

Hiking Tuscany and the Cinque Terre

FROM MEDIEVAL HILL TOWNS TO SEASIDE VILLAGES



Wilderness Travel

Overview



TRIP DETAILS AT-A-GLANCE

- Length:** 10 days
Arrive: Florence, Italy
Depart: Pisa, Italy
Lodging: 9 nights hotels
Meals: All meals included except 4 dinners
Activity: Cultural, Hiking & Trekking
Trip Level: 1 2 ③ 4 5 6

A mix of easy to moderate walks and hikes, 3-6 hours a day, van support

QUESTIONS?

Our Area Specialists are your single point of contact and would be happy to answer any questions about your trip!

800.368.2794 | 510.558.2488

HIGHLIGHTS

- Visit the vineyards of Chianti, with a picnic at a family-run winery
- Experience the beauty of the Tuscan towns of San Quirico d'Orcia, Pienza, Siena, and San Gimignano
- Walk the famed coastal trails that connect the five Cinque Terre villages
- Ferry to Palmara Island for a spectacular hike and coastal views
- Enjoy Trip Leaders who know all the best trails, trattorias, and local delicacies!

Introduction



We bring you to two irresistible Italian realms in full WT style, with stunning hikes each day and expert Trip Leaders who bring this celebrated land to life. Our hikes cross Tuscany's harmonious landscape, discovering terraced vineyards, tiny hamlets, and classic hill towns on our way from the walled village of San Quirico d'Orcia to San Gimignano. After a walk on Lucca's historic walls, we head to Cinque Terre, where five ancient villages nestle on cliffs and along deep coves on the Ligurian coast. We connect these seaside villages with breathtaking hikes, sample Ligurian cuisine (think fresh seafood!), and ferry to Palmaria Island for a final hike with spectacular Cinque Terre panoramas.

TRIP DATES

September 25-October 4, 2024

October 16-25, 2024

April 9-18, 2025

May 13-22, 2025

September 17-26, 2025

October 1-10, 2025

October 22-31, 2025

Itinerary



Overnight: Relais Palazzo del Capitano

This small hotel, a beautifully restored 15th century building with old world charm, is a nice surprise in the heart of the unspoiled village of San Quirico. Guest rooms are decorated in Tuscan style, with wooden beamed ceilings, antiques, and terracotta floors. Relax at the end of the day in the walled garden of olive trees, grape arbors, and fruit trees, then head out for dinner at one of the town's many restaurants or at Al Vecchio Forno, the hotel's own restaurant, renowned for its superb Tuscan specialties.

Meals: L, D

Hiking Details: 5 miles, 2.5 hours, 300' ascent/500' descent

Driving Time: 3 hours

DAY 1 FLORENCE / GREVE / SAN QUIRICO D'ORCIA

We meet in Florence this morning and travel south into the realm of the celebrated Chianti wine appellation through a landscape of cultivated fields, Sangiovese vineyards, and small farming villages. We arrive in the hamlet of Valigondoli and begin our hike among world-class vineyards that have been lovingly tended since the 1700s, when the Grand Duke of Tuscany delineated the production zone of Chianti wine. The beauty of this region is still inspiring today. At the end of our hike, we'll stop at a family-run winery to enjoy a picnic lunch and a wine tasting. Afterwards, we'll head to Greve for a short look around the main square where we can enjoy a coffee or gelato and soak up a bit of the "dolce vita" life, Italian style. At the end of the day, we head to San Quirico d'Orcia, our base for the next two nights. Perched on a hilltop, the small medieval town of San Quirico d'Orcia is set right beside the famed La Via Francigena, a pilgrimage path that connected northern Europe to Rome in the Middle Ages. This evening we gather for our Welcome Dinner.

Note: If you have never been to Florence, we highly recommend you schedule a day or two before the trip to explore Florence's vast artistic and architectural treasures. We are happy to book extra nights for you at our group hotel, which offers easy access to Florence.

