

Tuscany Yoga & Culture

Destination: Italy

Trip code: YTKYA



HOLIDAY OVERVIEW

Enjoy practising yoga in the tranquil landscapes of the Chianti region and discover some of the area's many cultural highlights. Yoga practice will take place morning and evening where we'll stretch, balance and concentrate in various poses with the aim of strengthening the weak areas and loosening the tight in our body. Breathing techniques enhance energy levels and can benefit our emotional state, while meditation and relaxation techniques calm and replenish us. Between yoga sessions we'll be exploring the local area and sampling some regional wines. There are sightseeing trips to explore the delights of Florence and Siena with a local guide plus a lesson in Tuscan cookery. We'll also visit two charming medieval villages and the ancient town of San Gimignano, noted for its many stone towers.

WHAT'S INCLUDED

- Half-Board en-suite accommodation.
- The services of an experienced English-speaking local Tour Manager and local Yoga Teacher.
- All essential transport and entrance fees.
- cooking class, 1 lunch and 3 wine tastings.
- 'With flight' holidays include return flights from the UK and hotel transfers.

HOLIDAYS HIGHLIGHTS

- Stay at Villa Certosi di Pontigano, a unique place in the heart of Chianti.
- Take part in daily Yoga sessions in tranquil surroundings
- Enjoy a cooking class with the local chef and three wine tasting sessions.
- Explore Siena with its enormous medieval Piazza Del Campo.

ITINERARY

Day 1: Arrival Day

Upon arrival at Pisa Airport, you will be met and transferred to your hotel in a private coach. There will be time to settle in and meet your Tour Manager and fellow guests before sitting down for dinner.

Day 2: Florence

A morning of yoga awaits today followed by a trip to Florence where the incredible Duomo dominates the skyline. Together with Giotto's Campanile and the Baptistry, this cathedral complex forms one of the world's greatest architectural masterpieces. With our local guide we'll discover the major sites before we sample a typical Tuscan sweet wine, Vin Santo in a local bar. There will time for a yoga session in the evening before we sit down for dinner.

Day 3: Volpaia

Our morning will be dedicated to yoga practice before we join the hotel chef for a cookery lesson where we'll learn how to prepare a classic Tuscan dish. In the afternoon, we'll visit the impressive Medieval village of Volpaia, where time seems to stand still. In the evening, we shall reconvene for another yoga session before our evening meal.

Day 4: Montefioralle

Following our morning yoga session, we'll travel by coach through the vineyard-covered hills to the Medieval village of Borgo Montefioralle, the first Etruscan settlement in the Chianti area. We'll enjoy a glass of wine and small snack in a winery typical of the region before we return to the hotel for our evening yoga session and dinner.

Day 5: San Gimignano

After today's morning yoga session, we shall be heading out to San Gimignano, a Medieval town circled by its 13th century walls and looked down upon by its many stone towers. We shall take a break here to taste some local Vernaccia wine as well as some Tuscan specialties. We'll return to the hotel again for evening yoga practice and dinner.

Day 6: Siena

This morning is once again given to yoga practice, followed by an afternoon trip to Siena. Here, our local guide will take us on a tour of the city's historical centre, including a stop at the Piazza del Campo, the seashell-shaped square on which the famous Palio horse race takes place each year. The rest of the day is free for you to relax in the hotel or explore more of the local area. Once again, there will be an evening yoga session before we enjoy dinner together.

Day 7: The Abbey Of Sant' Antimo & Montalcino

After our final morning yoga session of the holiday, we'll be travelling out to the 12th-century Abbey of Sant'Antimo, one of the world's most beautiful Romanesque churches. We'll then take a scenic drive through the D'Orca Valley to Mount Amiata and on to Montalcino where we can taste some Brunello, one of Italy's best-known and most expensive wines which is unique to the town. We'll return to the hotel for a final evening yoga session and dinner.

Day 8: Departure Day

After breakfast, a private coach transfer will be provided to take you back to Pisa Airport for your return flights.

ACCOMMODATION

La Certosa Di Pontignano - Tuscany

The 3-star hotel the Certosa di Pontignano is located in the Tuscan countryside a few kilometres outside Siena. This ancient residence has two large gardens and peaceful cloisters. It is a unique place which was once a Carthusian monastery and Church. This peaceful oasis provides an ideal base from which to discover the area and relax.

Accommodation Info

Rooms

The hotel offers 13 bedrooms.

All rooms are equipped with:

- Free WiFi
- Flat-screen TV
- Shower
- Free Toiletries

Facilities

The Hotel has a good range of facilities and public rooms, a bar/lounge perfect for meeting fellow guests.

There is an attractive restaurant serving typical Italian Cuisine.

The Italian garden is quite unique and has breathtaking view of the countryside and and the city of Sienna. A traditional geometric design of clipped box hedges. A laural tunnel leads on to the Botanical garden is full of plants typical to the Chianti region, fruit trees and aromatic herbs.

Located underneath the the hotel is the stone built tavern and wine cellar.

Food & Drink

Our holidays at La Certosa di Pontignano are on a half board basis and include breakfast and evening meal.

A breakfast of local cuisine is served each morning between 7.00 am and 10.30 am.

There will be a number of opportunities where you can buy ingredients for a packed lunch throughout the tour. On some days it may be possible to eat in local cafes; your leader will advise you of all the options.

The three course evening meal offers a taste of typical Italian cuisine.

The hotel has a well stocked bar serving beer, wine and spirits.

Your Evenings

The friendly atmosphere of our Mind & Body Holiday continues into the evening.

Enjoy a glass of wine or beer while finding out about the next days itinerary and enjoy a leisurely evening meal.

Your leader will also keep you informed of any local events going on nearby. Alternatively, you may like to relax on the terrace or in the bar, with a drink and chat with your fellow guests.

TRAVEL DETAILS

USEFUL HOLIDAY INFORMATION

What To Bring

- Yoga mat (non-slip) and a small towel
- Loose-fitting clothes to facilitate easy movement
- Suitable, comfortable footwear for rough, wet or uneven terrain

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be

made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

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TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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