

Southern Tuscany

8 or 5 Day Trip
Independent Walking up to 60.8 miles | 69.2 miles with extension

Route Open • 16th April to 31st October

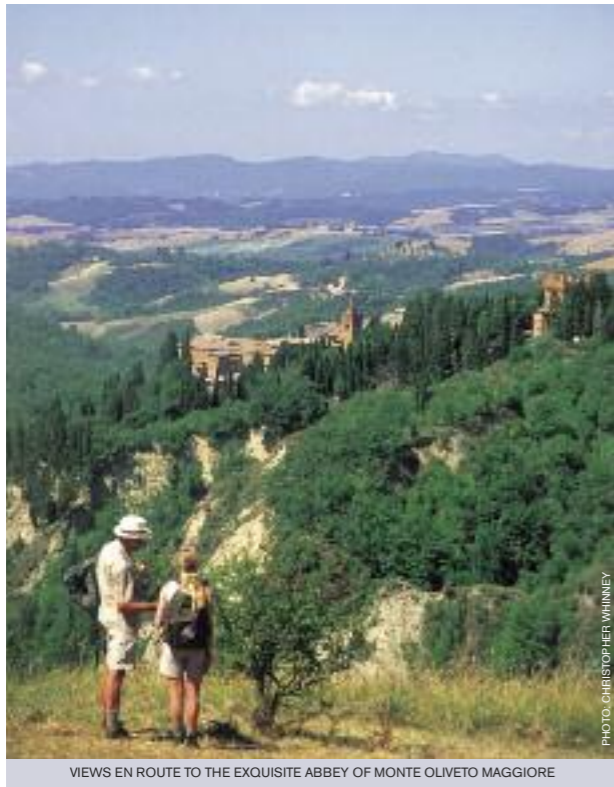


PHOTO: CHRISTOPHER WHINNEY
VIEWS EN ROUTE TO THE EXQUISITE ABBEY OF MONTE OLIVETO MAGGIORE

Features

- Walk from medieval Siena to Pienza, the first Renaissance 'city'
- Enjoy the best of Southern Tuscany, with its superb art and architecture
- Open rolling countryside with extensive views and the picturesquely eroded crete
- Some of the best wine-producing areas in Tuscany – Brunello di Montalcino and Vino Nobile di Montepulciano – with food to match!
- Exquisite abbeys of Sant'Antimo and Monte Oliveto Maggiore

Itinerary

Day 1 • Arrive in Siena

The best-preserved great medieval city in Europe.

Day 2 • Siena to Lucignano

Walk south from Siena following the route of the early medieval Via Francigena, across the open hills of the crete, to Lucignano (12.8 miles, 6.5 hrs).

Day 3 • Lucignano to Buonconvento (5 day itinerary – Arrive in Buonconvento)

Walk through pastures, vineyards and olive groves overlooking the Arbia and Ombrone valleys, to walled Buonconvento, its small museum housing 14th/15th century masterpieces (8 miles, 4 hrs). Optional excursion to the great Benedictine Abbey of Monte Oliveto Maggiore and its cloister of magnificent frescoes by Signorelli and Sodoma (7.6 miles, 3.5 hrs).

Day 4 • Buonconvento to Montalcino

Over open hills and through the famous vineyards of Brunello to panoramically situated Montalcino, centre of the Brunello wine area (11.7 miles, 5.5 hrs).

Day 5 • Free day in Montalcino

Superbly sited medieval town with 14th century castle and museum with 14th and 15th century paintings. Opportunities for wine-tasting.

Day 6 • Montalcino to Bagno Vignoni

Walk through the vineyards of Brunello to the superb Romanesque abbey-church of Sant'Antimo, built of alabaster and onyx. Then on to the Orcia valley and Bagno Vignoni, with its Roman thermal baths in central piazza (14.1 miles, 7 hrs).

Day 7 • Bagno Vignoni to Pienza

Walk along the Orcia valley then across open farmland to Pienza, birthplace of Aeneas Piccolomini. When elected Pope Pius II in 1458, he commissioned the architect Rossellino to convert his birthplace... into the first Renaissance city. A five minute walk from end to end, Pienza has a delightful papal palace, 'cathedral' and museum (5.9 miles, 2.5 hrs).

Day 8 • Departure day, or...

Optional extension to Montepulciano: Walk to the centre of the Vino Nobile di Montepulciano wine district via the church of San Biagio, and explore Montepulciano's fine palazzi, cathedral, frescoed churches and museum (8.3 miles, 4 hrs).

5 DAY ITINERARY: BUONCONVENTO TO PIENZA (ONE NIGHT IN EACH HOTEL)

CYCLING ITINERARY ALSO AVAILABLE SEE PAGES 64-67 FOR DETAILS



Southern Tuscany Trip Information

Finding Your Way



The ATG Route Booklet includes detailed directions and maps, as well as up-to-date information on towns visited, places of interest, local history, restaurants, cafés and shops en route.



