



AMC ADVENTURE TRAVEL

VOLUNTEER-LED EXCURSIONS WORLDWIDE



**Day Hiking & Culture in Tuscany
AMC Adventure Travel #1737
Sept 15-29th, 2017**

Join AMC Adventure Travel to explore the beauty of Italy's Tuscan region. Roam the streets in the medieval city of Castelnuovo di Garfagnana. Explore Florence, Siena and Lucca. Come and sample some delicious foods and wines.

We'll fly into Florence stay there two nights while we rest from our travels and explore the city. Then we will make our way down to Siena for two nights to immerse ourselves in the local culture. We will transfer from Siena by private motor coach to our hotel in Castelnuovo where we will settle in for 7 nights. Over the course of 6 days we will venture out into the surrounding mountains and make our way up to their tops for some magnificent views of the area. A special treat will be a visit to a limestone "wind cave" for a two hour guided tour over multiple levels of the cave.

Six days will be spent in an area called the Garfagnana, a paradise for the walker and naturalist. The Serchio River has cut a dramatic course between the heavily forested Apennines on the east and the geologically older Apuan Alps to the west. We will sample both with guided hikes and enjoy a day exploring the small villages, gorgeous scenes, and trattorias by bus, and on foot. Our hotel is a three star facility located near the center of Castlenuovo.



After our stay in Castelnuovo di Garfagnana, we will head by private coach back to Florence. On our last night we will all gather at a local restaurant for our farewell dinner before heading back home the following morning.

Trip Objectives:

Although this is primarily a hiking trip, we will also take the time to enjoy the beauty of our surroundings and to appreciate the culture, cuisine and history of the areas we visit. Our pace will be moderate, but our hikes will often

be on rocky, irregular and sometimes steep trails. You will need to be in good physical condition, but if a given hike appears too strenuous, alternative activities will be available. There will always be many wonderful ways to spend the day. Speeding through the landscape to cover miles is not our intent.

Planned Daily Itinerary- *Please be advised that actual itinerary may differ due to trail conditions, weather, group abilities and other factors out of our control*

Friday Sept 15 Evening departure from US to Florence, Italy



Saturday Sept 16 Arrive at Florence Airport in the morning. Transfer to local hotel, afternoon city tour of Florence. Welcome dinner with group at local restaurant. (B, D)

Sunday Sept 17 Explore Florence by visiting Duomo, climbing the bell tower and going up to the top of the Duomo's dome. (B)

Monday Sept 18 Transfer by private charter to Siena, afternoon guided city tour. (B)

Tuesday Sept 19 Free day to explore Siena and/or surrounding countryside (B)

Wednesday Sept 20 Private charter transfer to Castlenuovo di Garfagnana with midmorning stop enroute in Lucca for a guided tour (B, D)

Thursday-Wednesday Sept 21-27 . All day hike with lunch eaten on the trail. One afternoon will be spent visiting a limestone cave. (B, D)

Thursday Sept 28 Group private transfer to Florence for our last group dinner and a final farewell! (B, D)

Friday Sept 29 Individual transfer to Florence airport for flights to USA (B)

Trip Cost

The cost of the trip is \$2685, which covers the following items:

- Accommodations in Castelnuovo di Garfagnana (8 nights), Florence (3 nights) and Sienna (2 nights)
- Meals as denoted in detailed itinerary by B (breakfast) and D (dinner)
- All charter bus transportation
- Admission to Wind Cave and guided tour
- Admission to Florence Bell Tower
- Admission to Florence Cathedral Dome Stairs
- Local hiking guides in Garfagnana
- City tours in Florence, Siena and Lucca
- AMC Adventure Travel fee
- AMC emergency medical evacuation insurance
- Two AMC leaders



NOT included in the price of the trip are the following:

- Airfare
- All lunches – you may prepare some of your own and have picnics, or purchase at a local café/restaurant
- Three dinners – so people have a choice of restaurants in Florence and Siena

- Alcoholic beverages other than house wine at dinner in Castelnuovo and bottled water at dinner in Castelnuovo, other beverages at dinner will be at your expense in Castelnuovo
- Gratuities for hotel staff, charter bus drivers, guides, etc
- Entrance fees to any churches, museums, etc in Siena and Lucca
- Activities on “free day” in Siena and Castelnuovo
- Laundry and other personal purchases
- Expenses incurred by unexpected travel delay
- Trip Cancellation Insurance

The cost of the trip is based on an exchange rate between the dollar and the euro predicted in the fall of 2017. The final cost will be adjusted in accordance with the value of the euro at the time of the trip. Our cost estimates are conservative, and so a trip refund is more likely than a price increase. Note that we will use your deposits to lock in the exchange rate as early as possible.

Airfare is not included in the cost of the trip. It is impossible to predict prices a year in advance. For this trip we estimate a range of \$1050-1550. Sometimes there are bargains, depending on the airline and when you book, or you may want to use frequent flier miles. You should note that the trip begins on a Friday (departure from USA). You may wish to arrive early and/or stay later to have more time in the area or elsewhere in Europe. We will give participants a time and place to meet the group. Please do not book a flight before conferring with the leaders, who need to coordinate arrivals.



Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee (20% of land costs) to cover the administrative expenses of offering Adventure Travel trips, including the trip's publication in *AMC Outdoors* for several issues. The trip fee includes emergency medical and evacuation insurance coverage, as required by the AMC. This insurance does not cover travel delay, interruption, cancellation, or baggage loss. If the

possibility of such problems concerns you, individual travel insurance is suggested; the AMC has a recommended vendor whose material will be sent to you if your application is accepted.

Any unspent funds resulting from negotiating better rates than planned for lodging, local transportation, etc. will be refunded to the participants. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included.

Application and Payments

To apply, you must request, complete, and submit the Application, Confidential Medical form, and Acknowledgement and Assumption of Risk and Release form, enclosing a registration deposit (check made out to AMC) of \$1000. All materials should be sent to the trip leader at:

Ginette Beaudoin
66 Graham Street
Biddeford, ME 04005

The application materials are available by e-mail request to the leaders at annatp12@gmail.com and ginette4000@yahoo.com

You will not actually be accepted, and your check will not be deposited, until the leaders have determined by telephone conversation with you that you and the trip seem to be a good match.

The final balance of \$1685 is due by June 1st, 2017. Deposit checks from wait-listed applicants will not be cashed until we accept them AND they confirm continued interest. Please make payments by check payable to the Appalachian Mountain Club (AMC).

Cancellation Policy

Cancellation must be in writing and post marked prior to dates listed below:

Prior to April 15th- All money returned except \$100 Nonrefundable portion

After April 15th----Cancellation fee is \$200 plus any additional money necessary to keep the trip cost from increasing and creating a greater expense to other trip participants. The cancellation fee will be limited to \$200, IF a qualified replacement can be found by the trip leaders. We will establish a waiting list. If you cancel and are not replaced, you will forfeit the \$200 plus the per capita expenses already incurred and any other unpaid expenses for which the trip cannot obtain a refund. Your cancellation shall not raise the cost of the trip to any of the participants or the leaders. You may forfeit the entire trip fee. Flight tickets once purchased become your property and are generally non-refundable. We strongly recommend that you purchase travel insurance. Information on a company recommended by the AMC will be sent to you. Trip insurance is recommended, since an illness, accident or death in the family can interfere with your plans. Trip insurance can be obtained through your travel agent or the leaders will provide you with a brochure/information of a company recommended by AMC.

Experience and Risks

To fully enjoy this trip, you should be in good physical condition and able to hike a minimum of 5-6 miles per day. You should have recent hiking experience. Trails in Tuscany are often steep and footing is irregular. You also need to be able to carry your

luggage to and from the bus or train and possibly up the stairs of our hotels. Other than raingear, hiking boots, daypack and water bottles, no special equipment is needed.

Group Size and Communication

We expect a group size of 14-18 people, including the 2 leaders. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip. We are good communicators and will try very hard to keep everyone well informed. We will be using email as our primary source of communication.

YOUR LEADERS:

LEADER: GINETTE BEAUDOIN



Ginette has been a member of the AMC since 1988 and has led several day and weekend trips in the White Mountains of NH, as well as various parts of Maine. She lead this adventure trip with co leader Don Parker in July of 2011, with Jenni Blumenthal in August of 2012 and co lead this trip with Terry Peters in July 2009 with 19 participants. She has also lead Adventure travel trips to Yosemite national Park for the AMC. She has participated in numerous AMC Major Excursions to Switzerland and Austria, involving hiking and cross country skiing. She has hiked in the Stubai valley as part of a 2006 Major Excursion and hiked to 20 high Alpine Huts throughout Austria, Germany and Switzerland. She has hiked the NH 4000 footers. Her interests include hiking, photography, cross country skiing, snowshoeing, travel, information volunteer for AMC and introducing others to outdoor activities.

ADDRESS: 66 Graham Street, Biddeford, Maine 04005
PHONE: (207) 294-6302, (207) 282-5151
EMAIL ADDRESS: ginette4000@yahoo.com

CO-LEADER: ANNA PANSZCZYK



Anna is a Boston Chapter INTRO (AMC) Leader. Anna has co lead AMC Adventure Travel trips to Austria, Azores, Yosemite National Park, Minnesota and Morocco. Anna leads hiking trips in the White Mountains and most recently led an excursion to Waterville Valley and Craftsbury Vermont for snowshoeing and cross country skiing. She has also co led the Claybrook ski trip on previous years. During the summer of 2014, she and the trip leader backpacked the Haute Route from Chamonix France to Zermatt Switzerland.

This is in addition to trips that she takes to all corners of the world! Anna has completed SOLO Advanced Wilderness First Aid course as well as CPR training.

ADDRESS: 22 Alfred Rd, Arlington, MA 02474

PHONE: (781)-648-2492; (617)-429-2175

EMAIL ADDRESS: annatp12@gmail.com

We look forward to hearing from you.

Sincerely,

Ginette Beaudoin and Anna Panszczyk