



## HEDONISTIC HIKING

### Volterra and the Tuscan Maremma – 8 Days

#### *Tuscan Hill Towns and Coastal Plains*

Discover the lands of the ancient Etruscans around the hilltop town of Volterra and visit the fascinating Maremma region in south west Tuscany. Experience the area's natural beauty and see fabulous spring flowers as we hike through medieval towns and villages and explore exciting local wines, including the famous Bolgheri region. Two delightful four star accommodations, the first with fabulous views of the Val di Cecina and the second in a luxury hotel in the heart of Massa Marittima.



*"Mick and Jackie made us feel totally pampered and very special. This trip far surpassed our expectations which were quite high to start with. I would enthusiastically recommend Hedonistic Hiking to anyone who wants a first-rate active vacation."* T.S. Davis, CA

#### What is included?

- **Two experienced and knowledgeable guides** who will look after your every need and bring this stunning area to life
- 7 nights' **beautiful accommodation** (2 different hotels)
- **All meals including wine.**
- **Gourmet picnic lunches** each day and snacks en route
- Dinner in a variety of **superb restaurants** .
- **Support vehicle** , enabling you to walk as little or as much of the trail as you please
- **Transport to/from Pisa** in air-conditioned minibus
- Comprehensive **pre-trip information** .

#### Itinerary

Trip starts and ends in Pisa from where there are flights to many destinations within Europe. There are direct train services from Pisa to Rome, Florence, Milan and Genoa (Train Information).

#### Day 1



Meet Pisa airport at 1pm. Drive (1.5 hours) to Volterra where we stay in a delightful four star hotel in the medieval town of Volterra, with fabulous views over the Val di Cecina. Time to settle in before a welcome drink and dinner at the Hotel.



## Day 2

Today we walk across the fields to Volterra for a guided visit of the town with its fascinating Etruscan and Medieval history. Explore the many museums before continuing our walk which takes us out into the countryside where we can visit one of the Etruscan tombs hidden in the hills. Dinner this evening at a local restaurant. (12km)



## Day 3



A short drive takes us towards the coast where we walk to the pretty village of Bolgheri, now regarded as one of the most exciting wine regions in Tuscany. Enjoy a leisurely lunch in the village before returning to our hotel. Time to relax in the afternoon. Later in the day we enjoy a private wine tasting of some of the region's fabulous wines at a renowned local enoteca. (10km)

## Day 4

A spectacular hike through farm and woodland to emerge at the famous medieval towers of San Gimignano. We visit the beautiful Collegiate church with its outstanding frescoes before returning to Volterra for dinner. (18km)



## Day 5



We depart our hotel this morning. Our walk takes us through the beautiful open landscape of the Colline Metallifere, the "metal-bearing hills" which brought great wealth to the region in ancient times. We stay the next 3 nights in La Fenice, a luxury hotel in the heart of the medieval town of Massa Marittima. (15km)

## Day 6

Free day to explore the beautiful city of Massa Marittima with its fortress, cathedral and many fascinating museums. Later in the day there is an optional walk taking us out of the city gates and down to the fertile plain planted with olives, fruit trees and vines. Cross the plain to arrive at the picturesque lake, Lago dell'Accesa, which has vestiges of the important Etruscan settlement once located here. Dinner in a lively restaurant in Massa Marittima. (10km)



### Day 7

Our final hike follows the old stock route of the Maremma cowboys through woodland, pasture and hills. We pass remote medieval villages en route to the Cistercian Abbey of San Galgano, whose Monks were once the book keepers for the City of Siena, and the adjoining hermitage of Montesiepi. (20.5km)



### Day 8

Return to Pisa Airport for 12 o'clock (2.5 hours)

### Walking

Shortest day: 10km

Longest day: 20.5km

There are 6 days of walking on the trip. We walk on strade bianche (gravel roads), woodland tracks and quiet tarmac roads. This area of Tuscany is relatively hilly, with some significant ups and downs, but not mountainous. The walking is fairly rugged in sections so sturdy walking boots, with good ankle support, are required. Walking poles would be an advantage, especially on steeper sections.



### Weather

The weather in Tuscany in the spring is warm , although heavy rain can be expected at times.

The mornings and evenings are cool.

Average temperature: Max. 20°-22°, Min. 10°-15°.

Monthly rainfall average: 55mm

### Dates:

4th - 11th May 2012

### Cost:

€2395

Single supplement €210



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