

Yoga, Exploration, and Relaxation in Tuscany

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What to Expect and Packing List

A typical day:

One of the exciting things about this trip is there really is no such thing as “a typical day”. Although Lucia has put great thought and planning into our hikes, locations for picnics and dinners, and Donna has prepared classes on themes and client needs, many things can influence these itineraries such as the weather, the length of the walks, and unforeseen festivals or activities that the group might wish to participate in. Nevertheless, we will have a basic routine which will consist of a leisurely breakfast and briefing of the walk for that day from approximately 8:00 to 9:00am. Breakfasts include coffee and tea, assorted fruit juices, milk and butter, hard boiled eggs, yogurts, homemade granola, breads, seasonal fresh fruit, and jams and honey made at Spannocchia. We will head out for our walks usually by 9:30 (see projected itinerary) from Spannocchia as much as is possible, or we will enjoy a short transport to the head of our hike. Picnic lunches will be packed for us, and each individual will carry water and bag lunch to be enjoyed along the trail.

We will try to pace the day so we return to the Estate between 3 and 4pm depending on the length of the walk and the points of interest we wish to stop and explore along the way. Upon our return, we will try to leave time to relax, change and explore the grounds after a 2 hour yoga class. It is important that all participants feel free to explore the grounds, self guided tours of the Estate instead of taking a yoga class or going on a hike. You are here to enjoy yourself. If you want to take a cooking class, or go on a garden tour with Carmen, see me or Daniela as soon as you know. These activities are offered by the Estate for differing fees and are not included in the price of this trip.

Wine grown and made on the estate will be served at 7pm on the Veranda or in the living room, depending on the weather. Members of other educational groups or individual visitors commonly attend this casual cocktail before dinner

that is served at 7:30. Dinner is a fixed menu served family style and consists of a *primo piatto* (first course of pasta, soup or risotto), a *secondo piatto* (main course which is usually a meat, however an attempt can be made to supply non-meat options for vegetarians), a *contorno* (side dish of seasonal vegetables from the Spannocchia organic vegetable garden), and *insalata* (salad, also grown on the estate and can be dressed to taste with Spannocchia produced olive oil and vinegar). Finally, a *dolce e caffè* will be served (desserts may be panna cotta, tiramisu, vin santo e cantucci). The food served at the Estate is simple though delicious. We will be eating out one night to sample other local cuisines. With advanced notice, we can attempt to include more vegetables for those with vegetarian diets, but please be advised that the Tuscan cuisine tends to be heavy on the use of meats such as pork, lamb, and wild boar. At the end of the meal, feel free to take your coffee or glass of wine back into the living room or onto the veranda to gaze at the Tuscan evening sky.

Walking info:

All walks will be paced with time for sight seeing and rest stops; however participants must be in reasonable condition appropriate for this trip grade which has varied terrain and will be 3 to 8 miles long. Any walking trip requires a certain amount of effort and proper fitness training will enhance everyone's enjoyment. No hiking experience is necessary, just sensible sneakers or light hiking shoes, and reasonable fitness level. For those with weak ankles or those who are prone to twisting them, light hiking shoes or sneakers that cover the ankle are always a good idea. Lucia will describe the walk so that you can make an informed decision with regard to participating or not.

Elevation gains and losses will consist of 400 feet or more a few times during any given walk. The Tuscan hills are just that - Hilly. Most of the terrain will make for great walking. Average hiking time will be about 3 hours not including stops each carrying a light daypack. Short sections may be muddy, or have loose rock, and include short steep inclines or declines. If you are uncertain in any way regarding your ability to participate in the hiking or yoga please contact Lucia.

Weather Conditions

The weather is changeable and erratic, temperatures ranging from 30 to 65 degrees (this is a big range and CAN happen in October to November). The days can be temperate to warm and sunny and the nights cool and clear. If rain is present, it can feel quite cold. You can expect to be outdoors for a good part of the day and not always in reach of quick shelter. This being the case, we are more at the whim of Mother Nature than your average traveler. Of course we hope that the weather will cooperate, but be aware that it can change, and without much notice. So be prepared for some walking in wet conditions or for a

change in itinerary. Sometimes, although rarely, the walking is cancelled and a field trip may take its place.

