



# HEDONISTIC HIKING

## A Week in Tuscany – 8 Days

### *Chianti, Castles and Tuscan Cooking*

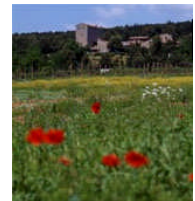
A relaxed walking holiday where we stay for a week in beautiful accommodation in the heart of Tuscany. Borgo Pretale is a 4-star hotel converted from a remote medieval village in an idyllic, peaceful location near Siena.

This guided walking holiday brings you the best of central Tuscany. Experience superb guided hikes taking you off the beaten track. Visit Tuscan gardens and castles, drop in to wine estates, chat to the winemakers and taste their wines and olive oil. Enjoy delicious meals, accompanied by fabulous local wines, showcasing the wonderful fresh produce that is at the heart of Tuscan cooking. Private cooking demonstration at a historic villa from a local Tuscan chef.



#### What is included?

- 7 nights accommodation at 4-star Borgo Pretale
- **Two experienced and knowledgeable guides** who will look after your every need and bring this stunning area to life
- **All meals including wine.**
- **Gourmet picnic lunches** each day and snacks en route
- Dinner in a variety of **superb restaurants.**
- **Support vehicle**, enabling you to walk as little or as much of the trail as you please
- **Transport to/from Pisa** in air-conditioned minibus
- Comprehensive **pre-trip information.**



#### Itinerary

##### Sunday

Meet Pisa Airport at 1pm. Drive(2 hours) to Borgo Pretale, our hotel converted from a Medieval hamlet, where we stay for 7 nights. Time to settle in and relax before we meet for a welcome drink in the gardens followed by a delicious dinner.

##### Monday



Beautiful walk through the hills near Siena, discovering some the evocative churches and abbeys hidden in the woods which tell of a time when the trails were busy with merchants and pilgrims. Picnic in the open countryside. This evening we visit a small hilltop village near our hotel where we have dinner.



## Tuesday

Starting above the village of Radda-in-Chianti we climb up to the ridge of Monti dei Chianti and the highest point in the region, Monte San Michele. From here you have views to the Arno valley and beyond to the ridge of the Appenine Mountains. Fabulous leisurely lunch at the renowned Ristorante Lamole high in the Chianti hills before returning to our hotel. Time to relax before a light dinner.



## Wednesday

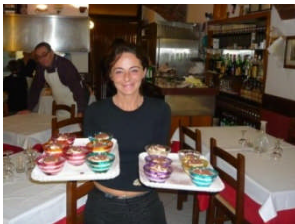
Visit the pretty hilltop town of Casole d'Elsa before walking through vineyards and woodlands to a local organic farm. Picnic lunch on the estate followed by a visit to their cellars to taste their wines and olive oil. Later in the day a experience a cookery demonstration of Tuscan cuisine with a private chef at a nearby country house, with plenty of opportunity for hands-on involvement.

## Thursday

Walk in the wooded hills of the Montagnola, past the Renaissance gardens of Villa Cetinale and the beautiful garden at Celsa Castle. Picnic in the open countryside with views across to the towers of Siena. Later in the day we visit the small town of Colle Val d'Elsa where we dine in the outstanding 2 Michelin Star Ristorante Arnolfo, one of the region's finest restaurants.



## Friday



Free morning at Borgo Pretale. Explore the estate with a self-guided walk or relax by the pool. Later in the day we drive to Siena and have time to explore this beautiful medieval gem of a city before a wonderful dinner in the heart of the city.

## Saturday

Magnificent final walk in Tuscany in the more rugged region of Eastern Chianti. We pass through perfectly preserved villages en route to the magnificent Brolio Castle, owned by the Ricasoli family since the 11th century. Brolio Castle provides stunning views to Siena, the Tuscan Crete to the south and to the Chianti hills to the west. Visit the gardens and family chapel before returning to our hotel for a memorable last night dinner.



## Sunday

Return to Pisa Airport for 11 o'clock.

## Walking



Shortest day: 9km; Longest day: 20km

There are 5 days of walking on the trip. We walk on strade bianche (gravel roads), through vineyards, along woodland tracks and quiet tarmac roads. There is always van support with the opportunity to walk a half-day and spend the afternoon at the hotel. This area of Tuscany is one of rolling hills with some significant ups and downs. Sturdy walking boots, with good ankle support, are recommended. Walking poles would be an advantage, especially on steeper sections.

**Weather:**

Spring and autumn are delightful times to walk in Tuscany. Warm, sunny days with cooler mornings and evenings.

May: Max 24° Min 15°. Rainfall 55mm

Sept: Max 24° Min 18°. Rainfall 55mm

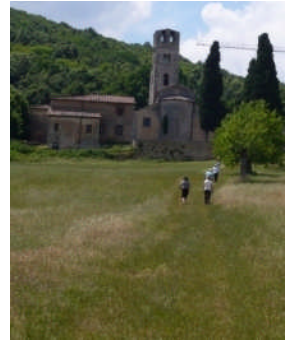
**Dates:**

23rd – 30th May 2010

26th September – 3rd October 2010

**Cost:**

€2145 The price represents the true cost of your holiday. No hidden extras

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