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Family Tuscany Multi-Activity Adventure

ITALY - TRIP CODE FTY

FAMILY

Why book this trip?

This energetic trip explores one of Tuscany's hidden gems, the stunning Garfagnana Valley. Combine kayaking, via ferrata, canyoning and walking the Cinque Terre coastal path. At the end of each day we return to our hotel and enjoy home-cooked Tuscan cuisine.

- **Active adventures** - Kayaking, trekking, high ropes adventure park, canyoning and zip wires as well as the opportunity to visit Lucca and Pisa.
- **Characterful accommodation** - Relax by the pool with views of the charming Garfagnana Valley.
- **Cinque Terre** - Walk the UNESCO World Heritage landscapes of the Tuscan Riviera.
- **2021** - Dedicated teenage departures (child ages from 11+) are available on 18th July and 1st, 8th August

2021, all other dates have a minimum age of 7 years.



INCLUDED MEALS
Breakfast: 7
Lunch: 3
Dinner: 4



TRIP STAFF
Explore Tour
Leader / Driver
Activity Guide(s)



TRANSPORT
Minibus
Train



ACCOMMODATION
7 nights
comfortable hotel



TRIP PACE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour in Lucca.

Arrive in Lucca. An old Roman town with considerable charm, several Romanesque churches and renaissance architecture, Lucca retains a delightful mix of narrow lanes and easy charm all enclosed within its city walls.

For those arriving on time our Leader plans to meet you in the hotel reception at 6pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no other activities planned today, so you are free to arrive in Lucca at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Pisa International airport (airport code PSA), which is 35km, around 35 minutes from the hotel. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day, perhaps you might choose to take a walk or hire a bike and ride around the city walls. Heading into the old town itself, wander around the narrow lanes, stop for a coffee or a bite to eat and browse its local markets.



ACCOMMODATION:
Hotel Rex (or similar)

Grade: Comfortable Hotel





MEALS PROVIDED: NONE

DAY 2 - Tour of Lucca old town and surroundings on foot and bike.

After breakfast we head into the old town of Lucca to spend the morning exploring the narrow streets and hidden squares. We start the day on foot heading under the fortified old city wall into the old citadel with its narrow cobbled alleyways and open air palazzi.

One of Lucca's best known highlights is its remarkably well preserved walls that encircle the historic centre. The ramparts have a wide tree lined path which offer excellent views of the town and surrounding countryside. For the second part on this mornings tour we switch from foot to bikes and cycle around the old town ramparts then head out along the banks of the River Serchio towards Ripfratta, returning to Lucca via quiet rural lanes.

The afternoon is kept free to further explore Lucca, be sure to make a stop at one of the many shops that sell the famous buccellato, a sweet tasting bread with raisins.



ACCOMMODATION:
Hotel Rex (or similar)



Grade: Comfortable Hotel



MEALS PROVIDED: BREAKFAST

DAY 3 - River activity day. Zip wire course high above a canyon or Stand up paddle board. Afternoon rafting on the Lima river.

After breakfast we bid farewell to Lucca and drive to northern Tuscany's Garfagnana region. Enroute we stop at Bagni di Lucca Canyon Park for a choice of either a canyon zip wire course 100 meters above the rapids on suspended cableways or a more tranquil SUP (stand up paddle board) along a quiet section of the canyon beneath a green tree canopy.

For safety reasons children need to be a minimum of 10 and over 140cm in height to take part on the zip wire course; the SUP activity is open to all. Both activities take two hours, we will reconvene to enjoy lunch on the banks of the river with the opportunity of a refreshing dip.

After lunch we will take a rafting trip on the Lima River. The river doesn't have any white water, is a sedate, relaxing raft downstream, with ample opportunity to swim and enjoy the scenery.

Late afternoon we drive a short distance to our base for the rest of the week, a family run hotel on the outskirts of Castelnuovo di Garfagnana, situated in the Serchio River Valley. The hotel is surrounded by the magnificent scenery of the Apennines and the Alpi Apuane and features a large pool and sun deck. On arrival we will enjoy a traditional dinner and sample for ourselves some of the food and wine for which this region is justifiably famous. Indeed during the coming days ahead we can expect to sample a delicious array of local produce.

Please note that the order of the activities may change due to weather conditions or other operational considerations, any changes will be advised on the trip by our trip leader.



ACCOMMODATION:
La Lanterna Hotel (or similar)

Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Exploring the backstreets of Monterosso on the stunning Cinque Terre coast. Walk along the famed coastal trail.

