Tuscany: Trails, Tales and Traditions

Trip Code: TTH

Version:

WALK & TREK	GUIDED GROUP	3 LEISURELY



HIGHLIGHTS

- Walk ancient pilgrim paths and medieval trading routes through the little-known Garfagnana mountains
- Discover Tuscany's fascinating history, from medieval fortresses to WWII trails
- Enjoy homemade dinners and local flavours using produce from the farm, plus authentic Tuscan cheese and wine tastings

- Explore the captivating charms of Lucca and refresh yourself by a sensational pool

AT A GLANCE

- 5 days walking
- Wine tasting
- Cheese tasting
- Max Altitude 1603m
- Join at Pisa

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Discover a lesser-known side of Tuscany on a gentle walking adventure through the mountains of the Garfagnana. With daily walks following ancient pilgrim paths, medieval trading routes and the paths of the Partisans from World War II, this is a wonderful introduction to walking holidays. With a maximum elevation gain of 450m (1500ft), this trip combines manageable days on foot with fascinating history, traditional culture and spectacular mountain scenery.

Far from Tuscany's famous cities, the Garfagnana is a beautiful and little-explored region where life has long been shaped by the mountains. Throughout the week, enjoy beautiful walks with jaw-dropping views across the Apuane Alps and Apennines, visit medieval hilltop villages and fortresses, discover the region's ancient past and sample traditional mountain cuisine. A mid-week visit to Lucca adds a change of pace, with elegant piazzas, churches, cobbled streets and stylish shopfronts to explore.

For the week, you'll stay at a lovingly restored farmhouse run by your hosts, Jamie and Ailsa. Their local knowledge, homemade food and passion for the region make the farm a special part of this immersive walking experience.

The wild tuscany farm and villa experience

One of the real highlights of this trip is staying at our traditional accommodation nestled on a ridge in the rugged Tuscan mountains. This organic farm is a little piece of Italian heaven, with over 100 olive trees, a heritage chestnut wood plus colourful orchards of apple, apricot, fig, pear and quince. Lying abandoned for over 30 years, the farm was lovingly restored by your hosts, Jamie and Ailsa, who have now been running the farm for over twenty years. Their passion and local knowledge make the farm a truly special part of the experience.

The surrounding meadows and gardens are home to donkeys, hens, goats and cats as well as their young Irish terrier, Aoife. Fireflies, squirrels, foxes, deer and badgers inhabit the forest along with wild boar and wolves, all of them safely outside the boundary fence. Hidden in the garden is a refreshing salt-water pool, perfect for a dip after a day on the trails. Each relaxing bedroom is decorated in calming Tuscan colours, whilst the living rooms have chestnut beams, terracotta tiles, board games, books and an honesty bar for an evening drink.

Food is a big part of life at the farm, with delicious homemade dinners using fresh ingredients from the gardens and local area. Breakfast and dinner are a sociable affair, while picnic lunches are packed with tasty homemade treats. Together, the farm, food and relaxed atmosphere offer a genuine taste of traditional Garfagnana life.

Is this holiday for you?

This gentle introduction to a wild mountainous region is designed for those who want to discover the history and culture of the area they are visiting. The walking is along well-established routes, old mule tracks and forest paths and lasts between 3-4 hours. The inclines are gradual and the underfoot conditions are mostly benign, with few loose rock sections. The length of the walks leaves plenty of time to explore ancient hill forts, monasteries and shrines, as well as more modern military fortifications, with plenty of opportunities to sample the delights of Italian gelaterias along the way. This is a relaxed and sociable introduction to walking in Tuscany, where the farm, food, landscape, history and people all come together to create a truly immersive experience.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single group transfer between Pisa Airport and the group hotel
- All accommodation as described
- Meals as described in the Meal Plan
- Wine and cheese tasting
- All transport required by the itinerary (excluding optional excursions)

What's not Included

- Travel insurance
- Airport transfers other than group transfers
- Some meals as detailed in the Meal Plan
- Tips for local staff
- Miscellaneous personal spending

Joining Arrangements & Transfers

Travelling to your Destination

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive that low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at our villa accommodation.

A single timed transfer from Pisa Airport to the villa will be provided on Day 1. The transfer takes approximately 1hr and will depart the airport at around 1500. If you are arriving later it is straightforward to travel from the airport to the local town of Barga-Gallicano by train. We can arrange for you to be met at the station and taken the villa.

On the last day of the holiday, there will be a single transfer back to Pisa Airport, which will depart after an early breakfast, arriving at the airport around 0900.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy.

If you have spare time in Pisa on Day 1 or Day 8, why not visit Pisa and its famous leaning tower. There are left luggage facilities in the airport and there is a regular shuttle service to Pisa Central Station, which takes just 5 or 10 minutes.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

7 Breakfasts, 2 Lunches, 5 Dinners are included in the trip cost.

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.

