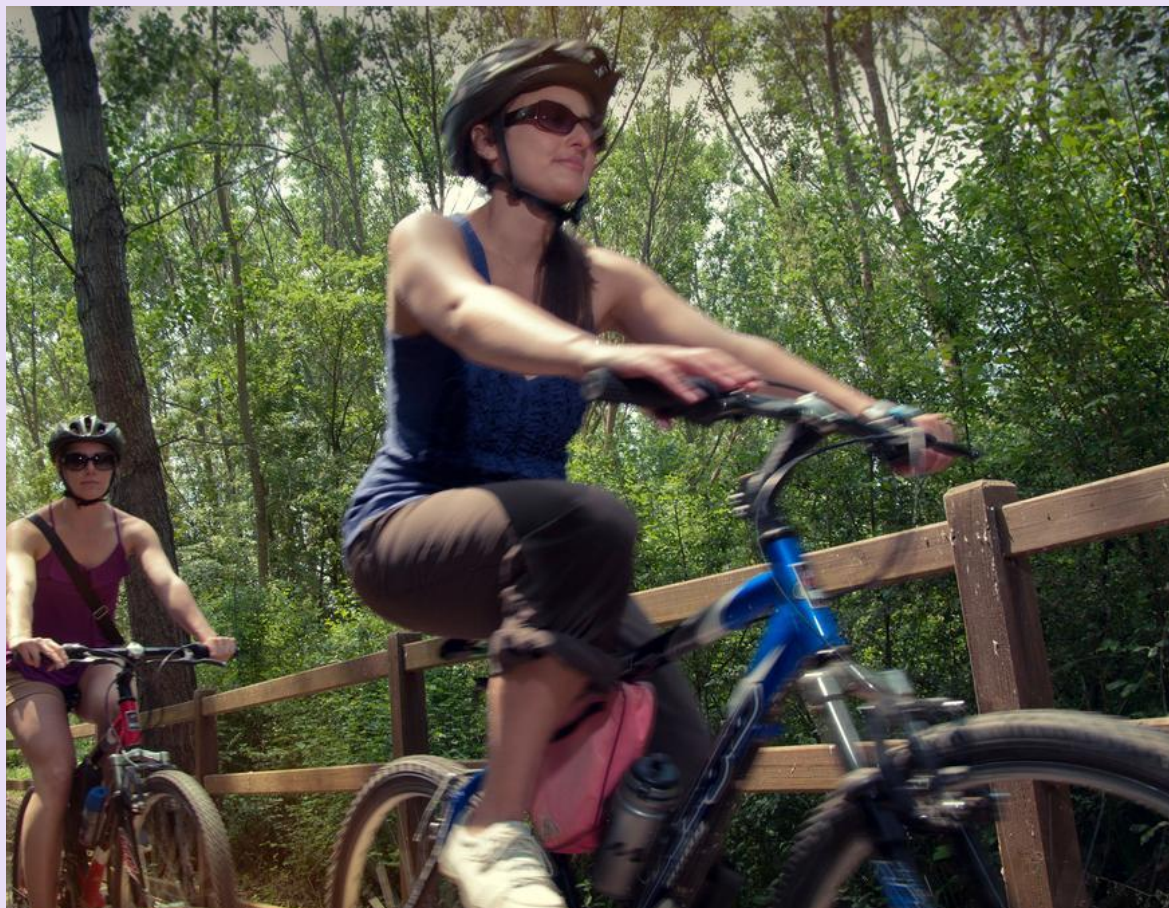


!
x

Sorry! There are no remaining departures for "Cycling in Tuscany" (EITC), [but here are some similar trips](#).



Cycling in Tuscany

7 days, Rome to Chianciano Terme

Trip code EITC

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Lunch and Local Wine Tasting, Bagno Vignoni