We leave the Garfagnana and after a short transfer to the local station, join the train to the stunning coastline of the Cinque Terre region where tiny villages nestle amongst sheer cliffs to create one of the Riviera's most scenic delights. The area is a World Heritage Site and its five villages present the perfect picturesque setting for our day. We have time to explore the back streets of the old part of Monterosso, which is the largest of the five villages, before we walk along the famed coastal trail.

Passing through olive groves and vineyards and with spectacular views all around, we arrive at Vernazza where we have time for a swim in the lovely waters as well as have lunch which could include some of the local seafood. From Vernazza, we then have the choice from to travel by boat (optional extra, and sea conditions permitting), catch a train to Monterosso or walk another section of the trail to Monterosso. The 15 minute boat trip to Monterosso is normally the best option as it allows more time for kids to swim and enjoy lunch in Vernazza.

Arriving in Monterosso, there will be time to explore the town with another swim or ice cream here before we then meet up for our train back to the Garfagnana.



ACCOMMODATION:
La Lanterna Hotel (or similar)

Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Free morning. Afternoon canyoning in the Turríte Valley.

The morning is free to spend as you wish, relax by the hotel pool or take a stroll around Castelnuovo di Garfagnana.

This afternoon we jump in a bus and head south to the Turríte valley to our hands at canyoning. Arriving in the pretty village of Fornolovasco, get into our wet suites and helmets for an easy section of canyoning down the Rio Pinguino in the parco Battifero which allows us to try some small water jumps. Ending back at Fornolovasco we stop at a small café where we have time to relax at the bar at with an ice cream before we all group up and return to our hotel by bus.



ACCOMMODATION:

La Lanterna Hotel (or similar)

Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 6 - Climbing and zip wire adventure park in San Romano. Afternoon kayaking on Lake Gramolazzo.

This morning we head by bus to San Romano and Buffardello Park where we spend our first morning climbing trees. Set amongst two and a half hectares of forest in the heart of the Garfagnana, this unique adventure park affords children and adults alike the opportunity to enjoy this woodland setting from the air, with a range of activities suitable for all ages, including swinging beams, suspension bridges, nets, ropes and obstacles. On arrival, you will be kitted out with all the necessary safety equipment with trained instructors on hand to supervise your enjoyment.

Please note there are seven courses in total, to climb the full course there is a minimum height requirement of 140cm. There are three courses suitable for children over 100cm; children under 100cm will not be able to take part in this activity. The park also has a number of walks and activities within the forest that do not require leaving the ground, so don't worry if you would prefer to keep on terra firma.

This afternoon we take a short bus ride to the beautiful Lake Gramolazzo where we take to the water in double seated kayaks and stand up paddle boards to explore this lovely setting. There is ample time to paddle, kayak, swim or relax on the grassy banks of the water's edge. The lake is home to an abundance of blue herons and other birdlife and our kayaking adventure affords us an ideal opportunity to take in this serene setting from the unique perspective of its tranquil waters. Our day over, we return back to the

hotel to enjoy some relaxing time around the pool.



ACCOMMODATION:

La Lanterna Hotel (or similar)



Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 7 - Walking in the Orecchiella National Park.

We depart the villa after breakfast to explore some of the breathtaking views in the Apennine mountain range. We drive by bus up into Orecchiella National Park, an area characterised by beech woods, grasslands and sheer rock faces hanging over narrow gorges, all of which are a natural habitat for birds of prey, wild boar, deer and many other animals. We begin our walk from the visitors centre up to refuge Isera (1200 m) with great views of the Pania del Corfino mountain along the way. We then ascend from Isera following the footpath to the Col of Campaiana at 1500m for around an hour which affords great views of the Apennines before a final short walk up to the peak and summit of the Pania del Corfino at 1600m.

With probably one of the best views of the Garfagnana Valley where one is nearly able to see all of our locations that we have travelled to during our stay this week, we have our lunch and then relax before descending back down using the same routing to the visitors' centre which is close to a brown bear enclosure. And then it's time for an ice cream before we head back down to the farm where we can relax and enjoy the pool for the rest of our final afternoon.



ACCOMMODATION:

La Lanterna Hotel (or similar)



Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



DAY 8 - Tour ends Pisa Airport.

Today we transfer to Pisa airport where the tour ends at 1100.

