

Tuscany Hiking & Yoga

Active Adventure

May 9 - 16, 2020

Explore the beautiful Tuscan
landscapes & scenery.
Earn your wine.
Enjoy the amazing local foods.

Plus!

Sunrise Yoga
Yoga Hikes
Moonlight Yoga
Yoga & Wine Chill & Stretch
Poolside Yoga
Gratitude Food Meditation
(yoga classes are optional and all-level)

Activity Level: Moderate/Intermediate.

This trip is perfect for couples, singles
and/or friends traveling together.



Detailed Itinerary

Based from two heavenly villa properties that features a comfortable, spacious areas – inside and out – to practice yoga, this thoughtfully crafted itinerary provides a glimpse into authentic Tuscan living. Come explore lesser trodden landscapes by foot, secret corners and local hangouts. Your adventure will find you on daily hikes, trekking across rolling, green countryside. Marking the beginning of each day, your daily yoga practice brings balance to the hours spent indulging in exquisite local fare and wine while immersed in the area's cultures, local characters weighing in on conversations with their own unique anecdotes.

Join us for this opportunity to step into local life through some very special “backdoor” experiences and connect to an authentic experience of Tuscan life!

Our week will be based out of Fattoria Casanuova (4 nights) in Chianti and Villa La Consuma in Val d'Orcia (3 nights) for a well-paced, varied, active week in gorgeous Tuscan landscapes.



Day 1



May 9
Arrival: Locanda Casanuova

Florence Airport transfers to **Fattoria Casanuova** in San Martino. Afternoon check in followed by a tour of the grounds, the cantina and a thorough tasting of the farm's amazing wines led by Thilo, the family winemaker.

Early evening yoga post travel day stretch.

Welcome dinner at the Casanova farm. (D)

Day 2



May 10
Cheese & Lavender

This morning we'll drive a short distance to visit a very sweet sheep farm run by two sisters Ada and Sandra. We'll stand by as they show us their magic in making wonderful pecorino cheese and ricotta. From here, we transfer to the start of our hike along the **Sentiero della Memoria** (a trail dedicated to partisans who fought in WWII).

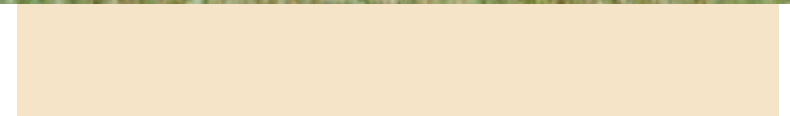
Our walk ends at the spectacular farm run by two very special lavender growers.

The Bellini family's organic lavender grove is located at the foot of Pratomagno mountain in Tuscany—surrounded by the greenery of the upper Valdarno. Riccardo and his partner Rosanna lovingly produce olive oil, honey, aromatic herbs and lavender (essential oil and other products).

Yoga during our hike.

Dinner at the Casanuova farm. (B, L, D)

Hike: (13 km or 6 km). Hilly terrain. 4-5 hours.





Day 3



May 11
Chianti Classico

Today we'll drive into the heart of Chianti, stopping first in the piazza of the original medieval market town: Greve in Chianti. We'll take a peek at the food shops, bakeries and artisan shops on the square and then leave directly from Greve's piazza for our hike to Panzano in Chianti. Just before reaching the town of Panzano, we'll stop in at the Marinai winery for a Chianti wine tasting & pop-up picnic. Return to farm.

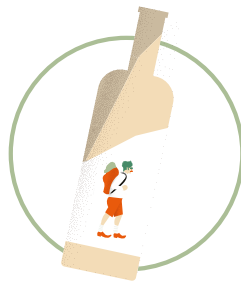
Rise & Shine AM Yoga

Dinner at a local osteria. (B, L,)

Hike: (9 km). Hilly terrain. 3 hours.



Day 4



May 12 Winery Walk & Lunch

This morning we'll take a short transfer to the start of short morning hike to a local Chianti producer's home. Upon arrival, Roberto and his wife Maria Grazia will show us around the farm, take us through the cantina and then we will sit down for a relaxing (and delicious lunch with them both—in their private home. Stop at a honey farm or chocolatier en route back to Casanuova.

Before our journey to the winemaker's home, we'll enjoy an early Rise & Shine Morning Yoga (15-30 minutes).

Dinner at the Casanuova farm. (B, L, D)

Hike: (6 km). Hilly terrain. 2 hours.