Accommodations

The accommodations at this farming Estate are rustic, beautiful, unique, and comfortable. The Villa, the main building, where we will be staying, is the former residence of the Cinelli family. It consists of 6 spacious rooms and well-appointed double bedrooms and 1 single bedroom. All bedrooms are furnished with antiques and original family-owned furniture, have views of the garden and valley below the olive grove and fruit orchards. The price of the trip is based on double occupancy. If the trip is not filled and a single room is available and desired, an additional fee will be added. There is daily maid service and linens are changed twice a week. In keeping with the environmentally conscious and sustainable mission of the foundation and Estate, we try to use the water we need and not over indulge.

The remainder of this residential area is also available to you and includes a library with volumes of information about Etruscan Archeology, Art and Architecture, Italian history, and other topics relevant to the pursuits of the Associazione and the Spannocchia foundation. We should remind you that also included in the price of this tour is a year membership to the Spannocchia Foundation. You will receive an approximately 5 emails from the Foundation a year.

Large French doors open above the herb and "Secret" garden and two large windows provide ample natural light for reading, writing, and relaxing. Feel free to curl up with a novel, travel guide, or the Yoga Journal. The living room downstairs is furnished with original Spannocchi and Cinelli's family furniture and photographs. A large fireplace with benches makes a cozy nook on chilly fall evenings.

Additional Expenses

Beverages, excluding wine served at dinner (you can always buy more wine from the Spannocchia store to enjoy when you will).

One lunch (in Siena on your own)

Telephone calls

Internet access

Laundry services (you may do your own for about 5 dollars a load) No Dryers

Tips to leaders and tour guides

All other meals, transfers, accommodations, yoga classes, are included in the cost of your tour. We suggest allowing a minimum of \$300 for your additional costs.

Changing Money

Most, though not all, ATM cards work fine and make it very convenient to get the local currency. The nearest town, Rosia, is a 10-minute drive and there are not many ATM choices should one machine give you trouble. The currency, as you know, is the Euro. We recommend that you bring some travelers checks or even US dollars as well as your credit card and ATM card. There are exchange offices, banks and ATM's throughout Europe and at most train stations and airports so it is not absolutely necessary to change money before leaving. Having said that, it is always nice to have a bit of the local currency when you arrive if you want to enjoy *un espresso* or *cappuccino* as soon as you deplane. For purchase, credit cards, especially Visa and Mastercard are widely accepted and often offer a better exchange rate than cash.

Communications

You can receive and make calls at the Estate, however there are no phones in the rooms. If you have a cell phone, we recommend checking with your local cellular service to make sure you have international calling available on your plan. Some carriers work better at the estate than others. You can purchase a phone card (*scheda telefonica*) in any Tabacchi for 5 Euro that is easy to use and is a lot cheaper than using the Spannocchia phone.

Passport Information

You will need a valid passport for entry into Europe. If you do not have one or need to renew an expired one, check with a travel agency or post office (or online) for an application. This process can take anywhere from 48 hours to several weeks depending on where you live and when you apply. It is best to give this your immediate attention if you wish to go on this trip.

What to Bring

Day Packs: There are a number of good day packs available. You will need a small one that comfortably accommodates all those items you wish to bring on a full day's walk (a liter of water, camera, extra sweater and/or jacket, rain gear, and a picnic lunch). A hip belt is a desirable feature on a pack.

Walking Shoes: We recommend a sturdy walking shoe. They should have good traction and be comfortable. We also find that a rigid sole keeps feet and legs from fatiguing as quickly. Heavy boots are not necessary.

Blisters: Nothing can put an end to your enjoyment of the trip faster than a blister. It can happen to you. The best prevention is well broken in shoes. But as is sometimes the case, the boots or sneakers are broken in but your feet are not.

It will be important to treat “hot spots” and blisters quickly. We recommend that you carry a supply of “Second Skin” made by Spenko, or moleskin.

Packing List

The following packing list is not exhaustive and merely serves as a guide for ESSENTIAL items needed for spending time outdoors and for the yoga classes. The following list DOES NOT INCLUDE clothes you will bring for traveling and for after hiking.

