



WalkingWomen Lesbian Intermediate Tuscany 17- 24 Sept 2017 (Sun-Sun)

Holiday Details

Our fabulous northern Tuscany holiday takes place in the magnificent, wooded Garfagnana valley, set between the green, rolling Apennine mountains and the more rugged "marble mountains" of the Alpi Apuane. The two mountain ranges offer a wonderful variety of terrain and spectacular views. This is not the Tuscany of rolling hills and sunflowers but an altogether more rugged aspect of the region. Our walks will be through woods to attractive hillside villages, and on rough mountain tracks where the 'ups' will be rewarded by extensive views as far as the Ligurian coast. We will also have a day off from walking with an option to visit the beautiful walled city of Lucca with its marble clad churches and winding streets, or to take time out and relax by the pool back at the agriturismo if you prefer. The food will be traditional Tuscan fare prepared by our hosts and we will eat out on one evening in a local restaurant (drinks not included). Transport to the walks will be by private minibus. The day out in Lucca will be by train taking in the stunning scenery along the Serchio river (not included). All meals are included except on the free day when there are plenty of cafes and restaurants to choose from in Lucca.



Price includes: 7 nights full board except for 1 lunch & 1 evening meal; shared transfer from Pisa; transport to walks. Single rooms available from £12.50

Itinerary

Please note that the itinerary is subject to change

Day 1 Meet at Pisa airport for the minibus transfer to our accommodation in the Garfagnana Valley. The transfer takes 1.5 hours and after leaving Pisa heads through rural Tuscany to the walled city of Lucca. From there, we follow the River Serchio, passing through small villages and past the, so called, Devil's Bridge, a stunning Medieval footbridge spanning the river. After settling in to our rooms there will be a holiday briefing before sitting down to our freshly prepared evening meal.

Day 2 Today we walk direct from the agriturismo with a chance to take in our surroundings at a comfortable pace. The Garfagnana Valley is known for its extensive woodland and stretches of meadowland. We will see a beautiful array of seasonal flowers in blossom along our route. We will take the opportunity to visit some of the pretty Tuscan villages of the Garfagnana with their red tiled roofs and colourful houses.

Day 3 After a 30 minute drive through the pretty surrounding hills, we start our walk from the foot of Monte Corfino (1064m) through stunning beech forest to open meadows which should be resplendent in rich flowers. We may be lucky enough to spot orchids and gentians among others. We will then continue uphill to the summit where we will enjoy fantastic views of both the Apennine and Alpi Apuane mountains. A view to remember and savour. We then descend to the former shepherds village of Campocatino for lunch with time for a wander too. Our descent to the village of Corfino is via a well-preserved drover's track hewn into the limestone. On reaching the winding streets of Corfino, we will make time for a drink at the local bar with panoramic views across the valley below.

Day 4 Today's walk takes us to the highest point in Tuscany, Monte Prado (2054m). After a 45 minute drive we will begin our walk from the old coaching inn at Casone di Profecchia. From here, we take a wide forest track which ascends steadily towards our goal. After a short steeper section, we will emerge onto the ridgeline with long ranging views over Tuscany and the neighbouring province of Emilia Romagna. We will continue steadily along the ridge until we reach Tuscany's highest mountaintop. Photos and a snack are a must at this point! From here we retrace our steps initially before heading down through pretty beech forest to the coaching inn where we can have a drink and buy some local produce including porcini mushrooms and Parmesan cheese.

Day 5 A free day with an optional visit to the medieval walled city of Lucca or a chance to take time to relax by the pool. Lucca is a splendid little city contained within its walls and, therefore, wonderfully accessible. It is packed with magnificent buildings along winding narrow streets and alleyways. A trip to the top of Torre Guinigi is a

WalkingWomen

Tel: 0114 241 2774 Email: queries@walkingwomen.com Website: www.walkingwomen.com
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Registered Address: 12 Heather Close, Huntington, York YO32 9PB

highlight with panoramic views and even fully-grown Holm Oaks at the top to shade you! Then perhaps a drink in the very pretty amphitheatre to reward your efforts. Lucca is reached by local train - a very scenic ride down the River Serchio valley.

Day 6 We will walk directly from our agriturismo today for further exploration of the Garfagnana Valley, an area known for its natural beauty. Our walk will take in some of the local villages, meadows, isolated farms and woodland. A relaxed pace with a chance for coffee, beer or ice cream – you have to sample the local produce after all!

Day 7 Today we will drive to the magnificent Alpi Apuane mountain range and ascend Monte Sumbra. A fitting finale to the week with superb views across valleys, mountains and the sea. We start our ascent through beech wood before emerging to a breathtaking view across the marble quarries towards the Tuscan coastline. The sheer scale of this mountain range will be revealed as we walk on towards the summit. With splendid vistas to all sides we will continue to the top of Monte Sumbra where we will take some time to soak up the atmosphere before heading back down to the minibus for our return.

Day 8 Today, after breakfast, we say our farewells and head back to Pisa airport for our onward journey.