Itinerary



Overnight: Relais Palazzo del Capitano

Meals: B, L

Hiking Details: 6 miles, 3 hours, 900' ascent/700' descent

Driving Time: 1 hour

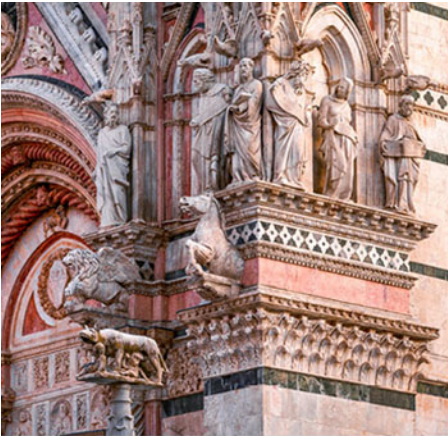
“This was a great itinerary that was well organized and well executed. We had great food and wine at every destination and very well-informed trip leaders.”

–Bill B., *Highland Park, IL*

DAY 2 HIKE TO THE ABBEY OF ST. ANTIMO / BRUNELLO DI MONTALCINO

After breakfast, we'll stroll through the town of San Quirico, stopping to see some of the sites including the Horti Leoni, a wonderful Italian renaissance garden. Later this morning, we take a short drive to the trailhead and begin our hike in the Val Orcia, heading west towards Montalcino. The terrain is varied, and we'll walk through woodlands and hillsides, enjoying views of the nearby vineyards which are famous for Brunello di Montalcino wine. We end our hike at the Romanesque Abbey of St. Antimo. After lunch, we'll enjoy a tasting of this “nectar of the Tuscany gods,” Brunello di Montalcino. The afternoon is at your leisure to explore the small village of Montalcino, and we return to San Quirico for a relaxing evening. Dinner is on your own this evening. Your Trip Leader will be happy to make recommendations, depending on how fancy or local you want to go.

Itinerary



Overnight: Hotel Pescille (or Hotel La Cisterna)

Located in a dreamy setting of olive trees, vineyards, and ancient forests in the countryside outside of San Gimignano, the Hotel Pescille is a renovated Tuscan farmhouse dating from the 1200s. We stay in Superior rooms offering panoramic views of the countryside and garden. They are simply furnished but clean and well maintained. At the end of the day, relax beside the infinity pool and soak up the Tuscan ambiance or have a drink on the bar's outdoor terrace.

Meals: B, L, D

Hiking Details: approximately 5 miles, 2.5-3 hours, mostly on dirt road, with some asphalt

Driving Time: 2 hours

DAY 3 PIENZA / SIENA / SAN GIMIGNANO

We start our hike right from the hotel and head toward the perfect town of Pienza, a gorgeous medieval gem set in the middle of an ancient Tuscan dreamscape of rolling hills of wheat, olive groves, and classic stands of cypress trees. We'll stop just outside of the town to enjoy a picnic lunch at the Pieve di Corsignano next to the ancient chapel. After lunch, we'll take a walk through Pienza amid the splendid buildings constructed between 1459 and 1462. Pienza was named after Pope Pius the Second, born in Pienza as Aeneas Silvius Piccolomini, who commissioned the Renaissance architect Bernardo Rossellino to rebuild his native city. The Palazzo Piccolomini, considered Rossellino's masterpiece, was inhabited by the Piccolomini family until 1962.

After our typical Italian coffee stop in Pienza, we make our way toward the larger city of Siena. In Siena, we're joined by a local specialist guide for a walking tour of this glorious city, one of the most flamboyant examples of medieval architecture in existence. In the center lies Il Campo, the shell-shaped town square, and the focus of Sienese life since 1340. The 14th century Palazzo Pubblico dominates the Campo, topped by a high campanile (bell tower), the tallest in Tuscany. Siena's grand cathedral, set on the highest hill in the city, is a unique blend of Gothic and Romanesque elements in stripes of black and white marble. Most of the city walls survive intact, and the medieval interiors of many of Siena's churches are in a good state of preservation. An afternoon drive brings us to the quintessential walled Tuscan town of San Gimignano. The town's towers (14 of the original 70 remain) make it instantly identifiable from miles away.

Itinerary



Overnight: Hotel Pescille
(or Hotel La Cisterna)

Meals: B, L

Hiking Details: 4.5 miles, 3 hours, 900'
ascent/850' descent

Driving Time: 30 minutes

“I LOVED THIS TRIP. As I look back, I have nothing but happy memories of each and every day. Our group was amazing as far as getting along and making new friendships. I have a new love for Italy and the countryside, as well as the traditions and language, all because of this trip and these guides and all the careful prep put into the whole thing. Cannot thank you enough.”