- ❑ 1 pr good walking shoes
- ❑ socks for walking
- ❑ Yoga mat (we will have blankets, belts and block props there for you to use)
- ❑ warm sweater and/or jacket for cold rainy days. We recommend polar fleece or wool. These materials will keep you warm even if they get wet. We do not recommend cotton sweaters/sweatshirts be used as a warm jacket, as once they get wet they lose their ability to insulate and take forever to dry.
- ❑ 1 rain jacket that will keep you dry like Gore-tex which also “breathes” some while walking.
- ❑ Hiking clothes: T-shirts, as well as, long pants and long-sleeved shirt for sun protection and warmth. Layers is definitely the way to go.
- ❑ Warm hat (you never know!)
- ❑ Sun hat, sun screen, sunglasses
- ❑ Bathrobe (some of the bathrooms are located right outside the room)
- ❑ Swimsuit (you never know if we find a hot spring)
- ❑ 1 liter water bottle is the minimum size, but many people carry extra water.
- ❑ Jackknife and bandana, these are handy during picnic lunches and baby wipes for the trail
- ❑ Camera, chargers, and electrical converters and adapters to charge all those items up!
- ❑ Zip lock plastic bags are always handy to pack items in you pack and protect from moisture
- ❑ Lucia has a hair dryer to share



Rendez-Vous information

We will meet at the Florence airport at 2:00 on October 27th. Florence is a small airport and Lucia will have no problem finding you. Feel free to find a comfortable place to wait if you arrive early. Once we have collected everyone, we will travel as a group to Spannocchia, which is about a 1 ½ hour drive away by van.

Delays: If you will be delayed en route and will not be able to make the meeting time, please try to phone **Spannocchia 0577-79-90-69** (please add 011-39 when calling from the United States) or Lucia's cell phone **207-671-3766**. Lucia has two European based cell phones (that do not always work when on the Estate). The numbers for those phones (one that will be with Donna during the actual trip) are: **329-339-9585** and **366-350-0807**. The country code for Italy is 39 and the prefix for the area around Spannocchia is 0577. You should not have a problem communicating with Spannocchia as many employees speak English.

The address for Spannocchia is:

Castello di Spannocchia
53012 Chuisdino
Siena, IT

It is located 12 miles south of Siena.

Below is a short reading list, however there are dozens of great books on the history, art, and architecture of Italy and this area in particular.

Under the Tuscan Sun, Frances Mayes
Bella Tuscany, Frances Mayes
Etruscan Places, D.H. Lawrence
La Terra in Piazza, Alan Dundes and Alessandro Falassi
The Blue Guide: Northern Italy, London
Michelin Green Guide: Tuscany

Yoga, Walking, and Discovery in Tuscany

Projected Itinerary 2008

Day 1

Meet at airport at 2pm (possibly earlier depending on participants flights) in Florence. Return by van to Castello di Spannocchia (about 1 and 1/2 hour). Find our rooms, unpack, settle in, short yoga class, wine at 7pm, and dinner at 7:30.

Day 2

Breakfast at 8:00 to 9:00 am

Historical "talk and walk" given by Randall Stratton from 10:00 am to 12:30pm.

Lunch then a walk on the Estate to Santa Lucia, Ponte Della Pia, and back to the Estate.

Restorative yoga class at 4:00 to 6:00 pm. Free time

Wine at 7pm, Dinner 7:30

Day 3

Breakfast at 8:00 to 9:00am

10 am hike from Spannocchia to Torri, visit the abbey and town. Continue to Stigliano and Montestigliano. Have lunch along the way

Pick up at Montestigliano. Return by 3:30 pm for a Yoga class 4:00 until 6:00 pm.

Free time.

Wine 7:00pm, Dinner

Day 4

Breakfast at 8:00 to 9:00pm

Hike from Spannocchia to Tonni, Borgo Pretale to Rosia. Lunch along the way. Van pick up in Rosia.

Return to Spannocchia , yoga class from 3:00 to 5:00pm. Free time.

Wine at 7:00, Dinner at 7:30

Day 5

Yoga class at 7:00 to 8:30am

Breakfast 9:00 to 10:00

10:00 Take van to Siena for a walking tour by a local guide.

