



Hiking Through Tuscany

AMC Adventure Travel Trip #2230

October 4 - 11, 2022



"You may have the universe if I may have Italy." ~Giuseppe Vergi

Tuscany is an idyllic destination for day hiking and the center of Italy's most quintessential highlights. We invite you to join fellow AMC Adventure Travelers as we explore delightful gastronomy, world class vineyards, classic hilltop villages, and UNESCO World Heritage Sites.

Our adventure in Tuscany is 7 nights / 8 days and to make the most out of our experience we will stay in 4 unique locations of Florence, Barga, San Gimignano, and Siena with special experiences in Lucca and Chianti to give us a full immersion in history, food, wine, and culture. Short transfers are required to bring us to trail heads and/or new destinations and thanks to luggage transfer you will only need to carry a light backpack each day. The hikes are led by an experienced leader from the AMC and a local professional guide who is a specialist in the region.

Throughout our time together we will endeavor to enjoy and understand this wonderful region via the AMC's mission of education, conservation, and appreciation of the natural world.

Planned Itinerary:

Oct 3rd or Prior: Leave USA on an overnight flight to Florence

No meals, accommodation, or activities provided today.



Day 1 – Oct 4: ARRIVE IN FLORENCE

Meals included: Welcome Dinner

Accommodation: Florence, 4* Hotel

Activity: No activities are scheduled today

Activities: Our adventure begins in Florence, Tuscany's iconic capital and home to a staggering number of artistic & architectural delights, including four UNESCO World Heritage Sites. There are no activities planned for today, allowing for an afternoon check-in and some time to relax before our trip officially begins with a welcome group dinner at the hotel.



Day 2 – Oct 5: FLORENCE to LUCCA

Meals included: Breakfast & Dinner

Accommodation: Lucca, 4* Hotel

Activity: 2 flat miles in Florence and perhaps additional mileage on the way to Lucca.

Activities: After breakfast we have a morning walking tour with a local guide to explore Florence's cultural highlights. We then meet our regional guide, Matt Butler from Adventurebug and transfer by private coach to one of Tuscany's favorite regions and the town of Lucca. The scenic drive across Tuscany's midland region is approximately 2 hours.



Day 3 – Oct 6: LUCCA REGION

Meals included: Breakfast & Dinner

Accommodation: Lucca, 4* Hotel

Activity: A village and nature walk utilizing at times small rural roads, lanes, and nature paths for a distance of 5 miles and +/- 700' elevation gain.

Activities: A short transfer brings us to the wonderful village of *Castiglione di Garfagnana*. Famous for its walled medieval fortress and 13th century bridge, this riverside market town is simply a delight. October is nearing the chestnut harvest period, so the village is preparing for their annual celebration, one of the most important in all of Italy. Our hike today explores the village before descending to the bridge and largely following the river system through farmland and passing both historic and modern elements of rural Tuscan life.



Day 4 – Oct 7: LUCCA to SAN GIMIGNANO

Meals included: Breakfast & Dinner

Accommodation: San Gimignano, 3* Hotel

Activity: Flat city walking tour plus a hike around the upper ramparts (very good footing) for a total of 4-5 miles. The ramparts are only 25 feet above the city and level once you are on them.

Activities: Highlights today include a tour on foot with a local specialist, a wander through Lucca's weekly street market, and a 2.5 mile walk along the famous ramparts which surround the medieval city itself. From Lucca we transfer by private coach 1.5 hours into the southern Chianti region where we'll have three nights in *San Gimignano*, the village of towers! Pending arrival time, we may make a short hike into the countryside surrounding San Gimignano to stretch our legs after the bus journey.



Day 5 – Oct 8: SAN GIMIGNANO

Meals included: Breakfast & Dinner

Accommodation: San Gimignano, 3* Hotel

Activity: We utilize country lanes and rural pathways to walk through picturesque Tuscan landscapes for a distance of 6 miles and +/- 900' elevation gain.

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



Day 6 – Oct 9: SAN GIMIGNANO

Meals included: Breakfast & Dinner

Accommodation: San Gimignano, 3* Hotel

Activity: We utilize country lanes and rural pathways to walk through picturesque Tuscan landscapes for a distance of 6 miles and +/- 900' elevation gain.

Activities: We continue our exploration of the Tuscan wine country. It is also on the famous *Via Francigena* – the historic pilgrim's way between Canterbury and Rome. We'll hike a portion of the Via and experience the beauty and serenity of this special part of Tuscany. Please note, depending on our final hiking route, we may utilize local transfer services.



Day 7 – Oct 10 CHIANTI HIKE AND VINEYARD TOUR

Meals included: Breakfast & Farewell Dinner

Accommodation: Sienna, 4* Hotel

Activity: Rolling countryside and vineyards. We will utilize local agricultural tracks and some small tarmac roads at times where necessary to connect our route for a distance of 4 miles and +/- 500' elevation gain.