-Carolyn H., Jupiter, FL

DAY 4 SAN GIMIGNANO

In the morning, we'll discover the lanes and byways of tiny San Gimignano, including the dramatic 13th century Piazza della Cisterna, still the focal point of the town's life. A short drive brings us to the trailhead from San Gimignano, where we begin our hike on part of the Via Francigena. We'll walk on dirt roads and along a trail through holm oak forest, passing vineyards and olive groves to a ridge with excellent views of San Gimignano and the surrounding countryside. We'll end our hike in a picturesque spot where we can enjoy a picnic lunch. At the end of the day, we return through the rolling Tuscan countryside to San Gimignano. Dinner is on your own this evening so you can sample the many dining options; your Trip Leader will be happy to make recommendations.

Itinerary



Overnight: Hotel Ilaria (or Grand Universe Lucca)

We love this gem of a hotel, set in the center of town and convenient to all the key sights, including access to walks and bike rides atop the town ramparts. (You can borrow one of the hotel's bikes for a leisurely ramble.) As befitting its medieval origins, the main building was once the stables of the Villa Bottini and the annex is in a former 14th century church. The staff is friendly and the Wi-Fi is good. Be sure to enjoy the hotel's complimentary prosecco happy hour!

Meals: B, L, D

Hiking Details: 2 hours flat walking around town

Driving Time: 1.5 hours

DAY 5 LUCCA

A morning drive of about 1.5 hours brings us to Lucca, one of the most graceful of Tuscany's provincial capitals, encircled by an imposing ring of Renaissance walls. The city has prospered since Roman times and was at its zenith from the 11th to 14th centuries, when the silk trade brought it wealth. We'll have a guided visit of the town, including a walk atop the city's 16th and 17th century ramparts, a favorite spot of the locals, and stroll in the Piazza dell'Anfiteatro, a Roman amphitheater that is now the center of town life. After lunch, the afternoon is free.

Before dinner, we head to the historic church of San Giovanni for a 1-hour concert of Italian opera ("Un Notti all'Opera"). The church was Lucca's cathedral until the 8th century and has a magnificent atmosphere and wonderful acoustics for concerts. Dinner will be at one of Lucca's historic restaurants, a chance to try local dishes such as tordelli Lucchesi, a kind of ravioli with a savory meat filling (nearly every restaurant in Lucca has a version of this dish).

Itinerary



Overnight: Hotel Ilaria
(or Grand Universe Lucca)

Meals: B, L

Hiking Details: 4 miles, 2.5 hours, 500'
descent

Driving Time: 30 minutes

"I was very impressed with this trip.
Our guides were wonderful, and I loved
seeing some of the out-of-the-way
villages we hiked through. It was great to
be off the beaten path."

-Judy E., Methuen, MA

DAY 6 LUCCA / HIKE THE VIADEGLI ACQUEDOTTI TO VORNO

Right from our hotel this morning, we walk out of the city past Lucca's imposing city walls to the 19th century aqueduct that brings water to the city via underground channels. Up until the early 19th century, Lucca got its water from its underground wells, but in 1822, Maria Teresa of Bourbon, Duchess of Lucca, hired the architect Nottolini to build an aqueduct that could bring water down from the hills. Nottolini's aqueduct looks Roman in style, but it's actually neoclassical, with 459 brick arches.

On our hike, the aqueduct is above us for the first two miles then disappears underground. We continue our hike on a path to the water's source in Guam, then walk along the stream and gathering channels. After a picnic lunch at the top of the hill, we head down to the village of Vorno, where we are met for a drive back to town. Dinner is on your own this evening.

Itinerary



Overnight: Hotel Porto Roca

Perched on a hillside above the sea, this 43-room hotel has “romance” written all over it. Several terraces cascade down the hill, each equipped with lounge chairs for gazing at the incredible scenery. The secluded infinity pool overlooks a small sheltered bay and there is a small wellness center. Guestrooms are simply furnished, but the sea views and large balcony more than make up for it. It's an easy walk to the village center.