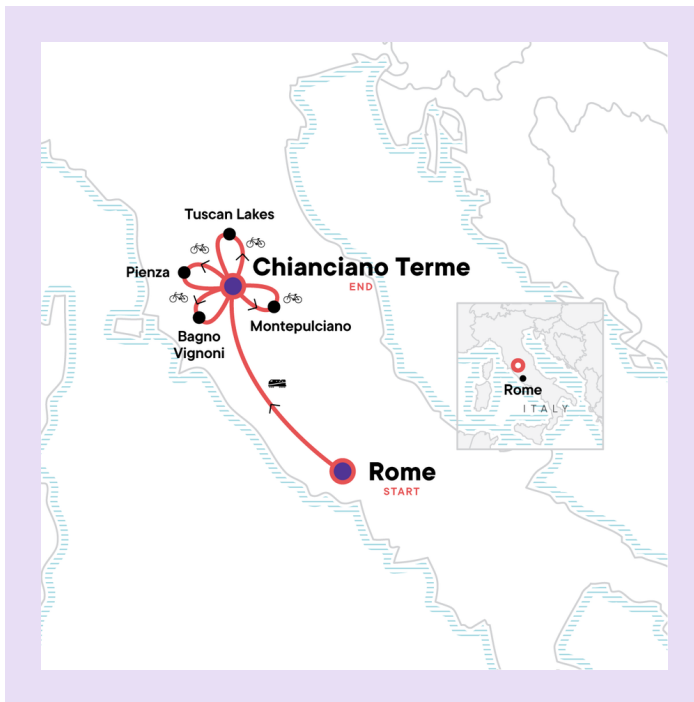
- Your Foodie Moment: Cooking Class, Chianciano Terme
- All cycling equipment including bicycle and helmet
- Cycling in Tuscan countryside including visits to Pienza and Montepulciano
- Support vehicle for 3 days

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing November 4th, 2016 and onwards

Itinerary



Itinerary Notes

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the trip details

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Rome

Arrive at any time.

We highly recommend arriving early to experience all that this iconic city has to offer.

Please note that if Vatican City is on your must-see list, we highly recommend purchasing your tickets online several weeks prior to your trip. Same-day entrance to St. Peter's Basilica and the Vatican Museums (including the Sistine Chapel) cannot be guaranteed without advance tickets.



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.



Optional Activities - Day 1

Trastevere Visit

Rome

2h-4h

Cross the Tiber river to reach the quaint medieval neighbourhood of Trastevere. This is a great opportunity to escape the crowds and get a glimpse into local life.

Vatican City Visit

Vatican City

Free

1h-2h

Get ready to tick something off the bucket list. Visit the smallest country in the world—Vatican City! Stand in St Peter's Square and be wowed by colossal colonnades, numerous statues, and the obelisk. Opt to take in the magnificence of St Peter's Basilica, Michelangelo's Pietá, and the Sistine Chapel while you are in the area.

Pantheon Visit

Rome

2-5EUR

The Pantheon is one of the most famous buildings in Rome. Originally built during the reign of Augustus (27 BC - 14 AD), the building was rebuilt under Hadrian in 126 AD. The roof is still the world's

largest unreinforced concrete dome, and it contains a circular opening (an oculus). It is easily one of the best-preserved of all the ancient Roman buildings.

Borghese Gallery

Rome

25EUR

1h-2h

Take a visit to the beautiful Borghese Gallery villa to indulge in a rich collection of ancient sculptures, relics, mosaics, and paintings. Pieces from Renaissance masters such as Bellini, Raphael, Bernini can be found here.

Roman Forum Visit

Rome

24EUR

1h-2h

Even with the bustle of modern day Rome whizzing past on Vespas, you can still lose yourself in the fragmented columns and ancient ruins of this plaza, conjuring images of the rich Romans sauntering by in togas. Please note, this must be booked in combination with the Colosseum Visit and will include a visit to Palatine Hill.

Christian Catacombs

Rome

8EUR

30m-1h

Follow a guide through this ancient underground cemetery.

Trevi Fountain

Rome

Free

Built above an ancient water source, Trevi Fountain takes its name from the three streets (tre vie) that intersect at this world-famous fountain. Sculpted from travertine stone, the fountain as we know it today was completed in the 18th century. Work your way through the crowds to toss a coin in (with your right hand, over your left shoulder) for good luck - it's also your best chance to see the fountain's marvelous detail.

Colosseum Visit

Rome

24EUR

Enjoy a guided tour of this famous spot, the scene of many bloody gladiator fights for the entertainment of ancient Rome's aristocracy. Learn from your expert guide and you wander the old venue—a UNESCO World Heritage site—and feel free to walk around on your own. No battles, please!

Day 2

Rome/Chianciano Terme

Enjoy a local Italian breakfast before an orientation walk around Rome. Transfer by train your hotel in the charming hilltop town of Chianciano Terme. Enjoy a local wine tasting in the evening.



Meals included

Breakfast



Today's Activities

Local Train

Rome - Chiusi

2h

160km

Climb aboard, take your seat, and get around like the locals do.

Private Vehicle

Chiusi - Chianciano Terme

Settle in and scan the scenery from the convenience of a private vehicle.