Your Route Manager is there to ensure your trip runs smoothly. They will brief you before you set out, move your luggage along the route, offer advice and answer your questions, and they're contactable by phone to help out in case of emergencies.

Restaurants, Food & Wine

Good trattorie everywhere on route and some very good restaurants. Traditional Tuscan cooking with game, steak, beans, wild mushrooms, truffles and homemade pasta.

Superb red wines of the area, Brunello di Montalcino and Vino Nobile di Montepulciano, complement the cuisine.

For further information on food & wine see page 11.

On booking you will be sent further trip information: details of how to get to/from the route, what to bring and other practicalities.

Getting There

Recommended Destination Airports

Pisa • Florence • Rome
There are buses and trains to Siena from Pisa (2 hrs), Florence (1-1.5 hrs) and Rome (3 hrs). There are buses and trains to Buonconvento from Pisa (3 hrs), Florence (2-3 hrs) and Rome (3 hrs).

For further info on flights see pages 72-73.

Trains

FROM	TO	PRICE
Pisa	Siena	~€9
Florence	Siena	~€7
Rome	Siena	~€14 - €23 (depending on type of train)

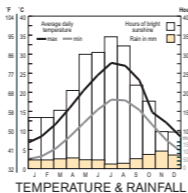
For train journeys ex-London see page 71.

Taxis

FROM	TO	PRICE
Pisa	Siena	~€190
Florence	Siena	~€130
Rome	Siena	~€300
Pisa	Buonconvento	~€250
Florence	Buonconvento	~€180
Rome	Buonconvento	~€300

Prices may be significantly higher on Sundays and public holidays.

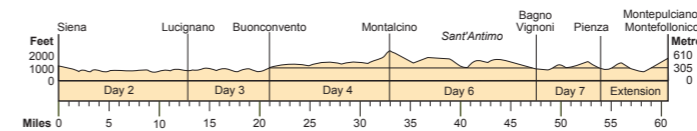
For larger taxis (more than 3 people) the price is higher. Taxis can be booked via the ATG office.



TEMPERATURE & RAINFALL

Terrain Fitness: 30+ or 35+ (see page 12 for fitness calculation)

Open rolling hills with spectacular views. Paths along farm tracks, ancient drove roads and gravel lanes.



Prices

You can plan your Footloose trip for any time within the route opening dates, subject to availability.

TRIP OPTIONS	TRIP PRICES (excluding flights)	DOUBLE FOR SINGLE OCCUPANCY (per night)
● 8 Day Standard	● £875 / \$1,530	● £34 / \$60
● 8 Day Superior	● £945 / \$1,655	● £39 / \$68
● 5 Day Standard	● £535 / \$ 935	● £34 / \$60
● 5 Day Superior	● £570 / \$1,000	● £34 / \$60

Extend Your Stay

To extend your stay anywhere on the route, please contact the ATG office. See pages 68-69 for extension hotel rates in Montepulciano, Montefollonico, Siena or Florence.

Accommodation

- NIGHT 1 ROOM ONLY** ● SIENA **Piccolo Hotel Etruria** ★★ Simple hotel in medieval city centre
- NIGHT 1 B&B** ● SIENA **Santa Caterina** ★★★ 18th century villa, close to the historic centre
- NIGHT 2 B&B** ● LUCIGNANO **Borgo Antico** ★★★ Family-run hotel converted from traditional fattoria Superior rooms are larger
- NIGHT 3 B&B** ● BUONCONVENTO **Il Ghibellino** ★★★ Family-run hotel in the centre of town
- NIGHTS 4 & 5 B&B** ● MONTALCINO **Dei Capitani** ★★★ Comfortable hotel with superb views; small pool in summer
- NIGHT 6 HB** ● BAGNO VIGNONI **Le Terme** ★★★ Modern hotel overlooking Roman baths
- NIGHT 7 B&B** ● PIENZA **Residence San Gregorio** ★★★ Converted theatre close to centre with swimming pool
- NIGHT 7 B&B** ● PIENZA **Il Chiostro** ★★★ Converted monastery with views and pool in summer
- EXTENSION B&B** ● MONTEPULCIANO **Il Marzocco** ★★★ Family-run 16th century hotel with panoramic views
- EXTENSION B&B** ● MONTEFOLLONICO **La Chiusa** ★★★ Converted mill with restaurant

NUMBER OF NIGHTS HB (DINNER INCLUDED)
8 DAY • Standard: 1 / Superior: 1
5 DAY • Standard: 1 / Superior: 1

- STANDARD OPTION
- SUPERIOR OPTION
- STANDARD & SUPERIOR OPTIONS