For those of you that have an afternoon or evening flight you may decide to explore something of the city's cultural highlights, Pisa has so much more than just its famous Leaning Tower. The Campo dei Miracoli (Field of Dreams), of which the Tower is but one part, also contains the Baptistery, Duomo and Camposanta, which between them make up a stunning collection of architectural delights. These, along with the churches and palazzi that make up the historic centre, all belong to a period from the 11th to 13th centuries when the city was one of the Mediterranean's major maritime powers.

The airport has luggage storage facilities and regular, inexpensive light railway into town. This is at your own expense and unaccompanied but the leader will be able to assist with information and what better way to finish a trip to Tuscany than visiting Pisa!



MEALS PROVIDED: BREAKFAST

Trip information

Climate and country information

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your Family adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family.

Cinque Terre

Day 3: Boat Trip from Vernazza, €5 per person

Garfagnana Valley:

Day 5: Bike hire €20 adults, €15 children's bikes

Day 5: Full day Trip to Lucca and/or Pisa - Train €13 per person (return ticket), Leaning tower of Pisa €18 per person, no child discount. Pisa cathedral €3.50 per person, bike hire in Lucca €2.50 per hour.

Day 5: Day trip to Florence - €8 each way on train, 2.5hrs each way.

Clothing

July and August are the hottest months, but early and late in the season go prepared with clothing to suit drops in temperature and the showers. You'll need your swimming gear, light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

Footwear

Comfortable walking boots, trainers and sandals.

Luggage

20kg

Luggage: On tour

One main piece and a daysack.

Equipment

A water bottle, sunhat and high factor sunscreen are all essential. You may also wish to bring cycle helmets with you for the mountain biking. A torch is useful in case of powercuts/ emergencies.

Tipping

Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per family member as a guideline.

Local crew

Although voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approximately £20 of local currency per family member. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Italy

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£10.00 - 15.00	£20.00 - 25.00	£2.00 - 4.00	£1.00 - 2.00

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability	Credit Card Acceptance
Major towns.	Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Minibus, Train

Accommodation notes

Our family owned hotel is based in the heart of the Garfagnana valley in northern Tuscany, the perfect base from which to explore. The hotel features a large open air swimming pool and terrace overlooking the Appennino Tosco-Emiliano National Park. The hotel has 30 rooms in total with a mixture of well-appointed twin, double and family rooms. There is an excellent restaurant which serves both regional dishes source from local farms and suppliers and international cuisine. The charming historic town of Castelnuovo di Garfagnana is a twenty minute stroll from the hotel.

Special dietary requests:

Whilst we can cater for both gluten free and lactose free diets; almost all food is sourced locally. Given the rural location, choice is limited. If there are particular snacks or products you need we advise that the best option is to bring these with you.

Family swimming

The hotel has a large outdoor swimming pool

Essential Information

Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Family information



Our Explore leader, Rupert and his family

Local living: Our Active Tuscan Active Adventure was one of the original Family Adventures launched by Explore over 15 years ago and has proved a firm favourite ever since. Rupert, originally from Kent in the UK, moved over to Italy nearly 19 years ago. His love for travelling started when he was 18 years old travelling for over a year in Africa. This love for travelling brought Rupert into tour guiding, which after many seasons of

work around the world he found himself sent to work as a guide in Northern Tuscany in the mountains of the Alpi Apuane and the Apennines.

We use a family run hotel in the heart of the Garfagnana valley, the perfect setting to kick back and relax with a glass of wine in hand after a busy day of activities. Enjoy a dip in the pool followed by a freshly prepared home cooked meal in the restaurant, the perfect blend of adventure and relaxation in an idyllic setting.

Triple rooms: This trip allows the option for a triple room to be included within the booking. If you would like this option please ask our Sales team for further information.

Average Age: As a guide we have identified the actual average age of the children who have travelled on this trip over the the last 5 years, to help you decide whether it's the right one for your family. The average age on this trip is 14 years old.

Minimum age: This trip is suitable for active children of all ages from 7 upwards. Three additional departure dates are offered over the summer holidays for teenagers and children aged 11 and above, in 2020 these depart on 12th and 19th July and 2nd August.

Additional Information



Why book this trip

This holiday is perfect for active families who enjoy the outdoors all set against the stunning backdrop of Tuscany. Our Tuscan family run hotel has been specifically chosen as a base to offer a range of activities with a swimming pool and great views to lure you back after the day's adventures. We also get the opportunity to explore the historic cities of Pisa and Lucca which offers a good balance to kayaking, coastal walks, mountain biking and canyoning. Furthermore, with a number of included meals and activities, this adventure offers great value for money.

Reviews



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS