaths through terraced fields, olive and lemon groves that open out onto the Mediterranean. Here you can clearly smell the wild flowers and Mediterranean scrub. In the afternoon take a local bus to Amalfi where you will be staying for 3 nights.



Day 6 – Sentiero degli Dei

Amalfi on BB basis

This is the most famous of all the walks on the Amalfi coast along the Sentiero degli Dei, the Path of the Gods. Immense coastal panoramas and a high cliff coastline will accompany you from Bomerano, (that you reach with the local bus from Amalfi), all the colourful village of Positano perched on the side of the mountain. From Positano take a local bus back to Amalfi.



Day 7 – Via delle Ferriere short or long loop

Amalfi on BB basis

Today you can choose from 2 walks though the Valle delle Ferriere or mills.

Walk A – Amalfi–Pontone-Amalfi through the Valle delle Ferriere.

A short easy loop gives you plenty of time in the afternoon to explore Amalfi or take the local bus up to Ravello.

Walk B – Pontone-Pogerola-Amalfi above the Valle delle Ferriere.

The longer loop will satisfy the demanding walker with its spectacular views of the bay of Salerno and the high cliffs of the Amalfi coast

Day 8 – Arrivederci Amalfi

The trip and our services end after breakfast. You can depart Amalfi by local bus to reach Naples airport

PRACTICAL INFORMATION

N. Participants:	Minimum 1 person
Trip Grade:	These walks, though not very long, are moderate to demanding because of the steep hills. some walks can be shortened
Activity characteristics:	The walks are along well marked footpaths and mule tracks. It can be tiring walking along the stone steps of diverse sizes. On some days you take the local bus to get to and from the walks.
Best arrival & departure airport:	Naples, Rome
Best arrival & departure Stations:	Sorrento, Salerno, Naples
Trip availability:	Any day from 01/03 to 30/11

Getting there and away

The nearest airport is Naples. There is a direct bus from Naples airport to Sorrento www.curreriviaggi.it/lineacentro_aeroporti.html
 From Naples central station you can also take the Circumvesuviana train that goes to Sorrento
 From Amalfi take a local bus to Sorrento and then take the you catch the Curreri Viaggi to Naples airport
 You can also take a bus to Salerno and from Salerno the train to Naples central station then the bus to the airport

Accommodation and meals

We use comfortable 3* hotels and B&B's with a friendly family run atmosphere.

In all the accommodation the rooms have private bathrooms and a good Italian breakfast is included each morning. The trip is on bed and breakfast basis because throughout the trip there are plenty of opportunities to taste both the outstanding local cuisine and a wide array of prestigious regional wines.

Alternative accommodation

Sorrento and the Amalfi coast area can be very busy during certain periods of the year so we work with several hotels of similar standard. Due to this, all the walks start and end at a central point of the villages and you have to make your way to it from your hotel. This means that start or end of the routes are slightly altered. Therefore you should check to see if your accommodation is the same as that mentioned in this programme. If not, you must be alert at the start and end of the routes.

In choosing alternative accommodation we have tried to maintain the same standards and quality.

Activity characteristics

The walks are along well marked footpaths and mule tracks. It can be tiring walking along the stone steps of diverse sizes.

Luggage transfer

Luggage transfer is included in your package between the hotels, see the included section

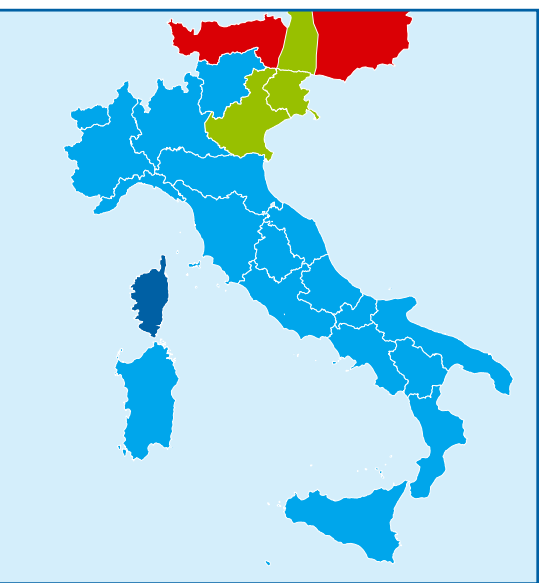
Bags should be ready and at the reception or store room by 9:00 hrs. If you are unable to walk, you can always ask, if the luggage transporter can take you with him when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally. In some countries there are special insurances for transporting peoples and sometimes the car is not suited for transporting persons.

When you travel with public transport you always take your luggage with you.



Cycling on the Alpe Adria Path

8 days Self-guided individual cycling tour



CYCLING FROM SALZBURG TO VENICE ON THE ALPE ADRIA PATH

The 410 km long Alpe-Adria cycle path “radweg” as it is called in German is an unforgettable experience. Starting in Salzburg, the city of Mozart, you set off on a week of cycling through the Carinthia, in the sunny south of Austria and then crosses the border into Italy. The route through Carinthia is particularly attractive for the fact that once you get off the train in Villach the itinerary is mostly downhill to the sea.

Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4



The landscape along the bike path is of extraordinary beauty: majestic mountains, deep valleys, refreshing lakes and lush farmland. The further south you go the more gentle and rural it becomes, until finally you can soak your feet in the northern Adriatic sea.

As you cross the border you ride along the Austro Hungarian the single track railway line, converted into a modern cycle path with stunning views of the Julian Alps and the as it winds its way along the Val Canale valley towards Venzone, Gemona and the large plains surrounding Udine.



The last ride down to the sea, stop in the fortified town of Palmanova built in a 9 pointed star shape with 3 sets of imposing city walls. Continue on to the admirable Ancient Roman port town of Aquileia and visit the magnificent mosaics in the Basilica

The final stretch is by train to Venice where you have a full day at disposal to amble among its narrow alleyways and beautiful piazzas

Trip highlights

- Peaceful and scenic cycling on the Alpe Adria bike path
- Salzburg, the city of Mozart, and Venice with its canals
- The Roman ruins of Aquileia, founded in 810 B.C.
- Wonderful sceneries: majestic mountains, deep valleys, lush farmland
- The enchanting town of Venice

8 Days Programme

Day	Ride / Itinerary	 Overnight	 km	Climb m ↑	Descent m ↓	Hrs
1	Arrive in Salzburg	Salzburg	–	–	–	–
2	Train to Villach and loop ride around Lake Ossiacher	Villach	43	269	292	3.5
3	Ride from Villach to Tarvisio / Camporosso	Tarvisio / Camporosso	38/41	350	160	3.5
4	Ride from Tarvisio to Venzone or Gemona	Venzone or Gemona	64/73	340	850	4.5
5	Ride from Venzone or Gemona to Udine	Udine	55	220	430	4.5
6	Ride from Udine to Grado via Aquileia	Grado	57	60	230	4
7	Taxi transfer from Grado to Cerviniano and Train to Venice Independent sightseeing in Venice	Venice	–	–	–	–
8	Depart from Venice	–	–	–	–	–



Day 1 – Arrive in Salzburg

Salzburg on BB basis

Arrive in Salzburg from the airport, or take a train from the Venice station.

Take your time to stroll around Mozart's town, and don't forget to try the delicious chocolate balls!



Day 2 – Train to Villach and circular ride around Ossiacher Lake

Villach on BB basis

Take the 10.12 train to Villach that follows the Alpe-Adria cycle path.

In Villach pick up your bike and head for Annenheim for a spin around Lake Ossiacher the 3rd largest lake in Carinthia. The views of the Gerlitzen Alps and the glacial lake are beautiful

From Annenheim you ride towards "Landskron" on the south side of the lake. Riding through the Bleistätter Moor (Bleistatt Swamp), you come to the north side of the lake where you head back to Annenheim on the opposite shore. During the route you pass several regional attractions such as the unusual construction of the stone house in Steindorf, the "Stift Ossiach" Ossiach Abbey. You can also opt for a ferry ride or a swim in the lake



Day 3 – Ride from Villach in Austria to Tarvisio or Camporosso in Italy

Tarvisio/Camporosso on BB basis

From Villach you follow the Gail river, a tributary of the Drava, on the southern side of the Villacher Alpe, crossing a section of the Dobratsch Nature Park. Pedaling through small villages, gentle and gradual climbing you approach the Italian border, which you cross at Thörl-Maglern. Following an abandoned railway line recently converted into a cycle path, you soon arrive in Tarvisio, just a few kilometers beyond the border and the northern starting point for the Val Canale. 4km further along is Camporosso, our destination for tonight



Day 4 – Ride from Tarvisio to Venzone or Gemona

Venzone/Gemona on BB basis

For a birds eye view of the Julian Alps, take the cable car up to the Monte Lussari Monastery from where you the sweeping vistas on the Mangart and Jof di Montasio mountains. Once back on the cycle path breath in the crisp mountain air as you continue downstream, cycling high above the river Fella as this beautiful and easy path cuts straight through the narrowest section of the Val Canale, passing small mountain villages and offering wonderful views at every turn. Stop in Venzone to admire the pretty village so lovingly restored after it was razed to the ground during the earthquake of 1976



Day 5 – Ride from Venzone or Gemona to Udine

Udine on BB basis

In Gemona, the mountains give way to the fertile plains of the Tagliamento River. Meandering your way via lush fields and small villages you reach Udine the historical capital of Friuli region where it is said that Attila, leader of the Huns had a hill built from where he could control the siege of Aquileia by instructing his soldiers to bring soil in their helmet and shield, because, the landscape was too flat. Wondering through the old town the signs that this town has always been a crossroad between Eastern and western cultures is still clearly visible in the many beautiful palaces dating back to the various periods of domination



Day 6 – Ride from Udine to Grado via Aquileia

Grado on BB basis

Zigzagging your way through small towns, fields and forests, on bike lanes and quiet country roads you reach Palmanova built with 3 imposing star-shaped concentric city walls and an immense central square. Continuo on to Aquileia, a large and prominent city in Antiquity and one of the largest cities in the world in 2nd century AD with over 100.000 inhabitants, now a small town with an important archaeological site.

Finally you reach Grado where the Adriatic sea awaits you for a refreshing swim



Day 7 – Sightseeing in Venice

Venice on BB basis

A short taxi ride takes you to the train station where you catch the train to Venice. After checking in to your hotel downtown let yourself be mesmerised by the uniqueness of the floating city.

Day 8 – Arrivederci Venice!

The trip ends after breakfast, unless you have booked extra nights or other optional services with us.

PRACTICAL INFORMATION

N. Participants:	Minimum 1 persons
Trip Grade:	Moderate
Activity characteristics:	Suitable for cyclists who are used to undulating routes with occasional energetic climbs. You'll be cycling mainly on trails and quiet roads and you should have a reasonable level of fitness.
Arrival & departure airport:	Salzburg or Venice airport
Trip availability:	Departures only on Tuesdays, Fridays and Saturdays from 27/04 to 28/09 NB: Arrival date from 31/07 to 03/08 incl. and from 03/09 to 07/09 included is only possible with start in Spittal an der Drau (so the first 2 stages will change)

Getting there and away

The closest airport is Salzburg. (<http://www.salzburg-airport.com/en/>) You can reach the center of the city with the Line 180 bus of the company OOB: the ride is 25 minutes long and there are busses leaving every 30 minutes. Ticket costs 13 Euros one way. You can also arrive to the Venice airport and take a bus to Santa Lucia train station (approx. 25 minutes, 9 euros) and then a train to Salzburg, changing in Villach. (<https://www.oebb.at/en/>) The ride from Venice to Villach is around 3.30 hrs, and costs around 26 euros. Bus EC832 leaves at 9.40, 11.40 and 18.40. Train leaves at 16.11 or 21.09.

The ride from Villach to Salzburg is 2.32 hrs, and costs around 35 euros. Train leaves every two hours, at 11.16, 13.16 and so on.

On departure, the closest airport to Venice is Venice Marco Polo airport.

www.veniceairport.it/en

There are several city and regional busses running between Venice Santa Lucia train station and Venice Marco Polo airport. Tickets cost 15 euros (return) and 8 euros (one way). The trip lasts 20 minutes.

Accommodation and Meals

Overnight accommodation ranges from three stars, family run hotels to bed and breakfast and agriturismos.

All of the accommodation have en suite bathroom.

Breakfast is provided every day, while other meals are not included.

Upon your arrival, remember to ask the accommodation owners to provide a packet lunch (to be paid on the spot) for the walk of the day after or, when you stay close to a village, you can buy your packet lunch in one of the local shops.

Alternative accommodation

During high season it is possible that you might sleep in different accommodation to the ones that are indicated in the description. In some cases it is possible that your list of accommodation differs somewhat. This means that start or end of the routes are slightly altered. Therefore you should check to see if your accommodation is the same as that mentioned in this programme. If not, you must be alert at the start and end of the routes.

In choosing alternative accommodation we have tried to maintain the same standards and quality. We have also tried to stay in the same towns and villages, in order to change routes as little as possible.

Luggage transfers

The luggage transfer is INCLUDED for this trip, except on day 2 between Salzburg and Villach and on day 7 between Grado and Venice. In these days, you will have to bring your luggage with you.

In the other days, the supplier will take your bags to your next accommodation. In this case, please clearly mark all your belongings with your name and put a small note with the name of the next accommodation in order to indicate where the bags should go to next, **bags should be ready and at the reception or store room by 8:00 hrs.**

When you travel with public transport you always take your luggage with you unless specified differently.

CYCLING TIPS & INFORMATION

Cycling responsibility

Bicycle touring has its inherent risks. It is a sport whose safety is dependent upon the judgment and alertness of the cyclists. As a cyclist you are responsible for the way you ride and the condition of your bicycle. We, nor the local agent, are responsible for possible damages (physical or not) to the participants due to: physical activity during the tour, not following road regulations, alcohol consumption, breaking of means or materials, lack of medical assistance in far-off places or other not predictable circumstances.

Rental Bikes

If you have rented a bike with us, you will find it waiting for you in the Hotel's storage room, fitted to your requirements. Our adult hybrid-bikes are provided with comfortable seats, reliable components, 21 gears and Shimano Alivio components. All bikes, before being handed out are cleaned and overhauled. **All bikes are equipped with a padlock and key that must be used at all times when not riding the bike**, luggage pannier attachments at the rear and 1 rear side bag per bike, 1 front bag and map compartment, front and back lights, puncture repair kit, pump and spare inner tube, all of which you should know how to use. One every 2 bikes there is a KM distance counter. You are expected to know the very basics of bike mechanics and how to mend a puncture or change a tire. If something more serious happens to the bike that you cannot repair on the spot, call the shop and they will help you fix it or suggest the best and fastest solution.



Dolomites

Passo Resia to Lake Garda

7 days Self-guided Individual cycling tour



TRENTINO GLACIAL VALLEYS

Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4

Cycle through the magnificent glacial valleys of South Tyrol and Trentino and discover the traditional lifestyle in the quaint old towns along the way. From the high alpine Passo Resia at 1455m you descend all the way down to the sub-Mediterranean shores of Lake Garda. En route you will witness grand views of the Alps and Dolomites and pedal through premium vineyards and lush apple orchards. Visit charming towns such as Silandro, with the highest church tower in South Tyrol, and elegant Merano boasting a still very traditional atmosphere. In Bolzano savour a creamy cappuccino and enjoy magnificent views on the surrounding hills covered with vines and the rugged





Dolomite spires in the background. In Trento make sure to visit the Piazza Duomo with its beautiful fountain and the impressive Buonconsiglio castle. Endpoint is the town of Riva del Garda situated on the north shore of gorgeous Lake Garda.

Trip highlights

- Cycle in a scenery of rugged mountain peaks, pristine lakes and gentle alpine meadows
- Witness the traditional lifestyle in the villages of the Venosta and Adige valleys
- Tasting the typical hearty dishes of the local cuisine
- Pedal along the azure waters of Lake Garda and visit the castle of Arco
- Enjoy riding in pleasant sub-Mediterranean temperatures

7 Days Programme

Day	Ride / Itinerary	 Overnight	 km	Climb m ↑	Descent m ↓
1	Arrival in Silandro	Silandro	–	–	–
2	Transfer to Passo Resia to start the ride to Silandro	Silandro	50	350	1300
3	Ride from Silandro to Merano	Merano	38	105	470
4	Ride from Merano to Caldaro via Bolzano	Caldaro	48	340	475
5	Ride from Caldaro to Trento	Trento	53	295	325
6	Ride from Trento to Riva del Garda	Riva del Garda	48	150	500
Optional extra Day (to be booked in advance):					
	Circular ride in Riva del Garda	Riva del Garda	45	390	390
7	Departure Riva del Garda	–	–	–	–



Day 1 – Arrival in Silandro

Silandro on BB basis

Arrive in Silandro (Schlanders in German) and settle-in at your cozy family run hotel. Then leisurely stroll through town to discover its many sights like the steep church tower, the highest of South Tyrol.



Day 2 – Transfer to Passo di Resia and ride to Silandro

Silandro on BB basis

After breakfast a private transfer will take you up to starting point of the today's ride at the Passo Resia (about 1 hour trip). Coasting along Lake Resia you will pass by the submersed church tower pointing out above the surface before winding down on a panoramic bike path amidst alpine meadows. Passing through beautiful villages like Burgusio and Clusio, you arrive at the impressive fortified town of Glorenza. A quiet cycle path along the Adige River takes you through endless apple orchards to the village of Lasa, where you can visit the marble museum. From here it's only a short stretch to your destination in Silandro.



Day 3 – Ride from Silandro to Merano

Merano on BB basis

Descending through the Venosta valley you ride amidst the marvellous scenery of snow-capped mountains covered and endless pine forests. Stop for a cappuccino in the lively town of Naturno and watch the local life. The bike path then winds down a narrow gorge before entering a broad glacial valley. Lovely Merano is now close and during the afternoon go for a stroll on its beautiful promenade and discover all the beautiful hidden angles of this magical place.



Day 4 – Ride from Merano to Caldaro via Bolzano

Caldaro on BB basis

Riding in between apple orchards you reach the town of Bolzano, the majestic capital of South Tyrol. From here the bike path heads south winding through rolling vineyards leading you up past the village of Caldaro to the shores of the homonymous lake, where your hotel is located.



Day 5 – Ride from Caldaro to Trento

Trento on BB basis

From the crystal clear waters of Lake Caldaro the ride follows the beautiful 'Strada del Vino' (Wine road) leading through numerous small wine villages. From here you descend into the Adige valley and enter a bike path that takes you all the way to Trento. Along the way make a stop at one of the 'Bici Grill' (cyclists bar) and visit century old villages like Egna and Salorno. Arrive in Trento and spend your free afternoon to explore the city. Your accommodation is in the old city centre.



Day 6 – Ride from Trento to Riva del Garda

Riva del Garda on BB basis

The first part of the route follows a bike path along the blue-green waters of the Adige River to reach the town of Rovereto (30km). Heading westward you then reach a small pass from where a short descent starts with stunning views on Lake Garda. Through narrow medieval alleys you enter the old town of Riva del Garda to reach your hotel.



Optional extra Day – Circular ride in Riva del Garda

Riva del Garda on BB basis

For those who wants to cycle more, it is possible to book an extra night in Riva del Garda and make this spectacular loop ride leading you into the 'Valle dei Laghi' (Valley of the Lakes). The nearby elegant town of Arco, a lovely quaint town filled with palm trees, situated on the slopes of a steep rock formation with a medieval castle perched on top. On a bicycle path amidst apple orchards and vineyards you cycle onward to the Lago di Cavedine, a beautiful alpine lake with crystal clear waters. This is a great place to stop for lunch while you enjoy the scenery of the imposing rock faces of Monte Brento and Monte Casale rising up hundreds of meters. You then traverse the rockslide area of the Marocche di Dro and reach Arco once again. Ride to Torbole and along the shores of Lake Garda until you arrive in Riva del Garda.

Day 7 – Arrivederci Riva del Garda!

The trip and our services end after breakfast.

You can depart from Riva del Garda to Rovereto by bus or taxi, unless you have pre-booked a private transfer. From Rovereto train station you can easily reach your departing airport.

PRACTICAL INFORMATION

N. Participants:	Minimum 1 person
Trip Grade:	Easy
Activity characteristics:	The trail is paved and in good quality, almost all the trip in protected cycle path
Best arrival & departure airport/train station:	Verona or Innsbruck Airports Serano, Merano or Bolzano train station
Trip availability:	Departure on Saturdays only from 24/04 to 25/09

Getting there and away

Both Verona and Innsbruck airports have major and low cost international flights.

Verona:

From Verona Airport take the public Aerobus shuttle to the central Railway Station "Verona Porta Nuova" and take a train to Silandro. The Aerobus shuttle runs every 20 minutes and reaches the central station after 10 minutes; it costs 6 euros and you can find timetables in this link www.aeroporto.verona.it/en/come-arrivare/aerobus.asp. For what it concerns the train to Silandro, the trip takes about 4 hours with a change in Bolzano and one in Merano. There are not so much trains during the day, so check information on the website www.trenitalia.com.

Innsbruck:

From Innsbruck Airport you can take a train that runs every 20/ 25 minutes and reaches the Railway Station "Innsbruck HPF" in 15 minutes at the cost of about Euro 2. Check the airport train on this link www.innsbruck-airport.com/en/train-bus/. In Innsbruck HPF take a train to Silandro: there is about 1 train per hour; you have to change in Brenner and in Merano. Visit the website www.trenitalia.com for more information.

On departure you can take a public bus in Riva del Garda to reach the train station in Rovereto. From there you can take a train to the airports in Verona (about 1 hour of trip, there is a train every 30 minutes). When you get in Verona Porta Nuova take the shuttle to the airport or in Innsbruck with a change in HPF station (trip lasts about 3 hours and it runs about every 2 hours).

Accommodation and Meals

You will be staying in comfortable family run 3 stars hotels. They are all different in style and all rooms have private bathrooms.

In Silandro you stay in a nice centrally located 3* hotel with restaurant. In Merano you stay in a cosy 3* hotel with swimming pool, it is close the Trautmannsdorf gardens and near the city centre. In Cadaro you stay in a family run 3* hotel with swimming pool and garden, close to the Lake. In Trento you stay in a comfortable 3* hotel downtown. In Riva del Garda you stay in a charming 3* hotel with lake view, wellness area, garden and swimming pool.

A delicious typical breakfast is included each morning in each accommodation.

Alternative accommodation

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Luggage transfer

Luggage transfer is included in your package.

Please clearly mark all your belongings with your name and put a small note with the name of the next accommodation in order to indicate where the bags should go to next (check your accommodation list). Also ask the accommodation owner where the bags should be left in the morning. Labelling your belongings prevents mix ups, delays and loss.

Bags should be ready and at the reception or store room by 9:00 hrs.

When you travel with public transport you always take your luggage with you unless specified differently.

Important: luggage is guaranteed to be delivered to the following accommodation within 16.00.

If you are unable to ride, you can always ask if the luggage transporter can take you with him when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally. In some countries there are special insurances for transporting peoples and sometimes the car is not suited for transporting persons.

CYCLING TIPS & INFORMATION

Cycling responsibility

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Rental Bikes

If you have rented a bike with us, you will find it waiting for you in the Hotel's storage room, fitted to your requirements. Our adult hybrid-bikes are provided with comfortable seats, reliable components, 21 gears and Shimano Alivio components. All bikes, before being handed out are cleaned and overhauled.

All bikes are equipped with a padlock and key that must be used at all times when not riding the bike, luggage pannier attachments at the rear and 1 rear side bag per bike, 1 front bag and map compartment, front and back lights, puncture repair kit, pump and spare inner tube, all of which you should know how to use. One every 2 bikes there is a KM distance counter.

You are expected to know the very basics of bike mechanics and how to mend a puncture or change a tire. If something more serious happens to the bike that you cannot repair on the spot, call the shop and they will help you fix it or suggest the best and fastest solution.



Tuscany

Pisa to Florence

Self Guided Individual Cycling Tour



TUSCANY AND THE RENAISSANCE

Trip difficulty	1	2	3	4
Hotel comfort Level	1	2	3	4





Leonardo da Vinci might have said it himself "cycle to my home town and check out all my discoveries". This flexible tour does just that, as you choose your challenge each day. Pedal through the quintessential Tuscan landscape of vineyards and olive groves to Pisa, with its world-renowned Leaning Tower, then to the charming town of Lucca, where you will ride up on the impressive walls of the city. Continue on country lanes to Vinci, Leonardo's birth place, and visit two museums to gain insight into the life and mind of this genius. Finally, visit Florence "cradle of the Renaissance". This is a miraculous discovery of Northern Tuscany.

Trip highlights

- Visit cities of high historic significance, such as Pisa and Lucca, which have played a major role in the history of Italy, from the ancient Etruscans to the creation of the Republic
- Nature Reserves: the Fucecchio Padule the largest European, inland wetlands with a great variety of wetland bird species both nesting and migratory
- A wine-tasting visit to a traditional wine-producing farm
- Wonderful landscapes, see many different aspects of Tuscany
- Charming country villages, rich in history and culture, like Vinci, birthplace of Leonardo
- Peaceful roads, cypress tree-lined country lanes and lovely bike paths
- Magnificent Florence, with its Duomo, museums, churches and palaces
- Delicious Tuscan culinary specialties
- Warm, welcoming locals



7 Days Programme

Day	Ride / Itinerary	 Overnight	 km	Climb m ↑	Descent m ↓	Hrs
1	Arrival in Pisa	Pisa	–	–	–	–
2	Pisa round trip if you are staying in the countryside outside Pisa OR Pisa to Calci loop	Pisa	25 33	120 90	120 90	1.5-2 2-2.5
3	Ride from Pisa to Lucca	Lucca	24 32.5	80 100	80 100	2 2.5-3
4	Lucca short or long circular ride	Lucca	33 39.5	170 450	170 450	2.5-3 3-3.5
5	Ride from Lucca (or Altopascio) to Vinci	Vinci	29 54	250 270	250 270	3 4
6	Morning short or long circular ride in Vinci. Afternoon train to Florence	Florence	8 15	175 450	175 450	1 2-2.5
7	Departure from Florence	–	–	–	–	–



Day 1 – Arrival in Pisa

Pisa on BB basis

Arrive at your hotel in Pisa and take a peaceful and relaxing stroll through the narrow streets of this charming city. Sit down for a glass of local Chianti wine and savor the amazing olive oil produced in the region's vineyards. Before calling it a night, promenade past the chapels and pastel houses lining the banks of the Arno River. Enjoy the afternoon at leisure in the garden of the hotel in San Giuliano.

Day 2 – Pisa Round trip with a short and a long route

Pisa on BB basis

Short route:

An easy warm-up ride along the ancient aqueduct and on bike paths leads you right into the heart of Pisa where you can visit the world famous Miracle Square along with its illustrious leaning tower. Admire the many palaces, churches, towers and town squares. Take a break in the Piazza dei Cavalieri as you gaze at the architecturally stunning historic buildings that surround you.

Pisa to Calci loop – Long route:

Begin your day cycling through the inspiring countryside between Pisa and the mountain of Monte Serra, stopping for a visit to the grandiose Certosa di Calci monastery. It was founded in 1366 and houses a magnificent, renowned Natural History Museum. The second part of the day is spent in Pisa, as in the short route, visiting its many outstanding monuments.



Day 3 – Pisa to Lucca

Lucca on BB basis

Today's ride is very scenic and nearly all flat. The route follows the Serchio River and after 25 kilometres, you reach the charming town of Lucca. You have ample time to visit the town and explore its splendid gardens, majestic bell tower and impressive Piazza Anfiteatro, a 2nd century Roman amphitheater. Don't miss a ride along the tree-lined walls of its perimeter.



Day 4 – Lucca round trip with a flat and a hilly route

Lucca on BB basis

Choose between two trips of varying difficulty on today's visit of characteristic Renaissance villas in the outskirts of Lucca. Both trips are similar in length, but the easy route is almost entirely flat whereas the hilly route has more height variation and offers enviable aerial views. Experience tours of assorted prestigious villas and stroll their extraordinarily luxurious gardens.



Day 5 – Lucca to Vinci

Vinci on BB basis

Ride past Altopascio and marvel at the delightful all-encompassing greenness of the area. Feeling rejuvenated, you cycle on to Vinci, where the famous inventor/artists Leonardo da Vinci was born. You'll stay at a quaint Agroturismo organic farm about a mile outside of town with a swimming pool, welcoming owners and great food - we highly suggest that they book their dinner here!



Day 6 – Vinci round trip, transfer to Empoli and train to Florence with an easy and harder route

Vinci on BB basis



Gain insight on the genius of Leonardo da Vinci as you explore his birthplace and two remarkable museums all about him. Admire his original designs and inventions. When you're ready, leave your bike at the accommodation in Vinci and take a transfer directly to Empoli to board a local train to Florence, for a night in the jewel of the Renaissance.

Day 7 – Arrivederci Florence!

The trip and our services end after breakfast, unless you have booked a transfer to the airport or other supplementary services.

5 Days Programme

The 5 days programme includes day: 1, 3, 5, 6 and 7 of the 7 day programme

Day	Ride / Itinerary	 Overnight	 km	Climb m ↑	Descent m ↓	Hrs
1	Arrival in Pisa	Pisa	–	–	–	–
2	Ride from Pisa to Lucca	Lucca	24 32.5	300 330	295 320	2 2.5-3
3	Ride from Lucca to Vinci	Vinci	29 54	250 270	250 270	3 4
4	Vinci round trip in the morning and then train to Florence	Florence	8 15	175 450	175 450	1 2-2.5
5	Departure from Florence	–	–	–	–	–

LEVEL OF DIFFICULTY

The shorter routes are on average easy with a longer day from Lucca to Vinci.

