



# HEDONISTIC HIKING

*Superior quality, fully-inclusive, guided and independent walking holidays in Italy*

## *A Week in Tuscany - 8 Days New for 2009*

Chianti, Castles and Tuscan Cooking

Immerse yourself in the heart of Chianti with a week's holiday based in a beautiful villa in the Tuscan hills between Florence and Siena. Guided hikes to medieval castles, Renaissance villas, Romanesque churches, wine estates and delightful Tuscan villages.

Dates: 26th April – 3rd May 2009  
31st May – 7th June 2009  
6th-13th September 2009



## *Parma, Tuscany and the Cinque Terre - 8 Days*

Prosciutto and Parmesan, Pilgrims and Poets

Explore the area immortalised by writers and poets over the centuries. Visit beautiful Parma, walk ancient pilgrim routes and discover an untouched area of Tuscany before descending to the Gulf of Poets on the Ligurian coast from where we visit the Cinque Terre.

Dates: 8th-15th May 2009  
18th-25th September 2009



## *Siena to the Mediterranean New for 2009 - 9 Days*

Independent Walking Holiday – NEW for 2009

A self-guided inn-to-inn walking holiday in Southwest Tuscany for the adventurous spirit. Unravel the fascinating history of an untouched region of Tuscany and enjoy wonderful home cooking and genuine country hospitality.  
Departures: May, June, September, October



## *Mystical Maremma - 9 Days*

Tuscany's last frontier

A continuous walk through a lesser-known area of Tuscany to the Mediterranean coast. Enjoy wonderful spring flowers, natural beauty and fabulous views as you step back in time off the beaten track. Spectacular finish with 2 days at an award-winning 5-star hotel with its own Michelin star restaurant.

Dates: 20th-28th May 2009  
29th Sept – 7th Oct 2009

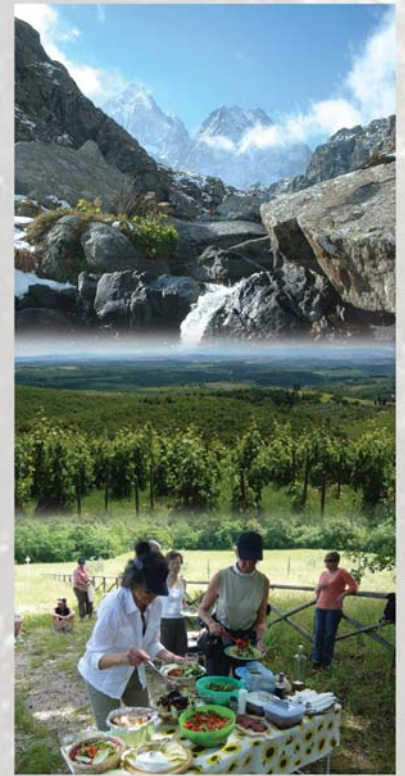


## *Piedmont and Emilia Romagna - 9 Days*

A celebration of Slowfood

Let your taste buds do the walking as we immerse you in the enogastronomic wonders of these two regions. Barolo wine, the legendary white truffle of Alba, porcini mushrooms, parmesan and prosciutto. Beautiful hotels, stunning walks, fascinating history and culture plus exceptional food and wines.

Dates: 20th – 28th June 2009  
10th-18th October 2009



## *Tailor - made holidays in Italy*

Escape with friends and indulge in a stress-free break for a long weekend or more. Alternatively, impress your Corporate Clients with a weekend to remember. In addition for independent visitors to Tuscany we have on offer a selection of fabulous **guided day walks** which provide an insight into the rich culture and stunning beauty of the area.



Private and Corporate groups welcome

walking level



*Not just walking: our trips bring alive the culture, nature and history of each area. They are gourmet holidays where each meal is a culinary journey. Meticulously researched itineraries - Small groups - selective departures.*

Mick & Jackie Parsons  
Email: [info@hedonistichiking.com.au](mailto:info@hedonistichiking.com.au)  
(+61) 3 5755 2307

[www.hedonistichiking.com.au](http://www.hedonistichiking.com.au)

*The Essence of Italy and Australia*