Tuscany Walking & Wine

Trip Code: SGCF

Version:

WALK & TREK	SELF-GUIDED	LEISURELY
		3



HIGHLIGHTS

- Discover the sights of Florence, Siena, and San Gimignano with its famous skyline
- Spend time in the medieval hilltop towns of Panzano and Volterra
- Walk along sections of the Via Francigena and Via Romea pilgrim routes
- End your Tuscan adventure on the coast at Cecina Mare, just a train journey away from the Cinque Terre

AT A GLANCE

- 5 days walking and sightseeing
- Saturday departures
- Join at Florence, End in Cecina Mare

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Fantastic fresh Italian food, Tuscan vineyards, rolling hillsides, and hilltop towns steeped in Etruscan and Renaissance architecture - this self-guided walking holiday showcases real Tuscany. You will explore the famous cities of Florence and Siena, the wine roads through Chianti, and the hidden gem of Panzano with its traditional festivities. This romantic part of Italy, regarded as the birthplace of the Renaissance, has inspired some of the most prestigious artists of all time including Leonardo da Vinci and Michelangelo. When you have finished basking in the history and grandeur, what better way to end your week in Tuscany than getting off the beaten track and heading to Cecina Mare to relax on the Tuscan coast with a glass of fine wine as you watch the sun go down over Elba, Capraia, and Gorgona on the horizon.

This self-guided holiday really does provide the ultimate Tuscan experience. Each day you will walk approximately 3-4 hours, with time to stop and enjoy the sights, the wineries, and the history of this magnificent region. Staying at a selection of lovely 3-star and 4-star hotels full of Tuscan charm on a bed and breakfast basis, you will have plenty of opportunity to unwind after a busy day exploring and to enjoy the local Tuscan cuisine at nearby restaurants.

Is this holiday for you?

This trip is perfect for those who enjoy good food, good wine, discovering the history of a place, and exploring the Tuscan hills on foot. Combining the tourist hotspots of Florence and Siena and getting off the beaten track allows you to really appreciate this fascinating region as you follow the wine road through Chianti. Walking between hilltop towns, through vineyards and olive groves and through shaded forests, this trip is for those wanting to discover real Tuscany. Walking on paths and quiet country roads for an average of around 12km for 4 hours per day with an average ascent of around 400m, you will have plenty of time for sightseeing along the way and for enjoying the fantastic hotels and facilities we have chosen for you. Plus, we have ensured you get the best opportunity to relax at the end of your week walking with a night on the Tuscan coast, where you can unwind, reflect on a wonderful week of walking in Tuscany, and enjoy the delicious fresh seafood.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- Transfer on Day 2 Florence - Gabbiano
- Transfer on Day 6 San Gimignano - Ulignano
- Transfer on Day 7 Volterra - Cecina
- Bus journeys according to the programme
- A wine tasting
- Welcome briefing
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Florence
- Travel from Cecina Mare
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Public buses not in the programme
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts at your hotel in Florence and ends at your hotel in Cecina Mare. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Florence Airport, however Pisa Airport is also very accessible. Both are well-served by many departures from UK regional airports.

Train connections are extremely good in Italy with many high-speed services available. If you are flying into Pisa you can take the train direct from Pisa Central Station to Florence - this takes approximately 1.5 hours and you can enjoy watching the landscape evolve outside your window.

The return journey from Cecina Mare to Pisa Central is just as easy with the direct train journey taking approximate 1 hour along the scenic coast. You can book your tickets at www.trenitalia.com.

Meal Plan

This trip is on a bed and breakfast basis to allow you to enjoy dining at whichever local restaurants appeal most to you.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Food and drink is a highlight of any trip to Italy, and Tuscany really stands out here. Tuscan cuisine is based on peasant cooking (cucina povera) - simple, seasonal meals that can be made in large quantities without costing a fortune. Taking high quality locally grown ingredients and doing as little to them as possible means the food really does speak for itself, and adding the warm hospitality of the local people to the mix makes eating and drinking here even more special!

Located in the heart of Italy with a climate that is ideal for farming, the region supports a plethora of high quality fruit, vegetables, and grains. You'll find many dishes containing foodstuffs such as local spelt, legumes, beans, kale, herbs, and even chestnuts. This includes dishes such as ribollita, a thick, hearty vegetable Tuscan soup made with day-old bread and cannelloni beans, and simple yet delicious Tuscan bean salads. Another popular dish is local vegetables 'fritte' – deep-fried after being rolled in flour then dipped into a mixture of beaten eggs, finely chopped herbs, salt, pepper, and grated local pecorino cheese - served piping hot.

Fans of meat and fish are spoiled for choice, with superb wild game, pork, and lean flavoursome beef from the prized native Chianina cattle served as the main event or in tasty sauces. A variety of fish and seafood caught along the region's Tyrrhenian coastline is often used in soups and stews especially nearer to the coast, and excellent salt cod is popular throughout the region.

Many of the dishes served use local olive oil as an ingredient and, as you can imagine, there are plenty of fresh pasta and pizza dishes to be enjoyed almost everywhere, so there really is something for everyone.

The local bread is known as pane sciocco - literally translating as 'stupid bread' as it is made without salt. There are one or two different theories about why this is, however one thing for certain is that it makes the perfect complement to the salty meats, cheeses, and olives typical of the region.

You are of course perfectly placed to wash all this lovely food down with some excellent local wines, with Tuscany being one of the most renowned and significant wine-producing regions in the world. The climate and slopes here are perfect for growing the Sangiovese grape, which accounts for the vast majority of red wine produced here including Chianti, Brunello di Montalcino, and Vino Nobile di Montepulciano. As well as these big hitters you might enjoy some of the highly prized sweet Vin Santo dessert wine with Cantucci biscotti, or a grappa, after your meal. When in Tuscany..!

Accommodation

We have selected lovely 3-star and 4-star hotels for your trip, all chosen for their Tuscan charm and great facilities, and some with swimming pools - perfect for cooling off after a day exploring. All the hotels offer comfortable bedrooms, and great communal areas including a restaurant and bar, as well as a tasty continental buffet breakfast.

It is possible to arrange additional nights' accommodation in Florence before the start of your trip so you can see more of this beautiful city. It is also possible to arrange additional nights' accommodation in Cecina Mare if you would like a little more time to relax by the coast before heading home. Please ask our Sales Team for details.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you whilst you are walking.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 - 5 hours for consecutive days, a head for heights and some surefootedness is required for your walk on day day 6. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and it's always a good idea to spend some time walking in the footwear you are going to use on this holiday.

Climate

Tuscany benefits from a generally mild transitional Mediterranean climate with mild winters and hot sunny summers. July is the hottest month, when temperatures reach up to 30 degrees centigrade on average. Tuscany is a prime farming region so it is no surprise that the area can also experience rainfall throughout the year, so it is always worth packing your waterproof gear just in case.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings

- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries

- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

This trip is available for departures on Saturdays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

Why Choose KE

Why KE?

As well as incorporating the popular UNESCO-listed cities of Florence and Siena, and the iconic hilltop town of San Gimignano, within this very special hiking trip we have also included a final night on the Tuscan coast so you can toast your week of walking whilst enjoying views across to Elba.This trip pairs perfectly with our self-guided Walking in Cinque Terre holiday, so you can enjoy the lures of Italy a little longer.

Please Note This document was downloaded on 23/11/2026 and the trip is subject to change