

Tuscany Walking & Wine

Trip Code: SGCF

Version: SGCF Tuscany Walking & Wine



WALK & TREK



SELF-GUIDED



LEISURELY



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

- Self-Guided
- 5 days walking and sightseeing
- Luggage transfer
- GPS travel app
- Saturday departures
- Join at Florence, End in Cecina Mare

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 nights Hotel

[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 around 4 hours a day with an average daily 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: SGCF Tuscany Walking & Wine

DAY 1

Arrive at your hotel and explore Florence.

Arrive in beautiful Florence and settle in to your hotel. Depending on the time of your arrival, you will have the opportunity to explore this enchanting city. Wander in the footsteps of the Medici along gorgeous, narrow, cobbled streets, and across the Ponte Vecchio to the Piazza della Signoria - the heart of the city. Florence may be compact yet it is packed full of cultural delights. With its romantic Renaissance architecture, breathtaking cathedral, elegant palazzi (palaces), magnificent marble basilicas, and paintings by famous artists including the great Michelangelo, there is plenty to see. As well as offering an abundance of sights to explore, Florence's location in the heart of Tuscany means you will be spoilt for choice for excellent cuisine and wines that are renowned across the world. You might even want to add an additional night or two in Florence at the beginning of this trip so that you can really immerse yourself in everything the city has to offer.



Accommodation
Hotel

DAY 2

Discover the captivating landscapes of Tuscany as you walk to Greve in Chianti.

After breakfast, your day begins with a short welcome meeting with our local representative you will explain more about the week ahead and will answer any questions you may have. After this, it is time to hop on the local bus for a short ride to Gabbiano. This quaint little hamlet in the hills of the Chianti region is home to an historic castle and winery, Castello di Gabbiano, where award-winning Chianti wines have been produced for hundreds of years. Hopping off the bus, your route today is a wonderful introduction to Tuscany and the Chianti region as you make your way through meadows and along the famous gravel-covered 'strade bianche' backroads, weaving your way between vineyards and olive groves. Walking on, your route takes you through fragrant woodland and past old stone villages, with lofty cypress trees lining your way. You really are immersed in the classic picture-perfect Tuscan landscape! Finally, you reach the town of Greve in Chianti, your home for tonight and the gateway to the Chianti region. You will have time to explore this small medieval town - it is a great place to browse for local wines and foods. Later on, you might enjoy relaxing with a glass of the excellent local Chianti wine over dinner at a restaurant on the town's unusual triangular-shaped main piazza, as you watch the world go by.

Meals: **B**



Accommodation
Hotel



Ascent
400M



Descent
300M



Time
4 hours



Distance
11KM

DAY 3

Explore Panzano then walk to Castellina in Chianti, and learn about wine production in the area.

Today you will set out along beautiful forest paths, passing several wine-growing estates as you make your way towards Panzano. Why not pause for a coffee and a bit of exploring? This hilltop town dates back more than 2,000 years to Etruscan times, and has had a rather turbulent past. Situated half-way between Florence and Siena, it was fought over during the Middle Ages as the two cities sought control, and had to be rebuilt four times between the 13th and 16th centuries. More recently, the town was put on the map by local butcher Dario Cecchini, an extrovert dubbed 'the world's best butcher'. His restaurant attracts food connoisseurs from around the world. Leaving Panzano, you will continue through golden cornfields and more vineyards to the pretty hamlet of Lucarelli, where you will find only a church and a welcoming restaurant alongside its few houses. From here, it is a short bus ride to Castellina in Chianti, your home for tonight. Castellina is another hilltop town and, although it is a little off the main tourist track (one of the reasons we love it!), it is renowned for its exquisite wineries. Perhaps you will head to Gelateria di Castellina, a favourite of visitors and locals alike, to enjoy some of their ice cream or semifreddo cake? You might decide to visit the town's historic centre with its ancient fortress, Rocca di Castellina, and then enjoy sweeping views out across the town and surrounding countryside from its large tower. Inside the Rocca there is an interesting Archaeological museum where you can see objects found in the area and learn more about the local history. If you really want to feel like you have stepped back in time, a stroll along the Via delle Volte is a must. This unique fortified walkway built into the hillside inside the old town walls was designed by Brunelleschi, one of the founding fathers of Renaissance architecture, and perhaps best-known for designing the dome on Florence's Duomo cathedral. Retaining its original Renaissance features, the walkway is covered with a stone vaulted ceiling and, every so often, small openings in the walls offer you a glimpse over the countryside below as you stroll along - perhaps popping into the small galleries, shops, and wine cellars as you go. It is then time to settle in to your hotel and enjoy another delicious Tuscan meal out this evening. **PANZANO FESTIVALS:** On April 25th each year, the lively Festa della Stagion Bona sees locals dress in traditional costumes and parade up the main street before many go on to participate in the performance of an open-air play, re-enacting an ancient feud between two local noble families. There is plenty of music and dancing as well as food and Chianti Classico wine tastings, along with other types of entertainment - such as jugglers, fire-eaters, or medieval combat displays - varying from year to year. Entry is free. Later in the year, usually during the four days spanning the third weekend in September, the Vino al Vino festival takes place in the town's main square. After all the hard work of the growing season, this festival showcases the produce of the local wineries and is a great opportunity to sample some excellent wines. Information can be found at <https://viticoltoripanzano.com/en/vino-al-vino/>. Definitely worth a visit!