Day 3

Chianciano Terme

Cycle to the classic Renaissance town of Pienza and get a taste of the quintessential Tuscan landscape. Afterwards, enjoy a Tuscan cooking class.

There is time to relax and wander around the charming Tuscan town before returning to Chianciano Terme. Tonight, roll up your sleeves and learn the secrets of Tuscan cooking in a hands on cooking class.

Please note: a support vehicle is provided for this day.



Meals included

Breakfast | Dinner



Today's Activities

Cycle to Pienza

Chianciano Terme

4h-5h

55km

Considered to be the epitome of a Renaissance town, and rebuilt in this style, the cycle up to Pienza is well worth the reward. Pedal up through the winding paths that cover many of the beautiful Tuscan hillsides and through hill-lined streets before we arrive. The cycling is challenging with some uphill sections.

ACTIVITY

Expand your culinary skills with a cooking class. Learn how to prepare typical Tuscan dishes and enjoy the fruits of your labour.

Day 4

Chianciano Terme

Cycle to the Tuscan hill town of Montepulciano, famous for producing excellent food and wine.

Pedal around the Tuscan hills in today's cycling tour, during which we will stop in the classic medieval hilltop town of Montepulciano.



Meals included

Breakfast | Dinner



Today's Activities

Cycle to Montepulciano

Chianciano Terme

5h

40km

This is the landscape you have dreamed of, with rolling hills, cypress trees, and flower-bedecked villages, and cycling is an excellent way to appreciate it. Though getting up those slopes can be somewhat taxing on legs and lungs, the soul-stirring views are worth it!



Optional Activities - Day 4

Piazza Grande Visit

Montepulciano

Make your way to the highest point in town to the Piazza Grande, the centre of day to day life in Montepulciano. You'll find some of the town's most impressive architecture, such as the Palazzo Comunale, and Town Hall. Climb to the tower in the Palazzo Comunale for great views of Lake Trasimeno and Val d'Orcia.

Bagni San Filippo Thermal Springs

Bagni San Filippo

The Tuscan region is known for natural thermal springs. Take a 30min ride out of town to Bagni San Filippo and find yourself in a picturesque setting of calciferous formations, waterfalls, and natural pools; this scene is made more spectacular by the vivid colour of the water made bright blue by effect of the hot springs meeting the cool river water. Sit back, relax, and be healed.

Montepulciano Wine Tasting

Montepulciano

This region is known for VINO Nobile di Montepulciano (made with Sangiovese grapes), and the Montepulciano red. Step into one of the quaint wine shops on the hill to indulge in a sampling.

Contucci Winery Visit

Montepulciano

30m-1h

Sample wines made in the cellars of one of the oldest families in Montepulciano.

Day 5

Chianciano Terme

Enjoy a full-day of cycling in the Tuscan lakes and lunch at a natural oasis.

Please note: a support vehicle is provided for this day.



Meals included

Breakfast



Today's Activities

Cycle to Tuscan Lakes

Chianciano Terme

5h

60km

Depart by bike in morning in the direction of Lake Chiusi. Stop for lunch at a natural oasis by the Sentieri della Bonifica before returning to the hotel. Pedal around the lake and then follow a cycle path through the beautiful Tuscan countryside to Lake Montepulciano.

Cycle to the beautiful spa town of Bagno Vignoni. Explore the town, opt to soak in the thermal pools, or relax and enjoy the views before returning to the hotel for one final night.

Please note: a support vehicle is provided for this day.



Meals included

Breakfast



Today's Activities

Cycle to Bagno Vignoni

Chianciano Terme

6h

55km

Cycle out to beautiful spa town of Bagno Vignoni, a popular holiday spot since Etruscan and Roman times. Follow country lanes and gravel paths to reach Bagno Vignoni. There is a support vehicle should you prefer to relax and enjoy the journey.



Optional Activities - Day 6

Local Spa Treatment

Chianciano Terme

30-100EUR

Visit a day spa and choose from a number of treatments available, like a full body massage or water treatment circuit with local mineral water that's said to have healing properties.

Art Museum of Chianciano Terme

Chianciano Terme

Free

1h-2h

Take a wander through the gallery, featuring over 1000 pieces of art from the 16th century to contemporary.

Day 7

Chianciano Terme

Depart from the hotel on a group transfer in the morning, arriving into Chiusi Station where the tour ends upon arrival.

Today is the departure day; a group transfer is arranged to Chiusi Station where your CEO can help you book onward travel. Please book onward travel for no earlier than 4pm.