5:30 Return to Spannocchia . Free time.

Wine at 7:00 and Dinner 7:30

Day 6

Breakfast at 8:00 to 9:00am

Enjoy Spannocchia on your own or feel free to join Lucia for a hike to Il Catiglione che Dio Sol Sa (the castle that only God knows). Picnic lunch either at Spannocchia or on a hike.

Return to Spannocchia for a restorative Yoga class at 2:00 to 4:00. Time to pack and dinner out, at 6:30.

Day 7

Short am Yoga class if time permits 7:00 to 8:00. Breakfast 8:00 to 9:00am if time permits. Depart at 9:30 am for the Florence airport. Say our goodbyes.

From here it is convenient to take public transportation into Florence proper, or organize your return flight to coincide with the airport arrival time.

(This is a *projected* itinerary and is likely to change due to forces beyond our control. However, it usually means that the day of one of the hikes is changed. We like to be open to the local surprises.)

Note:

Please feel free to participate or take advantage of what Spannocchia has to offer. Spannocchia is a beautiful, large estate that you may wish to enjoy instead of going for a walk in the environs. You may not wish to take a Yoga class. **This is OKAY.** Our objective is to share a wonderful memorable time in this very special place. There are additional activities offered by the Estate. When you receive the Welcome Packet, please let me know if you would like to participate in any of the single day activities and I will see if they have the requisite number of people to hold the activity. It is an additional charge payable directly to the Estate.

Terms and Conditions

RESERVATIONS

A \$385 deposit mailed with your completed application and signed release form will reserve you a place. This is due July 15th. For immediate confirmation please call. The balance is due 60 days prior to departure. When applying less than 60 days prior to departure, full payment is due. Checks are currently the only method of payment Lucia can accept. Reservations will be accepted 7 days prior to departure if space is available; however, reservations within 14 days are subject to a \$75 late fee to cover international communications, securing reservations, priority mailings, ect...

As confirmation of your deposit, Lucia will send you an invoice for final payment and any necessary updated information. Upon receipt of final payment, Lucia will send you a welcome packet that contains additional helpful information and updated information as needed.

CANCELLATIONS and REFUNDS

Should you find it necessary to cancel, a cancellation fee will apply based on the date we receive notice

- Over 60 days prior to departure-100% less a \$50.00 application fee
- Less than 60 days or failure to show-no refund

There will be no refunds or credits for unused portions or uncompleted tours for any reason whatsoever.

MEDICAL and HEALTH INSURANCE

Due to the physical nature of this retreat, we require that you have medical and health insurance coverage while participating on the trip. It is possible that the insurance policy that you already have will cover you against accident/injury, and loss or damage to personal property while you are abroad. If not, it is possible to obtain a short-term travel insurance policy available through local travel agencies.

As this trip can be somewhat physically demanding and, at times, we can be several hours away from the medical facilities, we request each member to complete our medical questionnaire. It is vital that persons with medical concerns make them known to us well before the departure of the trip. The trip leaders have the right to disqualify any member from the group whose physical condition is such that continued participation may jeopardize the individual or group. Refunds are not given under such circumstances.

RESPONSABILITIES OF CLIENTS

We expect the clients to have made an informed and correct decision as to their health and ability to participate in the walking and yoga classes.

Please feel free to ask for further information regarding any part of the trip. Travel plans from the United States to Italy, and to Florence is the responsibility of the client. We assume that the client has read the packing suggestion list and will bring the necessary items to enjoy a wonderful trip (sufficient equipment, appropriate clothing, medications, and first aid supplies), and to behave in an appropriate manner that respects the local customs of the country, towns and accommodations we will come in contact with.

LIMITATIONS and LIABILITIES

I give notice that I act only as an agent for the owners of the estate, employees of the estate, supplier of means of transportation and/or related services and shall not be liable for any delay, mishap, expense, inconvenience, irregularity, bodily injury or death to person or damage to property occasioned through the conduct or default of any company or individual engaged in providing the arranged services.

I shall not be liable directly or indirectly for bodily injury or property damage for any reason whatsoever, including but not limited to acts of the Universe, weather, quarantines, civil disturbances, theft, annoyance, change in government regulations, terrorism, war, or failure of conveyance to arrive or depart as scheduled over that which I have no control.

