



Italy Tuscany & Umbria Walking

8 Days



The Adventure Company | EST. 1969

MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Italy Tuscany & Umbria Walking

Discover the enchanting landscapes of central Italy on this delightful walking journey from the age-old vineyards and villages of Chianti to historic Siena, Pienza, and Bevagna. Savor the delicate aroma of wild lavender as you follow expert guides on lesser-known paths and feast on sumptuous farm-to-table fare prepared in traditional kitchens. In Umbria, Italy's green and spiritual heart, you'll move amidst artistic and architectural treasures, and follow in the footsteps of St. Francis of Assisi. Top it off with black truffles, fine wines, and nights at luxurious historic hotels. This trip is beyond special!

Details

Arrive:	Florence, Italy
Depart:	Florence, Italy
Duration:	8 Days
Group Size:	6-16 Guests
Minimum Age:	16 Years Old
Activity Level:	

Testimonials

"We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek."

Dennis G.

"I've taken six MT Sobek trips and they have all exceeded my expectations. The staff, the food, the logistics and the communications have always been exceptional. Thank you for being my "go to" adventure travel company!"

Margaret I.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1-800-974-0300

✉ info@mtsobek.com

Why Take This Trip With Us?

REASON #01

This perfectly paced weeklong adventure blends active hiking and cultural immersion, getting you to the heart of Tuscany and Umbria.

REASON #02

Our hiking adventures in Italy benefit from over 40 years of continuous refinement and offer local guides that quickly connect you to the heart of the region.

REASON #03

You'll enjoy genuine experiences, from local-favorite restaurants and working farms to family-run wineries and historic hotels, so you can enjoy every moment.

What to Expect



ACTIVITIES

Leisurely hiking for 2-3 hours per day on gently rolling terrain. Cultural touring with stops at historic sites, farms, and wineries.



LODGING

Luxury historic hotels, including a former monastery and a 15th-century palazzo, with comfortable en-suite rooms and modern amenities.



CLIMATE

May, June, and October have higher chances of precipitation, while summer months are dry and warm. July is the warmest months with temperatures in the 80's. August and September

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Silvia was born and raised in Venice, and now lives in the Tuscany region of central Italy. While she is an architect by training, with an MA in History of Architecture, Silvia has more than 20 years of experience as a professional trip leader. She lived in Toronto, Canada, for over a decade and, since then, she has led both walking and bicycle trips throughout Europe. Now she guides trips in Tuscany and southern Italy—sharing her passion for her country with MT Sobek travelers. Silvia speaks Italian, English, and French.

Silvia Giacon

Born and raised in Puglia, Alessandro has expert knowledge of this Mediterranean region, known as the “heel of Italy’s boot” and is a fully licensed tour guide, food lover, olive oil taster, wine sommelier, and naturalistic guide. Known for his empathic personality and enthusiasm for his profession, Alessandro is the perfect host to share with you the beauty, the flavors, and the soul of beautiful Puglia.

Alessandro Perrone

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Itinerary

DAY 1

ARRIVE IN FLORENCE

Welcome to Italy! Meet your group at the Hotel Executive in Florence at 12:30pm and enjoy a light lunch before transferring to the historic wine town of Radda in Chianti. Immerse yourself in the picturesque scenery with a warm-up hike from the castle of San Donato in Perano to the Renaissance Villa Vistarenni. Savor a gourmet dinner with views of Chianti's hills at La Bottega before returning back to Radda for the night.

Activity: 2 hours/1 miles easy hiking

Meals: D

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DAY 2

EXPLORE CHIANTI & HIKE VINEYARD TRAILS

Wake for a day of exploration deep in the heart of Chianti. Marvel at landscapes dotted with vineyards, farmhouses, olive groves, and age-old castles as you drive along Chiantigiana Road. Then take a moderately paced hike through vineyards and fields to the fortified medieval church of San Polo in Rosso. Savor a lunchtime selection of cheeses, bruschette, oils, and homemade pasta prepared by farmer Chez Nicolo before driving to Castellina in Chianti. Here you'll enjoy the botanical wonders of Duccio Fontani's farm, known for its aromatic herbs. Toast your day with a glass of Chianti Classico.