If you wish to stay in Chianciano you are more than welcome to do so, but the transfer is only offered on Day 7. If you wish to depart earlier, we can help organize a transfer at your own expense.



Meals included

Breakfast



Today's Activities

Private Vehicle

Chianciano Terme - Chiusi

30m

18km

Settle in and scan the scenery from the convenience of a private vehicle.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Lunch and Local Wine Tasting, Bagno Vignoni
- Your Foodie Moment: Cooking Class, Chianciano Terme
- All cycling equipment including bicycle and helmet

- Cycling in Tuscan countryside including visits to Pienza and Montepulciano

- Support vehicle for 3 days

What are the main highlights of this trip?

Cycle through Tuscan countryside and stone-walled hill towns, visit quaint Pienza and medieval Montepulciano, learn traditional recipes and eat delicious Tuscan cuisine.

Itinerary Notes

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the trip details

What are the main highlights of this trip?

Cycle through Tuscan countryside and stone-walled hill towns, visit quaint Pienza and medieval Montepulciano, learn traditional recipes and eat delicious Tuscan cuisine.

Is there a disclaimer I should read before booking this trip?

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Are there Itinerary notes?

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the trip details

What important notes should I be aware of before the trip?

Cycling Grading - Demanding

- Some degree of experience required
- Mixture of road cycling and off road
- Occasional long days in the saddle, multiple ascents and descents
- Good fitness and skill level recommended
- Cycle usually between 35-70 km per day

Equipment provided:

- Bike - Mountain bikes, various models
- Gears - 24 or 27 speed
- Brakes - disk brakes
- Frame sizes available - various

When making your booking, please inform our staff of your height - this will help us get the right size bike for you.

- Panniers/bike bag type - not available. The bikes are equipped with bags under the saddle for day-to-day needs.
- Water bottle holder - yes
- Water bottle - yes
- Adjustable Handlebars - no
- Option to fit own pedals: yes
- Female saddles available: no
- Padded saddle covers available: yes
- Gel saddles available: no
- Option to fit own saddle: yes
- Repair kit available: no - guide carries repair kit for the group
- Helmet hire available: helmet included in price of trip. We believe that helmets should be worn at all times, to ensure maximum protection while you are cycling. However, we are aware that some passengers may prefer to cycle without a helmet. If you choose to do so, this is entirely at your own risk.

If you would prefer to bring your own bike with you for this trip, or have some specific equipment that you would prefer to use then please advise us when you book. We recommend that you bring a hybrid or all terrain bike for this trip, with a minimum of 21 gears and suitable for riding along roads and on bike tracks. For this trip it would be best to have semi-slick tyres good for road and light off road use.

Bringing Your Own Bike

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle. Check with your airline about travelling with your bike, as some will charge you to take a bike on board. We would suggest that you pack your bike in a bike box or bag (usually available from your local bike shop). It's also advisable to make sure your bike has been serviced before you travel.

Please note, if you decide to bring your own bike, that there are considerations needed for local transport. Local trains have a limited amount of space, so taking a number of bikes can be difficult. Transport from the station in Chiusi to the hotel is small, and there is limited space on board. If there is not space, transport of the bikes to the accommodation may be at your own cost.

1. It is important to note that in Europe, all guiding is based around local guides all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

2. In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

How large will the group be?

Max 12, Avg 8

What meals are included in this trip?

6 breakfasts, 2 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Train, private van, walking, cycling

What transportation will we take on this trip?

Intercity transport on this trip will mostly be by train and occasionally by local bus. The bus and train systems in Italy are generally good, with seat reservations and toilet/snack facilities on longer journeys. Keeping to schedules is notoriously not one of the Italian transport system's specialties, so pack in your MP3 player, a good book and some Italian phrases, and kick-back and enjoy the views with the locals.

Bikes for cycling days are mountain-bike style with city tyres, luggage rack, front suspension with helmet included. You will also have a local guide to accompany the group on cycling days.

Luggage will be transferred between night stops on cycling days by private van.

Please note that you MUST be comfortable carrying your own luggage as there will be a lot of up and down stairs on this trip due to the nature of station layouts in Italy (very few are equipped with escalators or elevators). Between public transport and hotels you may be required to carry your luggage short distances (up to 20 mins walk), in larger cities you may travel by metro or city bus, and occasionally the group will take taxis to and from hotels.

Are local flights included in the cost of the trip?

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Is there an extra cost for travelling solo?

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotel (6 nts)

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

What kind of accommodation can I expect on this trip?

