



# Toscana

... Typical products and recipes ...

## TOSCANA 8 NIGHT GOURMET TOUR

### ITINERARY:

Pisa - Bolgheri - Volterra - Siena - Chianti - Firenze -  
Vinci - San Miniato - Lucca - Garfagnana



PECORINO TOSCANO



SALUMI DI CINTA SENESE



TRUFFLE



RIBOLLITA SOUP

*TOSCANA one of the greatest repositories of art in the world and a land of extraordinary countryside, wonderful cuisine and wines, mountain paths, rolling hills, sea coast and islands. Whatever your desire is, in Toscana you can make it come true.*



BRUNELLO DI  
MONTALCINO WINE



CHIANTI WINE



BOLGHERI WINE



EXTRA VIRGIN OLIVE OIL



TOSCANA COUNTRYSIDE



# Toscana

... *Itinerary* ...



PISA

## TOSCANA 8 NIGHT GOURMET TOUR

8 nights/9 days

### Overnights in:

- PISA for 1 night
- SIENA for 3 nights
- FIRENZE for 2 nights
- LUCCA for 2 nights

### SERVICES INCLUDED & HIGHLIGHTS:

- 7 nights accommodation in 4 star hotels with breakfast - 7 dinners - 2 lunches - 1 cookery class with lunch - 4 typical product tastings/lunches - 4 wine tastings.
- Guided tours of: Pisa, San Gimignano, Chianti, Siena, Firenze, Garfagnana, Lucca.
- Visit to Volterra, Vinci, San Miniato.



WINE TASTING & TYPICAL PRODUCTS TASTING



VOLTERRA



CHIANTI AREA

### DAY 1: PISA

Arrival in Pisa airport and transfer to the city centre. Guided tour of the city, the Leaning Tower, the Cathedral and the Baptistery. Welcome aperitif and buffet dinner in the charming premises hosting the oldest cinema in Italy. Accommodation in the hotel and overnight stay.

### DAY 2: PISA TO BOLGHERI - VOLTERRA - SIENA 190KM

Breakfast in hotel. Departure for the beautiful Bolgheri wine area, visit to a vineyard and its winery. Tasting of 3 wines accompanied by a tasty Tuscan antipasto, under the gazebo overlooking the vineyard. We will then travel to the province of Siena with a stop to visit Volterra, the town that was the first great Etruscan metropolis. Accommodation in spa hotel in the wonderful Siena countryside and dinner based on the organic products of the farm.

### DAY 3: EXCURSION TO SAN GIMIGNANO & CHIANTI

Breakfast in hotel. Full day excursion to San Gimignano & Chianti, the best-loved area of Toscana, visiting several villages, abbeys, castles and of course wineries.

Lunch and wine tasting included. Back to the hotel for dinner and overnight stay.

### DAY 4: SIENA

Breakfast in hotel. Full day dedicated to individual activities: who is interested can take part in the Cookery class on traditional dishes from Siena, while the others can relax by the swimming pool or in the spa area or discover the farm and its organic vegetables, grains, legumes and extra virgin olive oil. The farm also offer horse riding and mountain biking. Lunch based on the dishes prepared in the cookery class. Return to Siena. Guided walking tour of the marvellous city and dinner in restaurant in city centre.

### DAY 5: SIENA TO FIRENZE 122KM

Breakfast in hotel and departure to Firenze. Light lunch with tasting of different panini and wine in one of the most ancient and traditional deli shops, famous for its truffle sandwiches. Guided tour of the wonderful city, considered the cradle of the Renaissance. Accommodation in hotel in the countryside near Firenze and dinner in an osteria.

**DAY 6: EXCURSION TO SAN MINIATO & VINCI**

Breakfast in hotel.

Departure to San Miniato, walk in the beautiful city centre and visit a famous local butcher.

Meeting with a truffle hunter and his dogs to discover the secrets of finding the "wild gold" of this area. Tasting of truffle-based products.

Departure to Vinci and visit to the town where Leonardo da Vinci was born.

Vinci lies in the beautiful valley of the Arno River, surrounded by vineyards.

Stop in a wine estate to enjoy the best Chianti wines, typical Tuscan products, and breathtaking views. Back to the hotel for dinner and overnight stay.

In the grape or olive harvest season, in September and October, this day can be dedicated to helping with the farm activities.

