

Secret Tuscany Walk

Single center   independent walking

- Untouched walking country: romantic hills, spectacular ridges, majestic Apennines
- Small and friendly hotel with pool, jacuzzi and sauna
- Utterly unspoiled village in beautiful countryside
- Excellent regional cuisine using the very best seasonal produce
- Olive oil, wine tasting, cooking demonstrations included



This holiday takes place amongst the beautiful, romantic wooded hills of the Alto Mugello. The most northerly corner of Tuscany, it is overlooked by the majestic Apennines, and lies at the center of a “magic triangle” with Bologna, Faenza and Florence at the corners. Hills are cloaked in thick oak, beech and chestnut forest and valleys are a profusion of wild fruits and herbs. Expect to taste mulberries, cherries, sage, tarragon, basil and rosemary straight from the hotel gardens.

The walks follow old mule trails and forest tracks, past bubbling mountain streams, deserted stone farmhouses and along panoramic ridges which form the border with neighboring Emilia Romagna.

The 8-room ★★★ Locanda Senio Hotel, run by Ercole and Roberta, lies in the heart of the pretty medieval mountain village of Palazzuolo sul Senio. You'll enjoy strolling through its narrow cobbled lanes and ancient stone archways, or maybe along the river bank before dinner. At 500m, the village escapes the worst of the summer heat, making it the ideal climate for walking. The comfortable en suite rooms are traditionally decorated, and each is named after a local herb. The hotel also boasts its own “spa” including small outdoor pool, sun terrace, jacuzzi and sauna. Perfect for resting those weary leg muscles!

Also important about Locanda Senio is its highly prized restaurant which enjoys a long standing reputation (not least amongst Breakaway guests!). The menu offers the best seasonal produce available, and reflects the traditional culinary recipes of Tuscany and Emilia Romagna. Even breakfast is a lavish affair, noteworthy for its delicious home-made breads and cakes. We have included cooking demonstrations, wine and olive oil tasting as well as six picnics and all evening meals.



Book now on **1-800-567-6286** or visit www.breakaway-adventures.com for more information

SECRET TUSCANY WALK | DAY BY DAY

Saturday Arrive in Palazzuolo

You arrive at your hotel, in the heart of the pretty medieval village of Palazzuolo, in time for dinner.

Sunday Monte Prevaglio & Piane Valley 14km/9mi/4.5hr

Start your holiday with a great circular walk direct from the hotel passing the ruined Medici tower to the summit of Monte Prevaglio at 956m. There's a super shaded picnic spot from where you can drink in the tremendous views of valleys and dramatic mountain ridges before a gentle stroll through wild fennel and juniper back down the lovely Piane Valley.

Monday The Mantigno Valley 17km/10mi/5.5hr or 20km/12mi/6.5hr

You have a choice to make today after walking up the lush valley to the ancient farming hamlet of Mantigno (C13 castle). Either take the lower walk through sunny meadows past atmospheric abandoned farmhouses and old terracing where generations of labourers tilled the soil. Or, if you are feeling more energetic, climb to the ridge of Blacksmith's Mountain for glorious views.

Tuesday The Traders' Trail 14km/9mi/5hr

A lift to Marradi (15mins) where you pick up the old traders' trail – a route trodden by the likes of Machiavelli and Garibaldi in times gone by. Your initial steady climb is rewarded with glorious views to the north-east to the Lamone valley. After striding crests, your path descends across meadows bright with broom, angelica and wild mint. In the late afternoon, Ercole and Roberta invite you into the kitchen to learn some traditional Tuscan recipes – don't forget your notebook!

Wednesday Cappella del Grillo 9km/5.5mi/3hr or 13km/8mi/5hr

Today's walk takes you across high meadows – splendid views over Palazzuolo – and on to the strangely named Chapel of the Cricket (Cappella del Grillo). After descending through giant chestnut forests it's back to the hotel for an optional well-being session (jacuzzi, sauna, massages etc).

Thursday Lozzole & Lamone Valley 12km/7.5mi/3.5hr or 19km/12mi/6hr

All walkers will be taken over the mountain to the abandoned village of Lozzole, renowned in days gone by for silk production. Those choosing the shorter route hop out at Villa Fantino and return via the Strada Maestra. This ancient road from Florence is a lovely balcony walk. The longer route is an exhilarating hike along three ridges with contrasting panoramas, terrains and spectacular views stretching up to 70km/40mi in the distance. Tonight you enjoy a tasting of local wines and olive oils.

Friday Tuscany & Emilia-Romagna 12km/7.5mi/3.5hr

It's downhill nearly all day today as you explore the Senio and Santerno valleys, on the Tuscan/ Emilia Romagna border. Passing first the ruins of a former customs house, your path winds down through oak and beech trees to the grassy plateau of Prati Piani – great views of the surrounding hills. You continue through fields dotted with wild basil, sage and caraway to the medieval hamlet of Visano before your final descent to Palazzuolo.

Saturday Return home



"Ercole and family treated us as members of the family; we arrived as visitors and left as friends."

Mrs M Allen

Dates and Prices

Departs Saturdays Tour Only

2012 departures	Tour Only
May 5, 12, 19, Sep 15, 22	\$2,723
May 26, Jun 9, 16, Sep 1, 8	\$2,758
Jun 2, 23, 30, Jul 7, Aug 25	\$2,797
Jul 14, 21, 28, Aug 4, 11, 18	\$2,829
Child (any dates, see notes)	\$1,847

Singles: Add \$28 per night for sole occupancy of a double room.

Child: Over 2 and under 12, sharing with 2 adults.

Room upgrade: Junior Suite (larger room and lounge area) \$36 per person, per night, based on 2 sharing.

Holiday type: Independent walking, single center, no minimum group size, however airport transfers are subject to at least 4 people (in total) booked on each departure.

Departs: Saturdays from May 5 to Sep 22.

Duration: 8 days (7 nights).

Meals: Continental breakfast, 6 picnics and all evening meals.

Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Bologna Guglielmo Marconi airport.

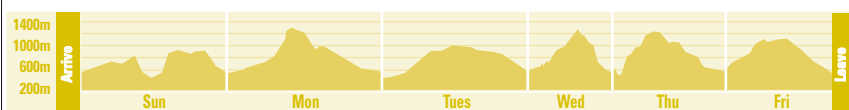
Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

The above prices include our standard transfers: Bologna Guglielmo Marconi Airport at 12:15 (transfer to hotel, 2 hours, provided). **Return:** Bologna Guglielmo Marconi Airport by 11:00 (transfer provided).

Tour only: Transfers included from Bologna airport at 12:15, and back to Bologna airport departing hotel at 09:00.


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SECRET TUSCANY WALK | WALKING DETAILS



This holiday takes place in the remote hills & valleys of the Alto Mugello. On two days, there are a choice of walks both at the lower and upper range of a holiday. The terrain is fairly challenging and there are some steep ascents and descents.

Average daytime temperature (°C):
 21 MAY 25 JUN 29 JUL 29 25 AUG 21 OCT

Average monthly rainfall (mm):
 72 MAY 63 JUN 41 JUL 45 70 95 OCT