It is important to note that accommodation in Europe tend to be quite different to other areas of the world you may have travelled in. Buildings and rooms are generally old and may not have been renovated or maintained to the highest standard. Downtown hotels in Europe were not build to be hotels but rich owners houses, which have been changed into hotels. Therefore unusual room sizes are common as large rooms have been partitioned in the past, resulting in rather "thin" walls. Reception areas, rooms and bathrooms tend to be very small as they were often added into an existing room, and may have a hand nozzle rather than a conventional shower head.

On this trip you can expect to stay in small family-run hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. You can expect to find clean, safe, simple accommodation in convenient locations.

Staff can occasionally demonstrate less than perfect customer service. As accommodation is in short supply, especially during the summer months, hotels can charge a premium and there is sometimes little motivation to improve facilities.

What is the joining hotel?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

What are the joining instructions?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Joining Instructions:

By Bus from the Airport:

Shuttle buses run from Fiumicino airport and Ciampino Airport to Termini station in the city centre approximately every half hour. Look for the Terravision stand at the arrival terminal. Cost is €5 one way and takes approximately 1 hour.

By Train from the Airport:

The Leonardo Express is the name of the train that will shuttle you from Rome's main international airport, Fiumicino, to central Rome's Termini station. A Leonardo Express train leaves every half hour in each direction.

Trains to Roma Termini Station start at 6:35 in the morning with trains running at 5 and 35 minutes after the hour. The last train of the day departs at 11.35pm. The train station is open 4am to 1am and covers 35 km in around 30 minutes. Cost is 14 Euros per person. Tickets for Leonardo Express are available at rail ticket office, newspaper seller, tobacconist's, and self-service tellers, each located in the railway station atrium.

Upon arrival at Termini Station, continue by metro or on foot to your start hotel.

NOTE:

You must always stamp tickets in the machines on the platform before starting your journey.

By Taxi from the Airport:

Taxis run fixed rates to and from airports. The rate is 40 EUR. The rate for designated Fiumicino taxi drivers is 60 EUR and are inclusive of luggage, for a maximum of four passengers.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [Welcome Pickups](#)

Choose from a range of transport options including both private and shared transfers at a discounted rate.

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers

- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO. If you are unable to get in touch with your CEO, please refer to our emergency contact details.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures Office London, United Kingdom

During Office hours (Weekdays, 9am-5:30pm Local Time)

+44 20 7243 9870

For absolute emergencies after office hours please contact: +44 7817 262 559

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What information should I be aware of as the itinerary draws to a close?

On the departure day a courtesy transfer from the hotel to Chiusi Station is provided this morning. You will arrive the station at approx 10:15am, in time to catch the: 10:59am train to Rome (arrives 13:00 in central Rome, connection arrives 13:55 in Rome Fiumicino airport) OR the 10:58am to Florence (arrives 12:48pm) OR the 10:43am to Siena (arrives 11:51am).

If you wish to stay in Chianciano you are more than welcome to do so, but the transfer is only offered on Day 7.

Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

What should be on my packing list?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Cycling:

- Bicycle pedals (optional)
- Bicycle saddle cover (optional)
- Bicycle saddle (optional)
- Biking gloves
- Cycling clothing (cycling shorts and cycling jersey)
- Cycling shoes
- Handlebar bag (optional) (For easy access to small personal items.)
- Personal cycling gear

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

There are self service laundromats in the town of Chianciano Terme.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

Italy is in the Eurozone and the unit of the currency is the Euro.

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work in Greece - Check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros, traveller's cheques and cards is best. Avoid relying on traveller's cheques alone as these are less and less readily cashed as clients use them very little.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:
www.xe.com

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €30-€40 per person, per week can be used as a guideline.

What activities are optional on this trip?

Rome

- Trastevere Visit
- Pantheon Visit (2-5EUR per person)
- Borghese Gallery (25EUR per person)
- Roman Forum Visit (24EUR per person)
- Christian Catacombs (8EUR per person)
- Trevi Fountain (Free)
- Colosseum Visit (24EUR per person)

Vatican City

- Vatican City Visit (Free)

Montepulciano

- Piazza Grande Visit
- Montepulciano Wine Tasting
- Contucci Winery Visit

Bagni San Filippo

- Bagni San Filippo Thermal Springs

Chianciano Terme

- Local Spa Treatment (30-100EUR per person)
- Art Museum of Chianciano Terme (Free)

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

In Italy, shoulders should be covered while visiting churches and cathedrals. Ask your CEO for more specific advice.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.