

WELLNESS IN TUSCANY

WONDERFUL SPA AMONG NATURAL AND ARTISTIC MARVELS

1° DAY: ARRIVAL

Check-in in the Hotel, placed in the sunny luxuriant country-side near Pistoia and Montecatini, among olive groves, cypresses and vineyards. Meeting with our assistant and accommodation in the rooms. Dinner and overnight in Hotel.

2° DAY: PISTOIA AND GROTTA GIUSTI IN MONSUMMANO TERME

Morning: breakfast in hotel and then guided walking tour in *Pistoia*, a very charming and well-preserved medieval town full of fine artworks, excellent restaurants and quality shops. You'll visit the old medieval town: the central Piazza San Francesco, with its interesting Franciscan Church, the Romanesque church of S. Andrea, housing a precious pulpit carved by the sculptor Giovanni Pisano, one of the town's greatest works of art. You'll also visit Piazza del Duomo, the heart of the old center, with its Cathedral, Baptistery and intact medieval palaces and then the nearby Piazza della Sala, where you'll get in touch with a typical picturesque Italian fruit and vegetable open market. You'll also see the Ospedale del Ceppo (the Ceppo Hospital), famous for Giovanni della Robbia's startlingly colorful earthen glazed frieze. You'll visit the basements of this ancient Hospital: along an interesting route, you'll discover the secret underground architectures of this old building, including the prestigious Hall of Anatomy, designed as a true 'anatomical theater', and the special and valuable collection of surgical instruments dating from the seventeenth-century.

Free lunch. Opportunity to have lunch in a typical Tuscan tavern in Pistoia's old center (not included).

Afternoon: a relaxing half-day at the beautiful *Grotta Giusti Natural SPA Resort*, a natural paradise immersed in the green of the Tuscan country-side on the slopes of Monsummano Terme hill. Surrounded by the greenery of a centuries-old park, the Grotta Giusti Resort is an enchanting and perfectly equipped SPA center with a feature that makes it unique: the ancient grotto, which envelops the guests in a beneficial and detoxifying thermal steam bath. You'll enjoy the health benefits of the warm thermal waters springing directly from the fascinating old grotto.

Dinner and overnight in hotel.

3° DAY: PISA AND SAN GIULIANO TERME

Morning: breakfast in Hotel. Departure for *Pisa*, little town famous above all for its "Leaning Tower". But Pisa offers certainly more than just its special Tower. With this pleasant guided tour we'd like to show you the town's most important monuments and squares: the world-famous Campo dei Miracoli (Field of Miracles), with its unmatched quartet of medieval masterpieces: the Leaning Tower, the Cathedral with its wonderful bronze doors and the famous pulpit carved by Giovanni Pisano, the Baptistery with its fine pulpit by Nicola Pisano and the Campo Santo Cemetery with its huge medieval painting called *Triumph of Death*. Walking among medieval Tower-houses, you'll reach the famous Piazza Dante, with Pisa's State University where Galileo Galilei himself taught, and then Piazza dei Cavalieri, the central civic square of medieval Pisa with Italy's academic showpiece: the Scuola Normale Superiore.

Free lunch. Possibility of having lunch in a typical Tuscan tavern in Pisa (not included).

Afternoon: transfer to the nearby *San Giuliano Terme*. Afternoon dedicated to a complete relax at the Bagni di Pisa Natural Spa resort, wonderful spa standing on the gentle hills of Pisa. Well known to the ancient Etruscans and Romans, the thermal waters of Bagni di Pisa, which leave the spring at 38° C, are rich in sulphate-calcium-magnesium. The main feature of the waters is the high concentration of magnesium, which acts on the organism helping relaxation and the digestive system whilst giving new energy.

Dinner and overnight in hotel.

4° DAY: GAMBASSI TERME AND FLORENCE

Morning: After breakfast at hotel, departure to *Gambassi Terme*. Relax at the Acqua Salsa di Pillo Spa Resort, nicely dipped into a charming park rich in centuries-old trees. The spa provides an homely and practical environment, offering many different thermal, therapeutic and cosmetic services.

Free lunch. Possibility of having lunch in a restaurant near Gambassi Terme.

Afternoon: half-day tour in *Florence*, the celebrated capital of Tuscany, the city of art known all over the world like a nonpareil open-air museum. Before starting the classical walking guided tour of the old town, you'll have a wonderful

view over Florence and its surrounding hills from the famous panoramic large square called Piazzale Michelangelo. Then a local guide show you the wonders of the old town: starting by the celebrated medieval Basilica of Santa Croce, moving to Piazza della Signoria, the heart of the political Florence, and then reaching the famous medieval bridge Ponte Vecchio and finally the Piazza del Duomo, the religious center of Florence, with its wonderful Gothic Cathedral, its Romanesque Baptistery and the majestic Giotto's Campanile.

