



# Italy – Tuscan Hills 2025

## Self Guided Tour



### Moderate 7 nights

*On this walking tour you will have a chance to explore the less known part of Tuscany – its renaissance towns, rustic villages with sturdy brick farmhouses or imposing mansions, medieval abbeys such as Sant'Antimo Abbey or Monte Oliveto Maggiore Monastery. The landscape that has been inspiring artists since medieval times changes from rolling hills and oaks woods, through cypress lined alleys which create almost geometric patterns to olive orchards and vineyards of Montalcino where most famous olive oils and wines of Italy are produced. You will have a chance to enjoy some of them along with other specialists of Tuscan cuisine. Tuscany is a region well suited for walking and there is so much to absorb!*

## TOUR ITINERARY

### Day 1 - Arrival in Montepulciano

You are met by our representative in your hotel who will spend a short time going over the tour with you answering any question you may have.

### Day 2 - Montepulciano/Pienza (6 hrs walking time; 15 km 490 m ascent)

From the San Biagio church (which is in the outskirts of town and certainly worth a visit) the road takes you to Montichiello - a nice little village immersed in the "Crete". You can stop there for a nice lunch or just for a cappuccino before continuing to Pienza which is one of the nicest Renaissance towns in Tuscany. Visit the town which is also an agricultural centre well known for pecorino cheese, and truffle production. Overnight in a nice hotel in the town.

*Escape the Crowds*

1

### **Day 3 - Pienza/San Quirico d'Orcia/Bagno Vignoni** *(5 hrs walking time; 15 km 415 ascent)*

The walking today crosses a beautiful region of rolling hills, oaks woods, quiet villages and ends in, or close by, a thermal bathing place where the main square is a basin of steaming hot water. It is possible to swim in the thermal pool (additional charge) if you do not get there too late; according to availability the night can be spent in Bagno Vignoni, or in an agriturismo 2 km from the town along the walking trail.

### **Day 4 - Bagno Vignoni/Sant'Antimo / Montalcino** *(6 hrs walking time, 13 km 585 elevation gain)*

A longer walking day along dry river beds in the rather wild environment to reach St Antimo; a lovely abbey isolated in the middle of a pastoral landscape with grazing herds around which adds peacefulness to the scene. From there it is additional 10 km of a steep ascending trail to reach Montalcino, so the car with your luggage will pick you up in St Antimo to drive you to this nice medieval town. Accommodation in Hotel Montalcino.

### **Day 5 - Montalcino /Buonconvento** *(4 hrs walking time; 15 km / 255 m elevation gain)*

As Montalcino is the country of Brunello - one of the most famous wines of this region - you will be walking through vineyards and olive trees. Then the route will lead you through the beautiful “Crete” landscape. You will spend the night in a nice agriturismo 3 km from Buonconvento.

### **Day 6 – Buonconvento / Buonconvento ( Mont Oliveto Loop )** *(4 hrs walking time)*

A short day but full of ups and downs. The unpaved road will take you to Monte Oliveto Maggiore, one of the most impressive abbeys in Italy – a red bricks construction in a rugged landscape. The owner of the agroturismo can collect you if walking back feels too much (if you decide to walk back, it will take approx 3 hours). You can also skip today's walk and enjoy the Inn's swimming pool or its beauty farm Sauna.

### **Day 7 - Buonconvento/Monte Oliveto Maggiore/ Siena** *(3 hrs 30 mins walking time; 16 km / 285 m elevation gain)*

Siena is our last stop. Savour a delicious ice-cream sitting at a Cafe on the hedge of the Piazza del Campo where the famous Palio is run twice in a year. Stroll the small “vicoli” and cobbled streets, admire the purity of the Duomo architecture and taste some of the best Italian wines at the Enoteca nazionale .

### **Day 8 – Siena** - Visit the town of Siena before your departure



## 2025 PRICES AND DATES

€1260 per person sharing

+€215 single room supplement (if travelling with others)

+€330 solo traveler supplement (if traveling alone)

5-night tour option available on request

### PRICE INCLUDES

- 7 nights B&B - All breakfasts included in 3- or 4-star hotels, boutique B&Bs, or agritourism estates
- Transfers as per the itinerary
- Luggage transfer at each change of accommodation
- GPS tracks with all route information
- One of our assistants will meet you on the first day (or the next morning if biking or hiking are not in the program for the first day) to explain the tour and answer your questions

### WHAT TO BRING

Your enjoyment of your walking holiday will be greatly helped by having the right gear. The following list should help you in planning your packing for your trip.

**Footwear:** Good footwear is vital for a happy walking holiday! We recommend waterproof, breathable, walking boots with good ankle support. Boots which are “broken in” (i.e. not brand new), teamed with **well fitting hiking socks** will keep your feet snug and dry and help to avoid blisters.

#### Hiking Clothes

We recommend the “onion look” of layering clothing as the best protection against heat/cold:

- Base Layer –this layer should not retain moisture but transport it away from the skin (there are lots of “wick away” fabrics now on the market.
- Insulation layer – this layer should stop you from losing body heat – fleece is ideal
- Outer Layer – this layer should keep you dry even in a downpour! A **waterproof**, breathable jacket and over-trousers are as important as your comfy boots. You should bear in mind that clothing tends to lose its “waterproofness” over time so if you have had your gear for many years it might be time to treat yourself with a trip to an outdoor store!
- Walking trousers/ shorts (avoid denim)
- Warm hat and gloves for chilly mornings or high mountains
- Sun hat
- Walking stick/pole (a great help on uneven terrain)
- Swimwear

**Daypack** - a small comfortable rucksack to carry the bits and pieces you will need during the day:

- Water bottle/flask
- Moleskin/plasters/”second skin” – ward off any impending blisters before they become a problem!
- Sun screen
- Binoculars
- Mobile phone

### Accommodation

You can have a look at these websites for more information on accommodation typically provided:

[www.albergoilmarzocco.it/](http://www.albergoilmarzocco.it/)

[www.sangregorioresidencehotel.it/](http://www.sangregorioresidencehotel.it/)

[www.albergoleterme.it/](http://www.albergoleterme.it/)

[www.locandasantantimo.it/camere.html](http://www.locandasantantimo.it/camere.html)

[www.gigliohotel.com/it/](http://www.gigliohotel.com/it/)

[www.pieveasalti.it/](http://www.pieveasalti.it/)

[www.chiusarelli.com/](http://www.chiusarelli.com/)

We do reserve the right to change the accommodation around during the week, but we will always endeavor to provide a high standard.

**Travel Insurance** - It is essential to take out holiday insurance to cover cancellation, personal accident, illness, or loss of possessions.

### Travel

Nearest airports: Rome, Pisa or Florence, then you take the train to Chiusi from where you will be transferred to Montepulciano.

When checking the flights for this trip, consider that it is quite convenient traveling from Pisa airport (the train station is at the front of the airport) to Chiusi; it takes approximately 3 hours and from Siena to Pisa airport it is a 2 hour trip.

Web site on trains in Italy: [www.trenitalia.it](http://www.trenitalia.it)

### Smoking

A no smoking ban has been operated in Italy. You are not allowed to smoke in public places (i.e. pubs, hotels, restaurants, shops, trains and buses etc.). However, you may smoke outside in the open air.