Activities: This morning we explore on foot the vineyard region of Chianti – home to Italy's most popular red wines and arguably the most picturesque wine growing regions in the world. We will enjoy a morning hike followed by a vineyard tour and of course, a sampling of this wonderfully crafted wine. At the end of the day, a short private transfer brings us to Siena, Tuscany's enigmatic center for art, style, and culinary delights. This evening we say *arrivederci* to our Adventurebug guide before enjoying a farewell group dinner with our AMC leader.



Day 8 – Oct 11: DEPARTURE FROM SIENA

Meals included: Breakfast only

Accommodation: None provided / Departure day

Activities: Today after breakfast you can continue to other destinations in Italy or return to the Florence airport. No transfers are provided for your departure and onward connections to Florence, Pisa, or Rome are easy via train, bus, or private taxi share.



What to Expect

This trip is rated a difficulty of 3: [Easy](#). This trip can be enjoyed by just about anyone with consecutive day hiking experience and the ability to hike 4-6 miles with elevation gains of 500-900' per day. Trail conditions are varied and include old cart tracks through hillsides and narrow stony trails. Solid hiking boots and walking poles are recommended--this is HILLY countryside, though not mountainous.

Weather wise, some rain showers and strong breezes may exist but will generally be short lived. Expect warm temperatures of up to the 70's in the day and nightly lows in the 50's.

Our accommodations will be in comfortable 3* and 4* hotels with luggage transfer between our destinations. Solo travelers will be paired with a same gender roommate. Single rooms might be available with a "single supplement".

This is a group activity and we will be spending many, but not all, hours together. We expect that everyone will pitch in and contribute to helping each other have a great time.



Cost of the Trip

The trip will cost \$3,450 for AMC members and \$3,550 for non-members. Non-members can join AMC for \$50 by clicking [here](#). Included in the price: 7 nights of lodging, 7 breakfasts, 7 group dinners, 5 guided hikes, all hiking transfers, and emergency medical and evacuation insurance. A limited number of single rooms (single supplement) may be available at an additional cost.

The cost of lunches, drinks, and incidentals - essentially anything not specifically detailed above, *is not* included in the price. We recommend budgeting \$15 - \$20 per day for these expenses.

Your round-trip airfare and land travel to / from Florence, which we currently estimate at \$1,200 , *is not included*. Leaders will be glad to provide information on suggested flights.

The trip fee includes an AMC overhead charge to cover the administrative expenses of offering AMC Adventure Travel excursions and, in accordance with AMC, you are subsidizing some of the leaders' cost. The trip fee also includes emergency medical and evacuation insurance coverage which is required by AMC.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval. The final price will be adjusted in accordance with the best final arrangements we can make. As with all Adventure Travel Committee excursions, this trip is run on a non-profit basis; any savings we achieve, as well as any cost increases we incur, will be shared by trip participants.

How to Proceed

To apply for this trip, email karenbarsantiAMC@gmail.com to let her know that you are interested in receiving the trip application forms.

We will send you the application materials which you will need to print, complete, sign and return along with the required deposit check of \$1,000 made payable to the Appalachian Mountain Club.

Prior to your acceptance as a participant in this trip, you will be asked to discuss with us your capabilities and experiences. We may also request references to confirm your fitness level and suitability for participating in trip activities. While the leaders will make a reasonable attempt to ensure a good “fit” between the trip and participants, you are ultimately responsible for being aware of the risks involved in the activities and for conducting yourself accordingly. You are ultimately responsible for your own safety.

Your official acceptance onto the trip will not happen until the leader(s) have determined by a telephone conversation with you that you and the trip are a good match. Once you have been officially accepted your deposit check will be processed, the trip’s cancellation policy will take effect including a \$300 minimum cancellation fee, and final payment will be due by June 10, 2022.

Terms and Conditions

By booking a trip with us, you agree with the [terms and conditions](#). Please read this information and contact the trip leaders with questions.

Karen Barsanti, Leader:

Karen is a member of the NH Chapter and has led trips for over 15 years for NH Excursions, NH Family Group, August Camp, and Adventure Travel.

She is certified by *Wilderness Medical Associates International* in Wilderness First Aid, AED, and CPR. She is a past Chair of the NH Chapter and currently serves as Treasurer of Adventure Travel.

Karen looks forward to hiking through Tuscany with fellow Adventure Travelers.

Contact: karenbarsantiAMC@gmail.com





Required Gear:

Passport, Medical Insurance Card, and EU-required Vaccine Credentials
 Backpack (20-25 liters) with waterproof pack cover
 2 one-liter water bottles or hydration system
 Personal first aid kit with head lamp
 Waterproof packable jacket and pants
 Lightweight Wool or Polartec hat, gloves, and top
 Sturdy hiking boots
 Hiking socks, shorts, pants, tees, and long sleeve tops
 Sun protection: wide-brim hat, sunglasses, lotion, and lip balm
 Leisure clothes for travel and hotel
 Personal toiletries

Optional Recommendations:

Hiking poles (*must be in checked bag*)
 Gaiters (for pebbles and dust, not for snow)
 Camera
 Binoculars
 Ear plugs
 Extra shoelaces
 Zipper closure plastic bags for packing lunches and snacks
 Reading material for breaks in the action
 Luggage locks