Meals: B, L, D

Hiking Details: 4 miles, 3 hours, 300' ascent/1,200' descent

Driving Time: 1.5 hours

DAY 7 BIASSA / RIOMAGGIORE / MONTEROSSO

A 1.5-hour drive brings us to the coast and to our trailhead in the small village of Biassa. We'll hike up through a chestnut forest on a mule track to join the Alta Via 5 Terre (AV5T), a high trail along the crest of the hills overlooking the sea. At our highest point, we'll stop for lunch at a small trattoria, and then take a path of stone steps down to the 14th century Santuario del Nostra Signora di Montenero, perfectly perched above the sparkling sea. The views from here stretch along the whole coast and the entire area known as the Cinque Terre, and we'll have ample time for photos. Our hike continues right into Riomaggiore, the first of the small fishing villages of the Cinque Terre. After strolling its main street, we'll board the local train and head to our hotel in the town of Monterosso, at the northern end of the Cinque Terre. Monterosso, with its castle and bell towers, was a feudal holding given over to Genova in 1276, which fortified it against Turkish pirates and the Pisans. The parish church, built in 1244, is dedicated to San Giovanni Battista. The town retains a medieval center, Monterosso Vecchio, along with a modern district. It also has Cinque Terre's largest collection of shops and restaurants and the region's nicest beach. From the Monastery of the Capuchins, with its crucifix attributed to Van Dyck, there is a nice panorama of the village and promontories of Cinque Terre.

Itinerary



Overnight: Hotel Porto Roca

Meals: B, L

Hiking Details: 2.5 miles, 2.5 hours, 600' ascent/descent

"I enjoy reliving the beauty of the countryside, the plethora of information received, the charm of the medieval cities, the delicious picnics, and the company of interesting, intelligent, cheerful people—both fellow tour members and the wonderful trip leaders."

—Susan M., Burlingame, CA

DAY 8 CINQUE TERRE / MANAROLA

Today we enjoy the classic coastal hike that links most of the Cinque Terre villages (some trails are closed due to past landslides). These five hamlets, with their jumble of pastel-colored houses and tiny harbors, are wedged into a mountainous coast steeply terraced with ancient vineyards. Leaving early from our hotel, we head up and over rocky trails and through flourishing vineyards and gardens, enjoying fantastic vistas of the sea as we hike to Vernazza, the most photogenic of the towns, with its tiny harbor and central piazza lined with restaurants and cafes. After exploring a bit, we stop for a rest and a coffee, and those who have had enough hiking can continue onwards by train to the lunch stop, accompanied by a leader. The rest of us continue hiking to enchanting Corniglia, dating back to Roman times and perched 300 feet above the sea. Corniglia has always had a land-based economy because of its location high above the seaside. The village's Gothic-Ligurian style Church of San Pietro dates to 1334 and has a lovely stained-glass window framed by white marble from Carrara. In the fall, the small, private wine cellars of Corniglia are filled with grapes suspended from drying racks. These grapes are pressed to produce sciacchetrà, a super-sweet late-harvest dessert wine of this region. After lunch, we board the local train to Manarola (the trail is closed), with its colorful jumble of houses atop a rock outcrop. We visit Manarola's medieval Church of San Lorenzo (1338), then return to Monterosso by train. Dinner is on your own in one of Monterosso's many outdoor restaurants. Your Trip Leader will be happy to make some recommendations based on how fancy or local you wish to go.

Itinerary



Overnight: Hotel Porto Roca

Meals: B, L, D

Hiking Details: Palmaria: 4 miles, 2.5 hours, 500' ascent/descent; Punta Manara: 3 miles, 2 hours, 685' ascent/descent

Transportation Details: Palmaria: 2 hours by boat; Punta Manara: 1.5 hours by train

“Outstanding trip, thank you! I absolutely loved the hiking and felt like we were seeing off-the-beaten-tourist-track places. Great guides, really good food, and the Italian Riviera was spectacular! It was fabulous in every way. This was one of my favorite trips ever, and I've traveled extensively throughout the world. I can't wait to do another one with you.”