Activity: 3.5 hours/5 miles moderate hiking

Meals: B, L, D

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DAY 3

TOUR HISTORICAL SIENA & VAL D'ORCIA

Journey to the captivating city of Siena for a special guided tour of its historical wonders, including UNESCO-listed Piazza del Campo and the Duomo. Next, enjoy free time to explore the city's beautiful cobblestone streets and charming restaurants on your own. In the afternoon it's off to the pretty hamlet of Pienza and the picturesque Val d'Orcia, famed for its cypress trees and magnificent golden fields. Learn about Pienza's papal past and take in the sweeping views from your luxury hotel.

Meals: B, D

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DAY 4

HIKE IN VAL D'ORCIA & TASTE LOCAL CHEESE

Start the day with a short visit to Palazzo Piccolomini, a Renaissance wonder built in 1459 as a summer home for Pope Pius II. Next, stop off at Podere Il Casale a few miles west of Pienza to sample fresh pecorino cheese and experience the workings of a biodynamic farm. Follow gently rolling trails back to Pienza and look out for Bagno Vignoni and its famous thermal pool on the way. Tonight, you'll have free time to explore the delights of Pienza.

Activity: 4 hours/5 miles easy hiking

Meals: B, L

DAY 5

JOURNEY TO UMBRIA

Rise this morning for a pleasant walk up to Monticchiello for a final bird's-eye view of Val d'Orcia. After lunch, travel southeast toward Umbria — the "green and spiritual heart of Italy" known for its classic medieval hill towns and artistic treasures. On the drive you'll see stunning Lake Trasimeno, Italy's fourth-largest lake, surrounded by olive groves and cypress trees. Arrive in the historic walled city of Bevagna, located southwest of Perugia, and enjoy the old-world charm of your luxury hotel.

Activity: 2 hours/2 miles easy hiking

Meals: B, L, D

DAY 6

SEE ANCIENT BEVAGNA & HIKE TO MONTEFALCO

Your day begins with a fascinating tour of Bevagna's ancient sites and a visit to a traditional Cartiera, where paper is still produced following age-old techniques. Walk off lunch with a scenic hike across fields and vineyards to the town of Montefalco, known as the "balcony of Umbria." From here you'll enjoy spellbinding views of Spello, Assisi and, in the far off distance, Perugia. Top off the day by tasting the region's signature Sagrantino (Rosso di Montefalco) wine and the ultimate Umbrian delicacy: the black truffle! Return to Bevagna for an evening at your leisure.

Activity: 3 hours/3.8 miles hiking

Meals: B, L

DAY 7

EXPERIENCE THE LAND OF SAINTS

Today you'll go deep into the mystical heart of Umbria as you follow in the footsteps of St. Benedict and St. Francis. Starting at Rocca Maggiore, the 800-year-old citadel soaring above Assisi, enjoy a walk down to the pink city admiring panoramic views along the way. In Assisi, visit the Basilica Inferiore and Superiore, home to exquisite frescoes by Giotto. After lunch, take a pilgrimage to Eremo delle Carceri (2,300 feet), a fascinating hermitage complex and the meditation place of St. Francis of Assisi. Tonight, enjoy your farewell dinner back in Bevagna!

Activity: 2-3 hours/3.1 miles moderate to difficult hiking

Meals: B, L, D

DAY 8

RETURN TO FLORENCE

Bid farewell to Italy as you transfer back to Florence airport.

Meals: B



Dates

Oct 8 - 15, 2023

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Inclusions & Exclusions

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts where needed
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted in the Trip Planner)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses
- Arrival airport transfers

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► The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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