

## YOGA - Tuscany – Namasté Tuscany - 8 Days

- Yoga sessions in inspiring locations
- Guided hiking tours

### SUGGESTED ITINERARY - GET IN TOUCH FOR A CUSTOMIZED TOUR!

#### Day 1 | Arrival in Chianti

We will arrive at the Florence airport and be transferred to our hotel by private bus.

#### Day 2 | Cooking & Hiking in Quiet Chianti

We will have a morning yoga session followed by a cooking class and lunch at the hotel. After our midday meal we will take the private bus and see the church of Santa Maria in Radda before beginning the hike to the medieval village of Volpaia. We will see the eleventh century fort and rustic dwellings there before we start the hike back down through the vineyards. The private bus will be waiting to take us back to the hotel for the evening yoga session and dinner.

#### Day 3 | Inspiring stroll around Florence

After yoga and breakfast we will head to Florence. In the Renaissance city we will have some free time to walk around the visit the cultural and architectural masterpieces at leisure before reuniting for a Vin Santo tasting at a wine bar. We will then return to the hotel for the evening yoga session.

#### Day 4 | At leisure – OPTIONAL: Hiking in Chianti from Greve Montefioralle to San Cresci

Tuscany is always beautiful. The group can decide what it would like to do today, whether it be soaking in the warm rays of the countryside while enjoying a free day or if it would prefer to do a more structured activity, like hiking from Greve Montefioralle to San Cresci.

#### Day 5 | Hike the Via Francigena Road through Colle Val d'Elsa to San Gimignano

We will start the day with a yoga session and breakfast at the hotel. Then we will begin a beautiful, long walk on the gravel roads of the historic Via Francigena. We will stop for a wine tasting, accompanied by Tuscan specialities before continuing on to San Gimignano. In the evening we will return to the hotel for a yoga session.

#### Day 6 | Walking tour in Siena

In the morning we will have a yoga session and breakfast at the hotel before taking the

### The tour includes:

- 7 x night accommodation at a typical Tuscan estate with buffet breakfasts and 4 course dinners
  - Peaceful indoor/outdoor spaces for the yoga and/or meditation sessions each day
  - Transportation by private, deluxe AC bus, as per the itinerary
  - Private English-speaking hiking guide for the Radda and Volpaia, San Gimignano and Colle Val D'Elsa, Sant' Antimo and Montalcino excursions
  - 3-hour private walking tour of Siena with an English speaking guide
  - 1 x welcome drink
  - Cooking class at the hotel
  - Vernaccia wine tasting with local products in San Gimignano
  - Wine tasting with local specialities in Montalcino
  - 1 set of headphones for use throughout the trip
- REQUEST A QUOTE AND A CUSTOMIZED TOUR!

### Prices:

03-01-2024 - 10-31-2024 - Certosa di Pontignano or similar

per person in a double room 1179 €



private bus to Siena for a guided walking tour. The medieval streets will pull us through the colorful contrade neighborhoods towards the city's heart: the Piazza del Campo. Made famous for the famous Palio horserace held there each year, we will hear more about the history of the event and the area that hosts it. We will return to the hotel for a yoga session in the evening.

#### **Day 7 | Visit to the Abbey of Sant'Antimo & Wine Tasting in Montalcino**

Following breakfast and the morning yoga session at the hotel we will take a private bus to the Abbey of Sant'Antimo today. The sacred place with its special light is a simple, yet breathtaking architectural marvel. From there we will continue on to Montalcino for a Brunello wine tasting before doing the evening yoga session at the hotel.

#### **Day 8 | Morning yoga and departure**

After the morning yoga session and breakfast at the hotel we will take the private bus to the Florence airport for our departure.



Certosa di Pontignano or similar