-Cybele L., Sharon, CT

DAY 9 PALMARIA ISLAND / PORTO VENERE

Should the weather and seas be favorable, we board a private boat to tiny Palmaria, one of three islands in an archipelago at the southern end of Cinque Terre and separated from the coast by a narrow stretch of sea called Le Bocche. Our hike explores the island, taking us through forests of Aleppo pines, holm oak, and fragrant broom shrubs, and we'll view the disused quarries of Pozzale, from which the precious black portoro marble was extracted. During our excursion we'll get wonderful perspectives of Tino and Tinetto islands and the coast beyond. After completing our hike we'll enjoy lunch in the port area. Here we can soak up the views of the harbor and of the town of Porto Venere, with its charming red, pink, and yellow buildings packed tightly together along the seafront.

If weather or sea conditions don't permit travel by boat, we'll go by train to the resort town of Sestri Levante with its crescent beaches and port-side cafés set along a palm-lined promenade. It's a classic of the Italian Riviera and the home of the Hans Christian Andersen festival. The sea side of the bay is called the Bay of Fables, and the other side is called the Bay of Silence. After lunch and exploring the town, we hike to Punta Manara, where on a clear day views span part of the Tuscan archipelago and even as far as the island of Corsica. Back in town, we cool off with a gelato before heading back to Monterosso for a festive Farewell Dinner.

Meals: B

DAY 10 DEPART

Transfer to the airport in Pisa and depart on homeward-bound flight.

Pricing

TRIP COST

Prices are per person, based on double occupancy

2024

\$6,695 (13-15 members)

\$6,995 (10-12 members)

\$7,295 (5-9 members)

Single supplement: \$1,625

2025

\$6,795 (13-15 members)

\$7,195 (10-12 members)

\$7,595 (4-9 members)

Single supplement: \$1,635

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

PAYMENT TERMS

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION & TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No Charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details:

www.wildernesstravel.com/insurance

TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader and local guides
- Accommodations in hotels
- All meals included except 4 dinners as indicated in Detailed Itinerary
- A glass of wine or beer with dinner
- All ground transportation and baggage handling from meeting until departure
- All activities as indicated in Detailed Itinerary

TRIP DOES NOT INCLUDE

- Travel to and from the arrival and departure location as indicated in Detailed Itinerary
- Additional hotel nights outside the trip's scheduled dates
- Optional gratuities to Trip Leaders or staff
- Optional travel insurance
- Other expenses of a personal nature (some alcoholic beverages, laundry, etc.)

CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

Arrival & Departure

ARRIVAL & MEETING PLACE

Suggested Airport: Florence Airport (FLR) or Pisa International Airport (PSA)

Suggested Date & Time: Anytime prior to Day 1

Meeting Place: You will meet your Trip Leader in the lobby of the Hotel Silla in Florence at 8:30 am on Day 1.

Note: The trip ends with a drop-off in Pisa, and you may find better prices/connections if transiting from Pisa. If you fly into Pisa, it is easy to take a train from there to Florence.

DEPARTURE

Suggested Airport: Pisa International Airport (PSA)

Suggested Date & Time: Day 10, after 12:30 pm

On Day 10, complimentary transfers will be provided according to your travel plans from the group hotel in Monterosso to Pisa. We will stop at the Pisa Airport for those with a scheduled flight, and at the Pisa Train Station for those staying in Pisa or traveling onward. The transfer from Monterosso to Pisa takes approximately 1.5-2 hours.

For those wanting to continue to Genova, trains depart every hour from Monterosso. It's about a 1.25-hour train ride, and tickets are around €10. You can purchase your tickets at the station in Monterosso, or you can make your reservation online at www.trenitalia.com.

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Italy. There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Please do not purchase your tickets until you are confirmed on the trip. Once your tickets have been purchased, please send us a copy of your airline schedule. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

RECOMMENDED HOTEL

There are dozens of wonderful hotels in Florence, but if you wish to stay at the Hotel Silla before the start of the tour, we recommend you book a room directly from the hotel website www.hotelsilla.it. A transfer from either Pisa Airport or Florence Airport can also be booked on the Hotel Silla website.

Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific trips they will be leading, please visit wildernesstravel.com/leaders.