Italian food is a highlight of any holiday to the country and in the Garfagnana you'll be spoilt for choice. Alongside wonderful Tuscan hospitality you'll be treated to an amazing variety of dishes. Picnics contain tasty treats such as fresh salads, wonderful breads and cheeses. Evenings meals are all home-cooked and freshly prepared by your hosts, who make use of produce in their garden. The region's olive oil is absolutely wonderful and most people apply it to food just before tasting. It is also delicious drizzled over vegetables, cheeses and fresh bread. Spelt is popular in Tuscan cuisine and was a favourite food of the Romans. It is still ground in old stone mills and added to local dishes and soups, not only is it delicious, but it's healthy too.

Castagnaccio is a traditional cake made from chestnut flour and eaten all year round, warm or cold. Pecorino cheese has been produced for centuries using sheep's milk. As it demands a high quality of milk, the sheep are free-ranging on the mountain pastures and it is said that the cheese has the flavour of alpine grasses. Legumes and beans are also an important part of Tuscan farming traditions and sometimes it's hard to choose between almost 23 different types! You'll find pasta served with a wide variety of sauces and of course Italian pizza. It's not only the food that Italy is famous for so make sure you try the excellent Italian wines and fiery after dinner grappas.

Accommodation

Our base for this week of walking is a beautiful villa and refurbished farmhouse overlooking the Serchio valley.

Woodland, traditional field terracing, a vineyard, olive groves and orchards surround the accommodation. The farmhouse has chestnut beams, exposed stonewalls, terracotta tiles, a covered breakfast terrace, and a vine clad dining terrace with huge rustic table and benches. The relaxing sitting room has a log burner, board games and books.

In the main building each of the five beautiful bedrooms has high ceilings. Although bedrooms are not en-suite, there are 3 spacious and luxury bathrooms, with walk in showers, to ensure comfort.

The apartment of La Stalla has a further two bedrooms, a large family size bathroom with an enormous walk-in shower and a lovely sitting room with log burner and books.

The garden has an open-air 12m x 6m swimming pool, which is purified with salt rather than chlorine, and is surrounded by wooden sun loungers and chairs. Solitude can be found in the garden alongside a hammock overlooking the vines.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Spending Money

Most meals are included in the holiday price so In total we would expect 150 - 200 Euros to cover all miscellaneous personal expenditure and non-included meals. If you plan to visit Lucca on your free day you'll need to budget 20 - 30 Euros for the train fare.

Baggage Allowance

There is no weight allowance on this holiday other than that imposed by your airline. However, we ask you to restrict your luggage to one main bag and a small day pack.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

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

It makes a lot of sense to spend some time before coming on an active holiday, getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. The best preparation for a trip of this nature is regular walking preferably in the mountains. If regular hill-walking is not possible, a weekly exercise regime (jogging, squash or swimming) will develop cardio-vascular fitness and stamina. Regardless of your excersice regime, we suggest that before departure, you try to fit in a number of long walks in hilly country.

Climate

Tuscany's climate is part of its appeal to holidaymakers and for walking May, September and October are the best months to visit with predominantly warm days and cooler evenings. At the Garfagnana valley is mainly mountainous, it is best to be prepared for all weathers.

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.

Books

- Tuscany Insight Guides - Lisa Gerard-Sharp
- Under the Tuscan Sun - Frances Mayes
- The Hills of Tuscany - Ferenc Mate
- Tuscan Roots: love and war in the Italian Apennines - Angela Petch

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Walking boots or shoes with ankle support
- Socks
- Walking trousers
- Lightweight waterproof overtrousers
- Underwear
- Walking shirts or T-shirts
- Fleece jacket / top
- Waterproof jacket
- Gloves
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 - 35 litres
- Sun protection (including total bloc for lips, nose etc.)
- Water bottle 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment.

The following items are optional:

- Trekking poles (highly recommended)
- Gaiters
- Shorts
- Swim wear (for the pool)
- Travel clothes and shoes
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at Col Di Lavacchio. Single timed transfers from/to Pisa Airport are provided.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow to Pisa with British Airways. Outbound flights will usually depart from the UK in the morning, arrive late morning on the same day (Day 1 of the Land Only itinerary). Return flights will depart Pisa in the morning of the last day of the itinerary, arriving in the UK later the same day. Regional departures and/or alternative carriers maybe available on request.

To avoid paying more for your flight, we recommend that you book as early as possible, especially during peak times as there are only a limited number of seats available at the advertised price. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. We are also able to quote for premium, business and first class seats. Please be aware that you may be asked to pay for your flights in advance of your final holiday balance. Remember if you book a package including flights with KE you will benefit from full financial protection.

Why Choose KE

Why KE

Your hosts, Jamie and Ailsa, are at the heart of this unique holiday. They will be with you throughout the week, sharing their knowledge of the local landscape, history, culture and welcoming you back to the farm each evening. Enjoy homemade food, local wine and relaxed evenings in beautiful surroundings, with plenty of time to unwind and share stories from the day's walk. Their passion for the area and personal knowledge of the Garfagnana bring its landscape, history and traditions to life.

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