Tasting-dinner in a typical Tuscan tavern on the hills surrounding Florence. Overnight in hotel.

5° DAY: SIENA AND CHIANCIANO TERME

Morning: breakfast and check-out from the Hotel. Transfer to *Siena*, one of the leading art cities in Tuscany, which has completely preserved its medieval character. You'll visit the Church of San Domenico, much visited for its venerated relics of Saint Catherine, patron saint of Italy and Europe. You'll see the magnificent Palace of Monte dei Paschi bank, the oldest bank in Europe, founded in 1472. You'll reach the nearby Piazza del Campo, the unrivaled center of vivid city life, where your guide will explain you the rules - and tricks!- of the famous Palio, Siena's breathtaking bareback horse race. With a stop at the Chigi-Saracini Palace, you'll finally visit the Duomo, with its special pavement made with a startling sequence of 56 marble panels.

At the end of the visit, free lunch and transfer to *Chianciano Terme*, nice village rich in mineral waters with healing powers, ideally surrounded by wonderful wooded hills. Check in in the hotel.

Afternoon: dedicated to a complete relax at the Sensory Salon in the Thermal Park of Acqua Santa in Chianciano Terme. Immersed in the green thermal park of Acqua Santa, unique in Italy, the Sensory Salon is based on the innovative principles of naturopathy. Twenty different itineraries are available, which can be combined in various ways according to the four sensorial programmes: depurative, relaxing, energizing and rebalancing. With the help of experts in naturopathy guests choose the programme best suited to their needs. At the end, Dinner and overnight in hotel.

6° DAY: MONTEPULCIANO AND PIENZA

Morning: breakfast in hotel. Transfer to *Montepulciano*, nice Renaissance village famous all over the world for its fine red wine. Relax at the famous Montepulciano Spa Resort, an health, wellness and beauty SPA created thanks to the exclusive nature of the thermal waters gushing forth from the ground beneath it. The thermal waters of Montepulciano, combined with modern and traditional wellness techniques, help to restore a mental and physical equilibrium. Montepulciano Spa Resort is a pleasant and relaxing place which invites you to dedicate yourself to beauty, health and genuineness.

Free lunch. Possibility of having lunch in a beautiful country-farm in Montepulciano, tasting typical Tuscan food and sampling the famous *Vino Nobile* of Montepulciano (not included).

Afternoon: transfer to *Pienza*, nice Renaissance village famous all over the world for its fine *Pecorino* cheese. You'll visit the old center, with the beautiful Franciscan Church and the central Piazza dedicated to Pope Pius II Piccolomini, who wanted to transform his birthplace into an ideal city of the Renaissance. In the Piazza Pio II you'll be able to see the Cathedral, the Town Hall and the beautiful Palace of the Piccolomini family. Walking through small streets with singular names (like, for example, "Love's Street"), you'll reach a vantage point from where you'll enjoy a wonderful view over a landscape of harsh beauty. Tasting-dinner in a country farm near Pienza, sampling the famous delicious *Pecorino* cheese of Pienza.

7° DAY: SATURNIA

Breakfast in hotel. Transfer to *Saturnia*, famous thermal town located in the hinterland hills of the Tuscan Maremma near Grosseto. Full-day dedicated to a complete relax at the Saturnia Spa Resort, in the heart of the wonderful Maremma region, dipped into a centuries-old green park. The wonderful spa offers four open swimming pools with the famous sulphureous thermal waters and whirlpool waters for both physical and mental relax and wellness.

Free lunch.

At the end of thermal path, tasting-dinner in a farm near Chianciano Terme. Overnight in hotel.

8° DAY: DEPARTURE

Breakfast in hotel. End of our services.

WE'LL CREATE YOUR OWN PRICE!

All our tours have been designed and developed with the following basic features:

- **3 / 4 STARS HOTELS**

- HALF BOARD, with the possibility of full board
- GUIDED TOURS AS PER PROGRAM
- TRANSFERS BY COACH or TRAIN

We can expand or decrease our offer according to some variables or specific requests: the period of stay (low, medium or high season), the number of participants, the ability to integrate the program with extras like cooking classes, entrances in museums not listed in the programs and so on.

Send us an email with your personal request and we'll respond within 24 hours with an ad hoc quote just for you! Customize and make your holidays in Tuscany special and unforgettable with the expertise and advise of *Tour in Tuscany!*

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