Meals: **B**



Accommodation
Hotel



Ascent
350M



Descent
300M



Time
4 hours



Distance
11KM

DAY 4

Walk on the Via Romea to Siena and discover Piazza del Campo, scene of the famous 'Palio' horse races.

Today you will walk along a section of the Via Romea, a popular pilgrim route that stretches some 2,200km from Stade in northern Germany, to Rome. You will be pleased to know you will only be walking as far as Siena today! Following the marked route you will meander south through olive groves and vineyards, and in the shade of forests. Today's route is one of peace, as you will encounter just one tiny village along your route before arriving at Siena, home of the renowned 'Palio' horse race. The event dates back to the 17th century and sees ten horses ridden bareback around the semi-circular Piazza del Campo, their riders dressed in traditional outfits in the colours of their city ward. You will have time to enjoy a stroll the Piazza with its bustling cafes, perhaps imagining how different it must be on race day with the clatter of hooves and the sound of cheering crowds. Wander along the narrow streets, admire some of the fantastically preserved medieval city gates in the old town walls, and perhaps stop to sample some delicious Panforte, the well-known traditional Italian Christmas dessert, at one of the local shops - perhaps you will take some home. Then freshen up at your hotel before heading out this evening, to delight in dinner at one of the many restaurants the city has to offer. PALIO HORSE RACES: The racing takes place on the Piazza del Campo every year on 2nd July and 16th August. Leading up to the event there are festivities, parades, and feasts all over the city.

Meals: **B**

	Accommodation Hotel		Ascent 300M		Descent 500M		Time 4-5 hours		Distance 16KM
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DAY 5

Walk on the Via Francigena and explore the town of San Gimignano with its iconic skyline of medieval towers.

After breakfast you will take the local bus to Colle Val d'Elsa, a charming town to the northwest of Siena and an important centre for the production of crystal glass, that you will have time to explore before beginning your walk. Wander through its historic fortress complex and marvel at the medieval architecture before heading out through more vineyards and alongside roaring rivers as you stroll to San Gimignano. You will start out towards the small medieval village of Quartaia, where you might pause for a morning coffee before continuing through rolling hills to Coneo Abbey, a Romanesque abbey founded by the Benedictines and restored in the 1920s when it was opened to the public. Leaving the abbey you are soon walking on a section of the Via Francigena, an ancient pilgrim route similar to the 'caminos' that lead to Spain's Santiago de Compostela, that connects Canterbury in England, to Rome. You may even meet some pilgrims on their way to Rome as you make your way to Molino d'Aiano, from where the silhouette of your final goal for the day, San Gimignano, can already be seen punctuating the peaceful panorama. Sometimes called 'The Manhattan of Tuscany' due to the distinctive medieval towers that dominate its skyline, the delightful town of San Gimignano is encircled by 13th-century walls and is centred on the Piazza della Cisterna. Ramble its many little alleyways and really soak up the atmosphere here as you marvel at the seemingly countless number of towers. It is easy to understand how this jewel

of a town has earned its status as a UNESCO World Heritage Site.