GIUSEPPE ARUTA

With an extensive background in geology and deep roots in his Italian heritage, Giuseppe Aruta leads guests through medieval hill towns, the Dolomites and Italy's Lake District, paying special attention to how people travel through their sense of taste, experiencing the wondrous world of Italian cuisine. He was born in Naples, studied and worked in Florence, and is now a resident of Bologna, the culinary capital of Italy, yet often explores outside of his home country. "I consider myself curious about everything—art, science, food, human relationships, dancing, painting, math," he says. "I enjoy sharing my knowledge with people from other countries, and in return, I also learn a lot from them."



TERESA BALDI

Teresa Baldi, daughter of veteran WT Trip Leader Stefano Baldi, grew up on a farm owned by her family on the hills surrounding Florence. She has a degree in art history at the University of Florence and when she is not helping on the farm, a working agriturismo, she is employed at a nearby first-class restaurant, where she developed a passion for good food and wines. "It was great for me to grow up on a farm with plenty of animals and fantastic trails to explore and, at the same time, have the opportunity to study the beauty of art right in the streets of my home town. A hop on the bus and you step from nature to the glories of the Renaissance."



LISA HALDERMAN

Lisa Halderman experienced Italy in 1973 as a high school exchange student. She earned her degree in Italian literature, completing her final year at the University of Padua. Her studies have immersed her in the world of Italian art, architecture, politics, and history. An avid gardener, Lisa also has a strong interest in natural history. She lives with her family in the small hill town of San Gimignano, Italy, and she has a son. In Tuscany, Lisa loves to go through every outdoor market with a fine-tooth comb.

Trip Leaders



ISABELLE JOHNSON

Isabelle Johnson was born in the UK and has lived in the Italian Dolomites since 1999. As an Oxford history graduate, she loves connecting travelers to the history of the area, and has nearly 25 years' experience in leading small-group walking adventures throughout Italy. She combines her work in leading hiking tours with doing academic translation for Italian universities. When not leading trips, Isabelle loves walking long-distance trails throughout Italy and the UK.



JOANN LANTZ

Originally from Long Island and holding a degree in education from New York University, JoAnn Lantz has lived in Italy since 1988, slowly restoring an old farm house outside of Lucca, learning about the wines of Italy, and continually exploring her adopted home country. Whether she's leading a hike up to the Rifugio Lagazuoi in the Dolomites or to the top of Monte Solaro on the isle of Capri, she has a gift for bringing out the local charm of each place our journeys visit. "I became a Trip Leader to share the wonders of Italy with others," she says. "The slowness to change and the depth of history that exists here gives people a chance to reflect on their own lives and see what is truly important." When not guiding, JoAnn nurtures her small olive grove near Orvieto, pruning the trees, picking the olives, and making olive oil for her own use and as a gift for friends.



VICKY SOTRIFFER

As an adventure-seeking traveler and Trip Leader, Vicky Sotriaffer thrives in new places. She has led trips on nearly every continent for more than 10 years, including sea kayaking trips. Originally from South Tyrol, Italy, Vicky now resides in Ibiza, Spain, and is fluent in a handful of languages. She spends parts of her year in Oman, where she follows her passion for hiking in the country's striking desert environment and diving in the warm waters off the coast (and trying to improve her Arabic along the way). In her free time, she enjoys tennis, rock climbing, horseback riding, and in the winter, she heads to the Dolomites to ski.



AMY BARNES

While working on a liberal arts major at the University of South Florida in 1978, Amy Barnes traveled to Florence, Italy, where she met an Italian documentary film maker. The encounter was decisive and by 1979 she was back for good. Initially she worked as a camera assistant to her husband before moving on to location/production work for documentaries for such companies as BBC One, BBC Two, The Discovery Channel, The History Channel, National Geographic, A&E Biographies, Channel 4, Granada, and PBS. In a parallel career, Amy has worked as a Trip Leader with Wilderness Travel for many years and has designed itineraries in many regions including the Italian Lake District, Umbria, Liguria, and Tuscany. "Italy's spectacular geography had a heavy hand in determining its history. For me there is no more beautiful or extraordinary country on the planet!" Amy enjoys Tai Chi, but everything is second to traveling!

