

TRIP DESCRIPTION

Trail Running in Tuscany invites you to actively immerse yourself in the Tuscan countryside. Each day we will experience Italy through its people, landscape, and architecture. All activities and tours are optional.

Daily Running Tour. We will have a scheduled run each day that includes stops to explore. All runs will begin and end at Spannocchia and will traverse local mountain paths. Runs will be from 4 to 8 miles long and will be adjusted to the desires of the participants. The running group will not leave anyone behind.

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

- *Discovering Castle Ruins*
- *Enjoying Wines where they are made*
- *Exploring a Woodland Garden*
- *Relaxing in a Tuscan Piazza*
- *Searching for Cinghiale (wild boar)*



Optional Travel to Florence and Rome. On November 12-14 you may join Dan for a trip to see the splendors of Florence and Rome. No runs will be scheduled. Activities and meals will be optional. Lodging and travel will be pre-arranged and are not included in the Price.

ACCOMMODATIONS & PARTICIPANTS

Hotel. We will stay at Castello di Spannocchia. The 12th century castle is a traditional Tuscan working farm and villa located in the Montagnola Senese 1 1/2 hours south of Florence; it is surrounded by a forest reserve. All rooms have a view and a private bathroom.

Meals. Most meals will be enjoyed family style in the Castello's dining room and will feature traditional Tuscan four-course meals prepared with Spannocchia's own products: wine, olive oil, vegetables, and meats.



Both runners and non-runners are welcome!

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 to come! The running tour will occupy approximately 2 hours of each day. Non-runners will be free to relax or hike at Spannocchia during the runs.

Group Size is limited to 8 participants.

DATES, PRICE, & REGISTRATION

November 5-12, 2023. Participants will be picked-up at the Florence Airport on Sunday morning November 5 and driven to the Castello for the beginning of the trip. The trip will conclude on the morning of November 12.

\$1825 to \$2050 per person based on lodging.

Included:

- *7 days of touring*
- *7 nights of lodging*
- *3 meals per day, except 3 lunches*
- *Pick-up and Drop-off at the Florence Airport at the start and end of the trip*
- *Transportation for all activities*
- *Entrance Tickets, Wine Tastings, etc*

NOT INCLUDED:

- *Airfare & Travel Arrangements to Florence*
- *3 lunches while touring*
- *One a la carte Wine Tasting*
- *Optional Entrance Tickets*
- *Optional Florence/Rome Add-on*

\$500 Deposit per person/couple is due before August 1, 2023; space is reserved with Deposit.

Full Payment due before September 1, 2023

Payment: checks or paypal to Dan Jarrell

Refunds are offered only for emergencies. **Deposit Refund.** \$450 of deposit is refundable for any reason before August 1, 2023.

Registration, deposit, and payment to:

Dan Jarrell
4095 Tennessee Road
Wellsville, KS 66092
danjarrell70@gmail.com (785) 418-1419

REGISTRATION FORM

TRIP LEADER & MORE INFO

BENVENUTO!

TRAIL RUNNING IN TUSCANY



November 5-12, 2023

**Castello di Spannocchia
Italy**



Trip Leader. Dan Jarrell will lead this trip at Spannocchia for the fourth time. He has raced events ranging from 3 miles to 100 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, 2018, and 2019, 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: _____

Dietary Restrictions: _____

Price & Lodging Options

Select Lodging Choice: (price includes deposit)

\$2050

1 person one room with private bath

\$3650

2 persons one room with private bath
(this is \$1825/person)

\$500 Deposit due before Aug 1. Space reserved with deposit.

Full Payment due before Sept 1.

Select Optional Travel if interested (cost is not included):

Nov 12

Florence (depart Florence Nov 13)

Nov 13-14

Rome (depart Rome Nov 15)

Form & \$500 Deposit due before August 1, 2023
Full Payment due before September 1, 2023

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