



## 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

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 & BARGA

Meals included: Breakfast & Dinner

Accommodation: Barga, 3\* Hotel

Activity: 2 flat miles in Florence and perhaps 2 miles over steep village terrain in Barga

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 Tuscany’s best known hiking region, the *Garfagana* and the hilltop village of *Barga*. The scenic drive across Tuscany’s midland region is approximately 2 hours.



### Day 3 – Oct 6: BARGA & GARFAGNANA REGION

Meals included: Breakfast & Dinner

Accommodation: Barga, 3\* Hotel

Activity: A hilly but not mountainous hike through chestnut forests connecting small Tuscan villages for a distance of 6 miles and +/- 900' elevation gain.

Activities: Today we'll hike between Barga's surrounding hilltop village communities taking in the wonderful scenery of the Garfagnana and surrounding Apuan mountain ranges. Hiking will be from our hotel door and we may return by local transfer (taxi or shuttle bus), depending on our final arrival destination or we may complete the hike as a loop – options are available.



### Day 4 – Oct 7: BARGA & CASTIGLIONE DI GARFAGNANA

Meals included: Breakfast & Dinner

Accommodation: Barga, 3\* 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 (25 min approx.) brings us to the wonderful village of *Castiglione di Garfagnana*. Famous for its walled medieval fortress and 13<sup>th</sup> 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 5 – Oct 8: LUCCA & 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: A special day awaits as we depart Barga to visit Lucca, home of Italy's great opera composer *Puccini* and a center of beautiful Renaissance architecture. 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 two 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 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: 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. Today 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 COUNTRY HIKE AND VINEYARD TOUR**

Meals included: Breakfast & Farewell Dinner

Accommodation: Siena, 4\* Hotel

Activity: Rolling countryside and vineyards. We must 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 centre 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.

### **Suggested Reading**

- Room with a View by E.M. Forster
- Portrait of a Lady by Henry James
- Under the Tuscan Sun by Frances Mayes

### **Suggested Movies**

- The English Patient
- Tea with Mussolini



### **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.*



### **Cancellation Policy**

The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is \$300. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to force majeure [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.] In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc).

### **Terms and Conditions**

***By booking a trip with us, you agree with the terms and conditions located at the end of this prospectus. Please carefully read this information and contact the trip leader with questions.***



## How to Proceed

To apply to the trip, email [karenbarsantiAMC@gmail.com](mailto:karenbarsantiAMC@gmail.com) to let her know that you are interested in receiving the trip application forms.

We will send you the application, risk release, and medical forms 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 leaders have determined by a telephone conversation with you that you and the trip are a good match.

Once you have been officially accepted and the trip has the required number of qualified participants to make the trip ‘a go,’ your check will be deposited and the trip’s cancellation policy will take effect (see below). The rest of the trip fee will be due by July 4, 2022.

### **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 Secretary of Adventure Travel.

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

Contact: [karenbarsantiAMC@gmail.com](mailto:karenbarsantiAMC@gmail.com)





### Required Gear:

- Passport and Medical Insurance Card
- 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
- Waterproof 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
- Small knife (*must be in checked bag*)
- Compass
- Extra shoelaces
- Zipper closure plastic bags for packing lunches and snacks
- Reading material for breaks in the action
- Luggage locks



## Adventure Travel Terms, Conditions, and General Information

Welcome to Adventure Travel with the Appalachian Mountain Club. AMC Adventure Travel offers domestic and international trips throughout the year. Experienced volunteer leaders create, plan, and lead each excursion, fostering a dynamic and active group environment. Though each trip is unique, all strive to fulfill AMC's mission of promoting stewardship and appreciation of the natural world.

***By booking a trip with us, you agree with the following terms and conditions:***

### **1. Cancellation Policy**

The AMC Adventure Travel cancellation policy is based on the premise that your cancellation may not raise the cost to the other participants or to the leaders. After notification that the trip will run as scheduled, the minimum cancellation fee specified in the prospectus will apply. The prospectus in some cases may also specify a schedule of cancellation fees in relation to the date of cancellation. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. The cancellation fee will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to force majeure [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.] In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip, including non-refundable air tickets, visa fees, gear, and medical expenses.

### **2. Leaders' Right to Change Itinerary**

While the itinerary in the prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of group ability, safety, transportation or lodging availability, and unforeseeable circumstances such as weather considerations, natural disasters in the areas to be

visited, or recommendations of governmental agencies. The leaders reserve the right to make such changes as necessary, both before and during the trip.

### **3. Leaders' Expectations of Participants**

When you participate in this activity, you should be in proper condition for the challenges outlined in the prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety.

Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experiences with the leader. The leader may also request references to confirm your fitness level and suitability for participating in trip activities.

It may happen on any trip that a participant is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury, lack of proper gear, or fitness are examples of some conditions that might result in an individual being unable to participate in one or more activities. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational, and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles, and local regulations and customs.

This trip is designed so that everyone may experience adventure through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this experience.

You should enjoy traveling and be comfortable traveling in areas which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time.

### **4. Trip Price**

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 of the trip will be adjusted in accordance with the best final arrangements we can make. Any savings we achieve, as well as any

cost increases we incur, will be shared by trip participants. Refunds, if any, are issued after the trip's accounting is complete.

AMC Adventure Travel trips are run on a nonprofit basis. Leaders are not compensated except for their travel and administrative expenses associated with the trip. A program fee is assessed toward AMC Adventure Travel programs and administrative expenses. The price for a non-member to join a trip is \$100 over the member trip price. To join the AMC (2020 pricing \$50 individual, \$75 family), go to our website's [membership](#) page.

The trip fee includes emergency medical (limited) and evacuation insurance coverage, which is required by the AMC. Participants must have their own medical insurance. The fee **does not** include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, is available on our website's [trip resources](#) page.

While participant airfare is generally not included in the trip price, leaders may assist participants in making suitable reservations. At a minimum, participants will be told when and where they must join the group for the official start of the trip's planned activities. Once your air tickets are purchased, they are your responsibility – do not make any non-refundable travel plans until told to do so by the leaders.

## **5. Passports and Travel Documents**

International programs generally require a valid passport valid for six months after the completion of your trip. If your destination requires a health certificate, visa, or visa-waiver, you are responsible for obtaining these documents prior to departure. The AMC is not responsible in any way for your failure to obtain proper documentation required for your travel.

## **6. Safety**

Participant safety is a high priority for all AMC-sponsored events. Procedures, and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware there are risks associated with outdoor adventure activities, including but not limited to, adverse weather and environmental conditions, delayed medical care in remote locations, and transportation in vehicles, on foot, by boat, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity agreement and call the leader if you have any questions.

## 7. AMC Activity Rating System

AMC activities are rated using a scale of six levels described below. Consult with the trip leader or trip prospectus for details including the intended group pace and equipment requirements. Use this link for more information including charts on moving time, distance, and more: [AMC Activity Rating System](#).

1. **Accessible:** Suitable for stroller, wheelchair, or other wheel assisted travel. Paved, hardened gravel, or ADA listed terrain or approach. The distance travelled and anticipated timing of the activity are detailed in the activity description. This rating is employed across activities and is not broken out in each of the tables below. Please direct any inquiries for reasonable accommodation to the trip leader in advance of the trip.
2. **Relaxed:** Suitable for most active participants with full mobility and participants new to the activity described. Expect to be actively on the move for about 3 hours/day. You may be on the trail, slopes or water for a longer time, but there will be plenty of rest breaks.
3. **Easy:** Reasonable fitness for the expected activity is needed, but the trip is designed for those new to the activity. Expect to be active up to 4 hours/day. A bit more active time than the relaxed rating, but with generous breaks.
4. **Moderate:** Fitness level and/or past experience to sustain the activity at a moderate pace is required. Expect to be active up to 4-6 hours per day. Reasonable breaks in the action.
5. **Vigorous:** Suitable for those with recent similar experience and/or demonstrated proficiency, such as being active in sports or often (regular) engagement in vigorous physical activity. Ability to perform at the expected level for back-to-back days for multi-day trips. Expect to be active up to 5-6 hours per day, with brief breaks.
6. **Strenuous:** Most physically demanding. Fitness for the specific activity is required with direct experience in the activity highly recommended and potentially mandatory (see the activity description). Expect to be active 6+ hours per day for back-to-back days if it is a multi-day trip. Breaks will be shorter/fewer than for other levels of trips.