DELAYS

Although the itineraries have been carefully planned, reasonable changes and substitutions in the itinerary may be made where deemed necessary for the comfort, safety, and well being of the group.

On advancement of deposit, the payee therefore agrees to be bound by the above terms and conditions.

Participant Assumption of Risks, Release and Indemnification

Agreement

ASSUMPTION OF RISK

I acknowledge that walking, backpacking, and yoga entail known, as well as unanticipated risks which could result in physical or emotional injury, paralysis, death, or other physical or economic damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of these activities. I understand that these include but are not limited to: slipping and falling; water hazards; exhaustion; exposure to temperature and weather extremes which could cause heat exhaustion, sunburn, dehydration; food poisoning; and exposure to potentially dangerous animals, insects bites, and hazardous plant life; equipment failure; improper lifting and carrying; and accident or illness without access to means of rapid evacuation or availability of medical supplies, the adequacy of medical attention provided, physical exertion for which I am not prepared, or negligence on the part of Donna Davidge or Lucia Reardon or others.

Furthermore, I understand and acknowledge that Donna Davidge and Lucia Reardon have jobs to perform: they seek safety, but they are not infallible. While unlikely, they may be unaware of a participant's fitness level or skills, may misjudge the weather, or the elements of the terrain.

My participation on this trip is purely voluntary, and I elect to participate despite the risks. I agree to be responsible for my own welfare, and I expressly ACCEPT AND ASSUME ALL OF THE RISKS RELATED TO THIS TRIP INCLUDING BUT NOT LIMITED TO RISKS OF DELAY, UNANTICIPATED EVENTS, ILLNESS, INJURY, EMOTIONAL TRAUMA, OR DEATH.

RELEASE AND INDEMNIFICATION AGREEMENT

I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Donna Davidge (DD) and Lucia Reardon (LR) from any and all claims, demands, or causes of action, WHICH ARE IN ANY WAY CONNECTED WITH MY PARTICIPATION IN THIS ACTIVITY OR MY USE OF EQUIPMENT OR FACILITIES OWNED OR PROVIDED BY Donna Davidge or Lucia Reardon including any such claims arising from the negligent acts or omissions of DD or LR.

Should either Lucia Reardon or Donna Davidge be required to incur legal fees and costs to enforce this agreement, I agree to indemnify and hold it and them harmless for all such fees and costs.

I have adequate insurance to cover any injury or damage I may suffer or cause while participating in the trip; and the absence of such insurance, I agree to be financially responsible for the costs of such injury or damage.

I understand that this document is legally binding and have read and understood it in full. By signing this Agreement, I acknowledge that I may be found to have waived my right to maintain a lawsuit against Lucia Reardon and Donna Davidge on the basis of any claim from which I have released Lucia Reardon and Donna Davidge herein.

Signature

Print name

Date

Walking, Yoga, and Discovery in Tuscany

Application Form

Please complete this application with risk waiver and mail your deposit or full payment (checks only, made out to Lucia Reardon, Hiking and Yoga in Italy) to:

Lucia Reardon
314 Blanchard Road
Cumberland, Maine 04021
Or fax to
207-829-4626 (this is a phone/fax number so press send after you hear the outgoing message)

Your Full Name _____
Address _____
Home/Cell Phone _____

E-Mail _____
Fax _____
Passport Number _____ Place of Issue _____
Date of Issue _____ Citizenship _____

Gender _____ Age _____ Occupation _____
I will share a room _____ I prefer a single room at the extra cost _____

Briefly describe your outdoor and yoga background

Please explain and list any chronic illnesses, injuries, allergies, health issues or concerns that we should be aware of:

In case of emergency, please notify _____
Address _____
Phone _____ Relation _____

We recommend that you purchase short-term travel insurance, which includes trip cancellation insurance and medical insurance if your current policy does not cover you while traveling abroad. We require that all participants have medical insurance.

Name of insurance
Company _____

Company's Address and Phone number _____

I plan on purchasing medical insurance _____ and/or trip cancellation insurance _____

Thank you!