Day 5



May 13

Transfer to Villa Consuma in the Val d'Orcia

This morning we'll take a 1 hour transfer to San Giovanni d'Asso and check into our cozy private villa "home" for the next three nights: Villa Consuma.

Check in and stroll around the property and through the village or simply enjoy time by the pool.

*Wine, Chocolate & Yoga Chill - Enjoy local Tuscan wine and chocolates with a gratitude food meditation and restorative yoga to relax the mind, open the body, lift your spirits and awaken your senses.

Dinner in the villa with Chef Andrea. (B, D)





Day 6



May 14
Montepulciano & Vino Nobile

This morning we'll drive to an area just outside Montepulciano where we'll take a leisurely hike around Lake Montepulciano. At the start of our hike, we'll stop to see and learn about "forgotten fruits" and other foods produced in this area. Our hike ends at a private noble home and villa called Palazzo Vecchio where we enjoy an intimate wine tasting lunch with Vino Nobile di Montepulciano winemaker Maria Luisa. Afternoon yoga and stretching by the pool.

*If time and weather permits we'll re-group for yoga by moonlight tonight.

Free night in town to try out one of the local trattorie or osterie in San Giovanni d'Asso. (B, L)

Hike: (12 km). Flat terrain. 3-4 hours.



Day 7



May 15

Wine & Olive Oil

Hike to Trequanda and Montisi. Combined olive oil and wine lunch with long time olive tree grower and olive oil producer Alessandra and her dear friend and local winemaker Anna. Two very special women creating beautiful, organic wine and olive oil. We'll have a combined tasting and lunch on the outdoor terrace—overlooking the amazing Val d'Orcia. Pure paradise!

Rise & Shine AM Yoga

Final feast in the villa with Chef Andrea. (B, L, D)

Hike: (7-8 km). Hilly terrain. 3 hours.



Day 8



May 16

Departure - Arrivederci!

Depart - Transfer to Florence for U.S. flights or continued travels in Italy.

Karen Dubs

Yoga Teacher & Health Coach

Karen is a yoga teacher and health coach with over 30 years experience in the fitness and wellness industry. She specializes in teaching yoga for athletic bodies and loves the outdoors, hiking, travel and adventure, especially when it's combined with her love of yoga and good food. You can find Karen on Facebook, Instagram and Twitter [@flexiblewarrior](#) or visit www.flexiblewarrior.com for more information.

Flexible Warrior Yoga: Karen's style of athletic yoga is about finding the balance between willpower and what she calls "chillpower"... relaxing, breathing and stretching. During our Tuscan adventure, the yoga sessions will be focused on pre-hike warm up yoga to energize and awaken the body in the morning and post hike yoga stretch sessions for flexibility and recovery. In addition, Karen will offer fun options like Moon Salutations, Poolside Yoga, Yoga + Wine Chill and a food and wine gratitude meditation. All yoga classes are ideal for all levels of experience and are all optional. So whether it's your first yoga class or you've been doing yoga for years, you'll fit right in. Or, if you prefer to skip yoga altogether, that's great too! This active yoga & hiking adventure is ideal for singles, girlfriends or couples. Karen's husband Jon will be on the trip and will join for most yoga classes, but may likely skip many too to opt for poolside wine and cheese.





Carol Sicbaldi

Local Tour Leader & Host

As a maestra of authentic tours featuring Italy's time-honored traditions, the discerning experiences that Carol Sicbaldi shares as a tour designer/tour leader - will push you to explore a life of simple pleasure, uncomplicated flavors, bucolic landscapes and architecture from a time when things were built to last. Take your pick from trekking, authentic home cooked meals, pop-up picnics and wine tastings. With over 25 years of experience, she'll introduce you to artisans whose life's work is dedicated to keeping their chosen crafts alive, from cheese makers to bakers, honey producers and herbalists.

With Carol, we'll practice celebrating a simplicity long lost in most corners of the world.

Slow down, walk, and appreciate all the rhythm and flavors!

www.carolsmoveablefeast.com





Trip Price:

\$3900 per person

Single Supplement:

\$300

Price Includes:

All accommodations on tour, services of a bilingual guide and English speaking yoga teacher/coach, daily guided walks & yoga sessions, 5 dinners, 5 lunches, some wine with meals, all tastings & visits, transfers on tour, entrance fees.

Not Included:

International airfare, arrival and departure transfers to/from airport, additional beverages and mini bar, tips & gratuities, 2 dinners & 2 lunches, massage sessions, personal items, travel insurance.