The longer/steeper routes are moderate to demanding and a reasonable level of training is required.

The most difficult stages of both the easy and the demanding trip are 2 and 3.

PRACTICAL INFORMATION

N. Participants:	Minimum 1 person
Trip Grade:	Easy to demanding depending on the route you choose, some shade on the roads (Daily climb easy trip between 100—450m)
Activity characteristics:	The rides follow mostly well asphalted country roads and secondary roads. There are some cycle paths and dirt roads around Pisa and Lucca. Near larger towns, the roads are more trafficked.
Best arrival & departure airport:	Pisa, Florence or Bologna
Airports Best arrival & departure stations:	Pisa or Florence train stations
Trip availability:	Any day from 01/03 to 30/11

Getting there and away

Florence, Pisa and Bologna airports are flown to by both major and low cost international carriers. All three airports can be easily reached by local transport, which is affordable and offers a frequent service. From Pisa airport, you can take a local bus to the city centre. From Florence airport take the local bus to the bus station located downtown and take a train to Pisa. From Bologna, take also a local bus from the airport to the main train station where you get a train to Pisa.

For updated information on train connections, please visit the website www.trenitalia.it

Accommodation and Meals

You will spend the night in comfortable family run 3 star hotels or equivalent agriturismo (farm houses). They are all different in style and all rooms have private bathrooms. Two of the accommodations have a swimming pool. In San Giuliano Terme, you will stay in a fully renovated and characteristic farmhouse with swimming pool and restaurant, located only 3,5 km from Pisa's most famous attraction, the Leaning Tower, just outside the historical centre.

In Lucca, both accommodations we use are approx. 5km from the centre of Lucca, located in the countryside.

In Vinci a farm house with swimming pool situated about 2km from Vinci.

In Florence, we use both centrally located 3* hotels and a 4* hotel located above the Boboli Gardens, not far from Porta Romana that has a swimming pool.

A delicious Tuscan breakfast is included each morning in each accommodation.

Alternative accommodation

During high season, you might sleep in different accommodation to the ones indicated in the description. In some cases it is possible that your list of accommodation differs somewhat.

This means that start or end of the routes can be slightly altered. Therefore, you should check to see if your accommodation is the same as that mentioned in this programme. If not, you must be alert at the start and end of the routes. In choosing alternative accommodation, we have tried to maintain the same standards and quality. We have also tried to stay in the same towns and villages, in order to change routes as little as possible.

Luggage transfer

Luggage transfer is included in your package; this is normally provided by the accommodation itself.

Please clearly mark all your belongings with your name and put a small note with the name of the next accommodation

in order to indicate where the bags should go to next (check your accommodation list). Also Ask the accommodation owner where the bags should be left in the morning. Labelling your belongings prevents mix ups, delays and loss.

Bags should be ready and at the reception or store room by 9:00 hrs.

If you are unable to ride, you can always ask if the luggage transporter can take you with him when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally. In some countries there are special insurances for transporting peoples and sometimes the car is not suited for transporting persons.

When you travel with public transport you always take your luggage with you unless specified differently.

CYCLING TIPS & INFORMATION

Cycling responsibility

Bicycle touring has its inherent risks. It is a sport whose safety is dependent upon the judgment and alertness of the cyclists. As a cyclist you are responsible for the way you ride and the condition of your bicycle. We, nor the local agent, are responsible for possible damages (physical or not) to the participants due to: physical activity during the tour, not following road regulations, alcohol consumption, breaking of means or materials, lack of medical assistance in far-off places or other not predictable circumstances.

Rental Bikes

If you have rented a bike with us, you will find it waiting for you in the Hotel's storage room, fitted to your requirements. Our adult hybrid-bikes are provided with comfortable seats, reliable components, 21 gears and Shimano Alivio components. All bikes, before being handed out are cleaned and overhauled.

All bikes are equipped with a padlock and key that must be used at all times when not riding the bike, luggage pannier attachments at the rear and 1 rear side bag per bike, 1 front bag and map compartment, front and back lights, puncture repair kit, pump and spare inner tube, all of which you should know how to use. One every 2 bikes there is a KM distance counter.

You are expected to know the vary basics of bike mechanics and how to mend a puncture or change a tire. If something more serious happens to the bike that you cannot repair on the spot, call the shop and they will help you fix it or suggest the best and fastest solution.



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