

# Tuscany Walking & Wine

Trip Code: SGCF

Version:



WALK & TREK



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Discover the sights of Florence, Siena, and San Gimignano with its recognisable skyline
- Spend time in the medieval hilltop towns of Panzano and Volterra
- Walk along sections of the Via Francigena and Via Romea pilgrim routes
- End your Tuscan adventure on the coast at Cecina Mare, just a train journey away from the Cinque Terre

## AT A GLANCE

- Self-Guided
- 5 days walking and sightseeing
- Luggage transfer
- GPS travel app
- Saturday departures only
- Join at Florence, End in Cecina Mare

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Fantastic fresh Italian food, Tuscan vineyards, rolling hillsides, and hilltop towns steeped in Etruscan and Renaissance architecture - this self-guided walking holiday showcases real Tuscany. You will explore the famous cities of Florence and Siena, the wine roads through Chianti, and the hidden gem of Panzano with its traditional festivities. This romantic part of Italy, regarded as the birthplace of the Renaissance, has inspired some of the most prestigious artists of all time including Leonardo da Vinci and Michelangelo. When you have finished basking in the history and grandeur, what better way to end your week in Tuscany than getting off the beaten track and heading to Cecina Mare to relax on the Tuscan coast with a glass of fine wine as you watch the sun go down over Elba, Capraia, and Gorgona on the horizon.

This self-guided holiday really does provide the ultimate Tuscan experience. Each day you will walk approximately 3-4 hours, with time to stop and enjoy the sights, the wineries, and the history of this magnificent region. Staying at a selection of lovely 3-star and 4-star hotels full of Tuscan charm on a bed and breakfast basis, you will have plenty of opportunity to unwind after a busy day exploring and to enjoy the local Tuscan cuisine at nearby restaurants.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- Bus journeys according to the programme
- A wine tasting
- Transfer on day 6 (San Gimignano - Ugnano)
- Welcome briefing
- Navigation App and GPX tracks available

## What's not Included

- Travel insurance
- Travel to Florence
- Travel from Cecina Mare
- Public buses not in the programme
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

The trip starts at your hotel in Florence and ends at your hotel in Cecina Mare. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Florence Airport, however Pisa Airport is also very accessible. Both are well-served by many departures from UK regional airports.

Train connections are extremely good in Italy with many high-speed services available. If you are flying into Pisa you can take the train direct from Pisa Central Station to Florence - this takes approximately 1.5 hours and you can enjoy watching the landscape evolve outside your window.

The return journey from Cecina Mare to Pisa Central is just as easy with the direct train journey taking approximate 1 hour along the scenic coast. You can book your tickets at [www.trenitalia.com](http://www.trenitalia.com).

We can also arrange additional nights' accommodation before or after your self-guided trip, or you may even wish to make this trip part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

## Meal Plan

This trip is on a bed and breakfast basis so that you can dine at whichever local restaurants appeal most to you.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Food and drink is a highlight of any trip to Italy, and Tuscany really stands out here. Tuscan cuisine is based on peasant cooking (cucina povera) - simple, seasonal meals that can be made in large quantities without costing a fortune. Taking high quality locally grown ingredients and doing as little to them as possible means the food really does speak for itself, and adding the warm hospitality of the local people to the mix makes eating and drinking here even more special!

Located in the heart of Italy with a climate that is ideal for farming, the region supports a plethora of high quality fruit, vegetables, and grains. You'll find many dishes containing foodstuffs such as local spelt, legumes, beans, kale, herbs, and even chestnuts. This includes dishes such as ribollita, a thick, hearty vegetable Tuscan soup made with day-old bread and cannelloni beans, and simple yet delicious Tuscan bean salads. Another popular dish is local vegetables 'fritte' - deep-fried after being rolled in flour then dipped into a mixture of beaten eggs, finely chopped herbs, salt, pepper, and grated local pecorino cheese - served piping hot.

Fans of meat and fish are spoiled for choice, with superb wild game, pork, and lean flavoursome beef from the prized native Chianina cattle served as the main event or in tasty sauces. A variety of fish and seafood caught along the region's Tyrrhenian coastline is often used in soups and stews especially nearer to the coast, and excellent salt cod is popular throughout the region.

Many of the dishes served use local olive oil as an ingredient and, as you can imagine, there are plenty of fresh pasta and pizza dishes to be enjoyed almost everywhere, so there really is something for everyone.

The local bread is known as pane sciocco - literally translating as 'stupid bread' as it is made without salt. There are one or two different theories about why this is, however one thing for certain is that it makes the perfect complement to the salty meats, cheeses, and olives typical of the region.

You are of course perfectly placed to wash all this lovely food down with some excellent local wines, with Tuscany being one of the most renowned and significant wine-producing regions in the world. The climate and slopes here are perfect for growing the Sangiovese grape, which accounts for the vast majority of red wine produced here including Chianti, Brunello di Montalcino, and Vino Nobile di Montepulciano. As well as these big hitters you might enjoy some of the highly prized sweet Vin Santo dessert wine with Cantucci biscotti, or a grappa, after your meal. When in Tuscany..!

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## **Accommodation**

We have selected lovely 3-star and 4-star hotels for your trip, all chosen for their Tuscan charm and great facilities, and some with swimming pools - perfect for cooling off after a day exploring. All the hotels offer comfortable bedrooms, and great communal areas including a restaurant and bar, as well as a tasty continental buffet breakfast.

It is possible to arrange additional nights' accommodation in Florence before the start of your trip so you can see more of this beautiful city. It is also possible to arrange additional nights' accommodation in Cecina Mare if you would like a little more time to relax by the coast before heading home. Please ask our Sales Team for details.

## **Baggage Allowance**

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you whilst you are walking.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel.

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.



## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 - 5 hours for consecutive days, a head for heights and some surefootedness is required for your walk on day 6. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and it's always a good idea to spend some time walking in the footwear you are going to use on this holiday.

## Climate

Tuscany benefits from a generally mild transitional Mediterranean climate with mild winters and hot sunny summers. July is the hottest month, when temperatures reach up to 30 degrees centigrade on average. Tuscany is a prime farming region so it is no surprise that the area can also experience rainfall throughout the year, so it is always worth packing your waterproof gear just in case.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

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## Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank

- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers, including solo travellers, contact our Sales Team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

# Why Choose KE

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## Why KE?

As well as incorporating the popular UNESCO-listed cities of Florence and Siena, and the iconic hilltop town of San Gimignano, within this very special hiking trip we have also included a final night on the Tuscan coast so you can toast your week of walking whilst enjoying views across to Elba. This trip pairs perfectly with our Self-Guided Walking on Cinque Terre, so you can enjoy the lures of Italy a little longer.

**Please Note** This document was downloaded on 24/04/2025 and the trip is subject to change