What to Expect

WHAT THE TRIP IS LIKE

This trip is rated **Level 3, Moderate**, according to our trip grading system. While we do not see major elevation gain or loss, you will need to be comfortable hiking up to 6 miles a day and being on your feet for 4-5 hours a day. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

Average Hiking Day

- 2.5 hours
- 4 miles
- 500-600 feet gain/loss

Challenge Day

- Day 2: 6 miles, 3 hours, 900 feet gain, and 700 feet loss

TERRAIN

We traverse a variety of terrains, from dirt roads through rolling hills in the southern part of Tuscany to steep, rocky sections on the coastal paths of Liguria where you will need to be able to hike on uneven surfaces and occasionally downhill over loose rocks. Some parts of the trails are ancient stone staircases which can be quite steep and hard on the knees. The coastal trails are narrow, have drop offs of varying heights, and often have passing hikers, so you will need good balance. On most days, we hike in the morning and visit a town or historical site in the afternoon.

WEATHER

The weather in Tuscany and Cinque Terre in late spring and early fall is usually very pleasant, with temperatures in the 70s°F (80s°F in Tuscany) during the day, and in the 50s°F and 60s°F at night. There can be cool breezes and occasional showers at any time during these seasons.

ACCOMMODATIONS

We spend most nights in small, picturesque inns, full of Italian charm and ambiance. Since they are often in historic buildings, the rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Single rooms can be requested but are not always available, due to the limited space in the hotels. If you prefer a single room, please make your request as early as possible.

CUISINE

Our lunches will vary from picnics in a scenic spot to small trattorias known for their excellent local cuisine. Picnic lunches will include local breads, cheeses, fruits, and wines. On some days, we will have lunch at a local farm or in a home (agriturismo) where regional specialties are prepared. Dinners will be at our hotel or a restaurant in town. Please note that in Europe, the dinner hour is considerably later than what it is in the US. We do our best to secure early reservations for our groups, but most often the evening meal will be at 7:30 pm.

TRANSPORTATION

Our van will transport the group's luggage, so you only need to carry a daypack for items you need during the day (rain gear, sweater, camera, water bottle, etc.). Trip members are always free to skip a day's hike and travel to the next destination in the support vehicle (or remain at the hotel if we are not transferring that day).

What to Expect

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	MILES	HOURS	ELEV. ASCENT/DESCENT	HOURS
1	5 miles	2.5 hours	+300'/-500'	3 hours
2	6 miles	3 hours	+900'/-700'	1 hour
3	5.5 miles	2.5-3 hours	+700'	2 hours
4	4.5 miles	3 hours	+900/-850	30 minutes
5		2 hours		1.5 hours
6	4 miles	2.5 hours	-500'	30 mins
7	4 miles	3 hours	+300'/-1,200'	1.5 hours to trailhead. 15 mins train to Monterosso
8	a) 2.5 miles b) 2.5 miles	a) 2.5 hours b) 2 hours	a) +600'/-600' b) +700'/-400'	20 mins train
9	4 miles	2.5 hours	+500'/-500'	2 hours by boat
10				1.5 hours drive to airport

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Siena	48/34	53/34	59/39	63/43	74/51	82/57	87/61	87/62	77/56	68/51	56/43	49/37
Florence	48/34	52/36	57/41	64/45	73/52	79/57	86/63	86/63	79/57	68/50	57/43	50/36
RAINFALL - INCHES												
Siena	2.6	2.4	2.4	2.8	2.3	1.7	1.2	1.5	2.8	3.0	3.8	3.0
Florence	3.0	3.0	3.0	3.0	3.0	2.0	1.0	0.2	3.0	3.0	4.0	3.0

Additional Information

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 or email us at info@wildernesstravel.com.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.



WILDERNESS TRAVEL HAS BEEN AWARDED:

Best Travel Specialists in the World: *Conde Nast Traveler*, 2024, 4-time winner

World's Best Tour Operators: *Travel + Leisure*, 11-time winner

Best Wildlife, Hiking & Walking Trips: *AFAR Magazine*, 3 years in a row

Best Adventure Travel Companies: *USA Today*

Trip of the Year: *Outside Magazine*, 9-time winner

50 Tours of a Lifetime: *National Geographic Traveler*, 9 years in a row

Best Adventure Travel Companies: *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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