Flights & Transfers – Flight to Pisa is not included We believe that this gives maximum flexibility and the best chance of getting a good price as well as the option to extend your stay. Flights must fit with the transfers below otherwise you will be responsible for your own transfer. To find suitable flights try <http://www.skyscanner.net/>

BA from London Heathrow

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK IN	DEPART	ARRIVE	AIRPORT	COUNTRY
17/09/2017	BA604	London Heathrow	UK	06:50	08:50	12:05	Pisa (PSA)	Italy
24/09/2017	BA605	Pisa (PSA)	Italy	11:15	13:05	14:35	London Heathrow	UK

BA from London Gatwick

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK IN	DEPART	ARRIVE	AIRPORT	COUNTRY
17/09/2017	BA2602	London Gatwick	UK	06:50	08:50	12:15	Pisa (PSA)	Italy
24/09/2017	BA2603	Pisa (PSA)	Italy	11:00	13:00	14:25	London Gatwick	UK

Ryanair from London Stansted

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK IN	DEPART	ARRIVE	AIRPORT	COUNTRY
17/09/2017	FR584	London Stansted	UK	06:45	08:45	12:00	Pisa (PSA)	Italy
24/09/2017	FR587	Pisa (PSA)	Italy	10:55	12:55	14:20	London Stansted	UK

Jet2 from Manchester

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK IN	DEPART	ARRIVE	AIRPORT	COUNTRY
17/09/2017	LS883	Manchester	UK	07:30	09:10	12:40	Pisa (PSA)	Italy
24/09/2017	LS884	Pisa (PSA)	Italy	11:45	13:40	15:15	Manchester (MAN)	UK

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Ryanair from East Midlands

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK IN	DEPART	ARRIVE	AIRPORT	COUNTRY
17/09/2017	FR1708	East Midlands	Italy	09:20	11:20	14:40	Pisa (PSA)	UK
24/09/2017	FR1707	Pisa (PSA)	Italy	13:05	15:05	16:25	East Midlands	UK

The transfer from Pisa to the Garfagnana is included at certain times

- **Outgoing Transfer:** There will be a single transfer at 16:00. If you arrive on an earlier flight we will help you to go into Pisa to for sightseeing and lunch if you wish, before the minibus collects you to take you to our accommodation.
- **Return Transfer:** The return transfer will arrive at Pisa airport in time for flights leaving from 12:55. Again there may be an opportunity for sightseeing in Pisa if your flight leaves later than this.
- **NB.** If you arrive or depart outside these times you will be responsible for your own transfer to the Garfagnana valley. (This is a 2 hour drive or around 1 1/2 to 2 hours by train- however, trains are not frequent so this could mean a long wait in Pisa).

You will be able to leave your luggage at Pisa airport – approx 7 e per item.

Is your Passport in date? Please check at this stage that your passport has plenty of time before it expires. It is not too late to renew it now.

Meeting up arrangements at Pisa Airport

Detailed meeting up arrangements will be sent out by email approximately 2 weeks before the start of the holiday.

Foreign currency

There are ATM machines at Pisa Airport and in Lucca. You will need Euro cash with you for the day in Lucca (unless you take a day off by the pool), and for 1 pizzeria evening meal (also for drinks, postcards, any souvenirs). There is an honesty bar at the accommodation for drinks.

Mobile reception and Wi-Fi

Mobile reception is generally good though it may be patchy higher in the mountains when walking. There is Wi-Fi at the accommodation.

What to bring

- **Walking boots** - leather or waterproof fabric, broken in and comfy, with sufficient tread left for good grip.
- **Several pairs of walking socks.** If your feet blister easily, try 2 thin pairs of coolmax to reduce how hot your feet get.
- **Waterproof jacket and trousers.** It can rain!
- **Warm hat and gloves.** It can be cold on the tops.
- **Extra fleece or sweater** to put on during a stop or if it's windy.
- **Trousers &/or shorts** - loose enough not to restrict your movement (Jeans are not advisable)
- **Daypack** - to carry spare gear, waterproofs, packed lunch, water & other bits and pieces.
- **Water flask** or strong plastic water bottle - 1.5 litres. The Platypus water system (or similar) is very effective.
- **Sun screen, lip salve, sun hat**
- **Swimming costume & swimming towel** – for the pool
- **Large plastic bag** to keep the contents of your rucksack dry if it rains.
- **Walking poles** – not essential, but very good if you have troublesome knees or difficulty with uneven ground.
- **Cash in Euro, up to date Passport & flight booking reference, insurance details, this holiday sheet for contact details**

Non-essential, but they may be important to you!

Camera, spare film & spare battery, charger; plug adapter; maybe binoculars, a mat to sit on during a drink stop. Flask for hot drinks. Mobile & charger. Phrase book. Spare bootlaces. Mediterranean flower book. Zinc Oxide tape to prevent blister - and Compeed in case you didn't put the zinc oxide tape on in time.

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