In the truffle festival period in November, this day can be dedicated to enjoying the festivities.

**DAY 7: FIRENZE TO LUCCA 100KM**

Breakfast in hotel and departure to Lucca.

Arrival in Lucca, accommodation in hotel.

Guided walking tour of the beautiful centre of the town and visit to the traditional little deli shops where we will taste delicious food, bakeries, pastry shops and wine shops.

Free time for shopping and individual visits.

Dinner in restaurant in city centre.

**DAY 8: EXCURSION TO GARFAGNANA**

Breakfast in hotel.

Full day tour of the Garfagnana, an unspoilt land of beautiful mountains, hills, lakes and rivers.

Lunch based on the simple and typical dishes of this area.

Back to Lucca hotel for our farewell dinner.

**DAY 9: LUCCA TO PISA 75KM**

Breakfast in hotel and transfer to Pisa airport.



SIENA



FIRENZE



TASTING OF TRUFFLE BASED PRODUCTS



GARFAGNANA AREA

*"I have a special link with Tuscany. Surrounded by vineyards and magic, I married there my wonderful Tuscan wife Isabella". Marco said.*





# Toscana

... Not to be missed ...

## Not to be missed



WHITE TRUFFLE

### THE NATIONAL WHITE TRUFFLE SHOW in San Miniato

For more than 40 years the show has transformed the city during three weekends in November into a huge open-air tasting workshop.

Here the truffle takes the throne where it is displayed in the historical Piazza del Duomo at the foot of the Rocca.

The other squares also have their own markets full of typical products from all over Italy. Walk among the narrow medieval alleys, enjoying every scent and savouring the sense of antiquity that permeates the city.



LUCCA CITY WALL

### THE CITY WALL IN LUCCA

Don't miss to walk or cycle on the city wall surrounding Lucca.

The fortified ring of walls is magnificent and different from others you can find in Italy, as you can walk along the top right around the city.



CROSTINI

### CHIANTI & CROSTINI

Visit a vineyard in the beautiful Chianti hills, sit down in front of the rows of grapes, relax, take a deep breath and enjoy a glass of Chianti accompanied by the traditional chicken liver pate "crostini".

## Our Friends



### ISABELLA CAVARRETTA

OPERATIONS MANAGER OF THE FLAVOUR OF ITALY GROUP IN DUBLIN -

"a company whose mission is to promote the best of the Italian food and culture in Ireland. From her experience here, she says: "There is a special link between the Irish and the Italians. We like each other, and we have lots in common. We like to gather with family and friends, sharing food and laughter." From Image Magazine.

Tuscany is your Italian dream!

Rolling hills covered by vineyards and sunflower fields, small medieval villages and amazing art cities, wide white beaches and charming coves, little islands and fishing villages, great wines and an incredible variety of delicious local products, festival, concerts, opera performances, shopping and nightlife options.

Tuscany is all of that and much more.

And I promise you an additional treat: a warm welcome and a big smile from Tuscan people, who cannot wait to meet you!

My favorite Tuscan dish? PAPPA AL POMODORO!

*Just*  
FOR YOU!

Take part in our tour of Tuscany and get 50% DISCOUNT ON NEXT HANDS-ON COOKERY CLASS "A complete Tuscan dinner" at the Italian School of Cooking.

## *Pepero*

*Beef, black pepper and wine stew.*



*SERVES 4 PEOPLE*

### *INGREDIENTS:*

*Ribs roast 800g*

*Good quality red wine ½ litre – we suggest Chianti*

*Onion 300g*

*Finely chopped rosemary 2 tbsp*

*Garlic 4 cloves*

*Tomato paste 1 tbsp*

*Beef stock 3 litres*

*Extra virgin olive oil 1 cup*

*Black peppercorns 4 tbsp*

### *METHOD:*

Brown the cubed meat in a casserole with the olive oil.

Let the meat sweat until dry, add the coarsely-chopped onion, cook for a few more minutes and then add the red wine, let the wine reduce.

Add half of the stock, the finely-chopped rosemary and the tomato paste.

Reduce the heat and cover with a lid.

Stir frequently and add more stock if needed. Simmer for about 2 hours over a gentle heat, when the meat is tender add the crashed garlic and the freshly-milled black peppercorns.

Simmer for 5 more minutes and serve piping hot.

