



Tfno: 00351914405176
 Email: clients@sunwebtravel.com
 Web: <http://www.sunwebtravel.com/>

Ficha viaje



Adventure Tour TREKKING IN GARFAGNANA 8 DAYS, GARFAGNANA TO GARFAGNANA

The difference between a tourist and a traveller? Tourists visit. Travellers explore. And once you've seen, smelled, felt and tasted northern Tuscany, you'll want to devour as much of it as possible.

This journey into Garfagnana—one of Italy's top trekking regions—offers plenty of exercise for mind, body and soul alike.

Resumen del viaje

Over eight days, you'll hike the unspoiled mountains by day, learn to prepare delicious local cuisine in the evening and put your well-used feet up at the end of it all to soak in the simple pleasures of country life.

Day 1 Garfagnana Arrive at any time after 2pm.

Day 2 Garfagnana Half day walk to Monte Croce, followed by an authentic Tuscan lunch in local village restaurant.

Day 3 Garfagnana Let our local hosts show you their way of life and traditional farming, followed by a cooking lesson of rustic fare at our agriturismo.

Day 4 Garfagnana Full day hike in the Apennine Mountains.

Day 5 Garfagnana Free day options include visits to Barga, to the spa resort of Bagni di Lucca, or to the historic city of Lucca itself.

Day 6 Garfagnana Day hike to Monte Forato or Pania della Croce.

Day 7 Garfagnana Hike in the beautiful Orecchiella Nature Reserve in the Apeninne Mountains.

Day 8 Garfagnana Depart at any time.

Itinerario ampliado

Enjoying day hikes in stunning Tuscany, tasting local specialities, savouring home-cooked meals, relaxing at our authentic countryside accommodation.

DAY 1 GARFAGNANA, TUSCANY

Today, make your way to Castelnuovo di Garfagnana train station (train line Pisa-Piazza di Serchio-Aulla, some trains arrive directly from Pisa Aeroporto, but most change at Pisa Centrale or Lucca). Please plan your journey to arrive at Castelnuovo di Garfagnana any time between 3pm and 6pm on Day One.

Please see the arrival instructions for more information on how to get there.

This evening at around 6pm, there will be a Welcome Meeting. This will be followed by the first of your wonderful, local dinners, cooked by your hosts.

DAY 2 HALF DAY LOCAL HIKE

Wake up from a wonderful night's sleep to a local Italian breakfast with freshly made coffee before heading out for today's introductory hike.

After a spectacular country drive, high into the mountains, we reach the tiny village which is our starting point for today's walk. Our first hike takes us gently uphill, to a superb vantage point with views past towering cliffs and verdant forests reaching all the way down to the sea. Walking becomes a little steeper as we make for the summit of Monte Croce. Heading downhill we make our way back to the starting point village where we partake in an excellent lunch cooked by his local friend.

We return home in the late afternoon for a couple of hours relaxing by the pool or to take short walks to explore the local area. This evening, your local host will cook you a delicious dinner of local country fare devised from traditional regional recipes.

DAY 3 LOCAL LIVING DAY

Today it is time to get local! Your hosts will take you out into the surrounding region to enable you to understand where this local delicious local food comes from. Depending upon the season you may be able to see, and in many cases participate in, the collecting of porcini mushrooms or black currants, the harvesting of the grapes, making of local pecorino cheese and wild boar sausage or harvesting farro, the local grain.

Now it is time to put all your new food knowledge to the test. This evening, you will enjoy a cooking demonstration from your hosts, outlining some of the traditional recipes and you will even have a chance to help in the preparation of tonight's dinner.

DAY 4 DAY HIKE

After another wonderful breakfast it is time to once again take to the trails. Our second day of hiking takes us on a slightly longer walk highlighting more magnificent views of the Appennine Mountains and the Alpi Apuane. Today, weather permitting, we could opt to bring along a picnic lunch of local

produce with us our to feast our stomachs as well as our eyes. We return in the late afternoon to some time to enjoy our surroundings and facilities before another wonderful evening of local fare and wine.

Tonight your evening is free to explore the charming local town of Castelnuovo Di Garfagnana. Why not stop for a traditional wood fire pizza - a great dinner after a day of hiking. It takes just 30 minutes to walk down hill into the town, and your hosts will be happy to collect you on your return should you require it.

DAY 5 GARFAGNANA / FREE DAY

Today is free for you to enjoy. Options include a visit to the thermal bath and spa town of Bagni di Lucca, a visit to the delightful medieval walled town of Lucca, or closer to home, a short bus ride takes you to Barga, a beautifully situated small town overlooking the Garfagnana valley which is renowned for its gelato. For those who would really like to treat themselves, helicopter rides over the local area can be arranged, or you may simply like to stay at home and relax by the pool with a book and a cool drink. There are also pleasant country walks in the immediate vicinity.

In the evening, we gather together to have an evening briefing regarding tomorrow's hike over another excellent home-cooked dinner.

DAY 6 GARFAGNANA

Time to walk off all those delicious meals as we head to the hills for some more beautiful day hikes. We begin our day stocking up for picnic supplies in the local delicatessen, ready to be enjoyed as open aired lunches.

Over the next two days, will explore the Appenine Mountains with their ash and chestnut forests, impressive peaks and far reaching views. You can expect to be walking for up to 6-7 hours a day, with a height gain of between 500 and 800 metres, more if Pania della Croce is attempted. Actual distance and hours walked will depend on group wishes, weather conditions and general fitness levels.

DAY 7 GARFAGNANA, TUSCANY

Continue your hike in the beautiful Orecchiella nature reserve in the Apeninne mountains.

DAY 8

Depart at any time.

Incluido

- Four local hikes, visit to traditional produce suppliers, home cooking experience, 6 home cooked local dinners.
- 7 Breakfasts, 6 dinners (Allow EUR120-150 for meals not included)
- Small locally owned farmhouse/agriturismo (7 nts)
- Walking, minivan/car
- Chief Experience Officer (CEO) throughout
- Small group experience; Max 12, Avg 8

No Incluido

Flights are not included.

Hoteles