Meals: **B**

	Accommodation Hotel		Ascent 350M		Descent 250M		Time 4 hours		Distance 13KM
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DAY 6

See waterfalls in the Montenero Nature Reserve and follow the ancient salt-trade route to the alluring hilltop town of Volterra.

On today's walk you will experience a complete contrast to the typical Tuscan landscape you been immersed in earlier in the week, as you explore the alpine-like landscapes of the Montenero Nature Reserve and follow the ancient Via del Sale to Volterra. Your day begins with a transfer to the nearby Montenero Nature Reserve, from where your route will take you through a rugged landscape cloaked with lush green forest, eventually unveiling the Cascade della Strolla, a picturesque waterfall with clear blue-green waters. This makes the perfect spot to pause and cool your feet before ascending and crossing above the waterfall to reach a rewarding viewpoint - a head for heights and surefootedness is recommended for this section. Leaving the forest behind, you soon join the ancient Via del Sale leading you to your final goal, Volterra. This once-vital route for transporting salt, the area's main source of income, from the lakes of Volterra to San Gimignano, is today a popular walking and cycling trail. On your way, you will pass an atmospheric ancient Etruscan necropolis that is worth a visit, and entry is free. Finally, you arrive in Volterra! You have reached your home for tonight, and you will have time to discover its attractive alleyways and cosy cafes. This medieval walled town, perched on a hill overlooking the pretty landscape, has a rich Etruscan heritage and oozes its own take on Tuscan charm. It will capture your heart. We recommend taking time to explore the old town walls, a real feat of military engineering, originally constructed around the 4th century BC to protect Volterra in Etruscan times and modified throughout the centuries. Two main gates, the Porta dell'Arco and Porta Diana, are particularly well preserved. Other architectural sights you might like to see include the Acropolis, housing several buildings and the remains of two ancient temples, the impressive Teatro Romano built in the 1st century AD in a natural amphitheatre, and the cathedral that may seem unassuming from the outside yet is full of highlights inside. In the evening, enjoy dinner at one of the restaurants at Palazzo dei Priori and watch the world go by.

Meals: **B**

	Accommodation Hotel		Ascent 500M		Descent 250M		Time 4 hours		Distance 11KM
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DAY 7

Today you have a choice of walking routes on your way to discover Tuscany's coast.

Today's route is split into three sections to offer you ultimate flexibility. Perhaps you will decide to linger a little longer in Volterra? Maybe you would prefer to work up an appetite with a full day of walking, or instead make the most of your time on the coast? Or, if you like, you can enjoy a mixture of all three! The first part of your route follows a disused railway line that was once the main transport link for goods between Saline and Volterra. This section of old railway now leads you between wild hillsides, with fantastic views back to Volterra. Arriving at Saline railway station, and modern times once again, you can hop on the train to Cecina where your options for the day continue. Beginning the second part of your route here in Cecina, you will follow the river towards the coastal town of Cecina Mare where you can explore the Tomboli di Cecina Nature Reserve. Here you can wander through a giant pine grove, or pineta, that is one of the most beautiful woods in Italy, with its dense, varied vegetation. It is scattered with tranquil picnic areas and is a lovely place to enjoy a break, surrounded by the refreshing scent of pine trees. Alternatively, you may wish to arrive in Cecina Mare, grab a good book and simply relax on the sandy beach. In the evening take a stroll to the marina and dine at one of the many excellent restaurants serving freshly caught seafood. Toast to a great week in Tuscany as you gaze out at the Tyrrhenian Sea, glistening turquoise in the crimson evening sun, whilst the islands of Elba, Capraia, and Gorgona sink until they are out of sight.

Meals: **B**



Accommodation
Hotel



Time
3-4 hours



Distance
10KM

DAY 8

Departure Day.

Enjoy a relaxed breakfast and a stroll along the coast before making your onward journey.

Meals: **B**

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
- Bus journeys according to the programme
- A wine tasting
- Transfer on day 6 (San Gimignano - Ugnano)
- Welcome briefing
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Florence
- Travel from Cecina Mare
- Public buses not in the programme
- 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
- 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.

We can also arrange additional nights' accommodation before or after your self-guided trip, or you may even wish to make this trip part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

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.

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..!

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.

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 backpack 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 contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

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

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 02/07/2025 and the trip is subject to change