

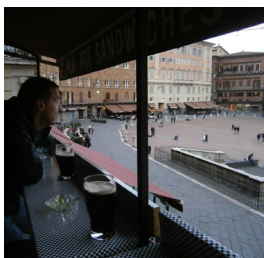
TRIP DESCRIPTION

Trail Running in Tuscany invites travelers to actively immerse themselves in the Tuscan countryside. Each day will consist of two segments: a group run and a sightseeing tour.

Daily Running Tour. We will run once each day, either in the morning or the afternoon. Each run will begin and end at Spannocchia and will occur on the paths and gravel roads in the adjacent Alto Merse Forest Reserve. Runs will vary from 4 to 8 miles in length and will be adjusted to fit the needs and desires of the participants. The running group will stay together and will not leave anyone behind. Each run will include stops to tour and explore.

Daily Sightseeing Tour. We will spend the majority of each day exploring the surrounding countryside. Some tentative touring highlights include:

- *Discovering Castle and Monastery Ruins*
- *Sampling Wines where they are made*
- *Exploring a Woodland Garden*
- *Wandering through a Tuscan Hill Town*
- *Searching for Cinghiale (wild boar)*



ACCOMMODATIONS & PARTICIPANTS

Lodging. All participants will stay at Castello di Spannocchia, an organic farm located 1 1/2 hours south of Florence. Participants have the choice between rooms with a shared bathroom and rooms with a private bathroom.

Meals. All meals will be served in the Castello's dining room and will feature traditional Tuscan cuisine prepared with Spannocchia's products: wine, olive oil, vegetables, and pork products such as prosciutto, salsiccia, and mortadella.



Participants. Both runners and non-runners are welcome to participate!

Runners should be able to run at least 4 miles at a slow pace; no familiarity with trail running is necessary. All runs will be adjusted to a pace and length that is enjoyable for each runner.

Non-runners are also welcome! The running tour will occupy approximately 2 hours of each day. Non-runners will have the choice of hiking or relaxing during the scheduled runs.

Group Size is limited to 8 participants.

DATES, PRICE, & REGISTRATION

Dates. The trip will begin at Castello di Spannocchia on the afternoon of Sunday, November 3, 2019 and will conclude on the morning of Sunday, November 10, 2019.

Price per person ranges from **\$1650 to \$1950** based on lodging choice. The price includes:

- *7 days of running and touring activities*
- *7 nights of lodging*
- *3 meals per day, except 2 lunches & 1 dinner*
- *Transportation from the Florence airport to Spannocchia on November 3*
- *Transportation to the Florence airport from Spannocchia on November 10*
- *Transportation for all touring activities*

The Price does NOT include:

- *Airfare and transportation to the Florence airport for pickup on November 3.*
- *Costs for 3 meals while touring (2 lunches & 1 dinner)*

Deposit of \$400 is due **before August 1, 2019**; space is reserved upon receipt of the deposit.

Full Payment is due **before September 1, 2019**

Refunds are offered only due to emergencies;

Deposit Refund. \$350 of the deposit is fully refundable before August 1, 2019.

Payment Options: checks payable to Jarrell Farms; contact Dan to pay by credit card.

Mail registration, deposit, and payment to:

Dan Jarrell
4095 Tennessee Road
Wellsville, KS 66092

REGISTRATION FORM

TRIP LEADER & MORE INFO

BENVENUTO!

TRAIL RUNNING IN TUSCANY



November 3-10, 2019

**Castello di Spannocchia
Italy**



Trip Leader. Dan Jarrell will lead this trip at Spannocchia for the third time. He has raced events ranging from 3 miles to 50 miles in length. Dan also has extensive experience with pacing and crewing



runners and with running an aid station. He currently leads weekly group runs with the Trail Nerds, a Kansas City trail running group. Dan grows apples on a farm in LeLoup, Kansas and is an architect and urban designer.

Dan's experience in Tuscany began in 1992 when he worked at Spannocchia to preserve and renovate buildings. From 2006 to 2009, he helped to renovate Spannocchia's woodland garden; in 2011 and 2018, he led trail running groups at Spannocchia. Dan has travelled extensively in the region surrounding Spannocchia.

For more information, please contact:

Dan Jarrell
danjarrell70@gmail.com
(785) 418-1419

Accommodations Website:

www.spannocchia.com & www.spannocchia.org

Facebook Group: www.facebook.com/groups/trailrunningintuscany/

Trip Website:

www.spannocchia.org/event/trail-running-tuscany-dan-jarrell/

Participant Information

Name(s): _____

Address: _____

Phone: _____

e-mail: _____

I am willing to help drive

on tours (circle one):

yes

no

Dietary Restrictions: _____

Lodging Choice: price per person (includes deposit)

\$400 deposit due before Aug 1; full payment due before Sept 1

\$1750 ☐ Single Occupancy, shared bath

\$1950 ☐ Single Occupancy, private bath

\$1650 ☐ Double Occupancy, shared bath

\$1750 ☐ Double Occupancy, private bath

checks payable to Jarrell Farms; contact Dan for Credit Card (for double occupancy) I will share my room with:

Form & \$400 Deposit due before August 1, 2019
Full Payment due before September 1, 2019

Mail form to Dan Jarrell, 4095 Tennessee Rd., Wellsville, KS 66092; checks payable to Jarrell Farms; contact Dan for credit card