SIENA AND SOUTH TUSCANY







8 days - 7 nights

Hiking trip

- ✓ Medieval cities and their history
- ✓ Great wines of Tuscany
- ✓ Walking on easy tracks among the green and yellow fields
- ✓ Part of UNESCO's World Heritage List
- ✓ The fauna of Tuscany: birds, deers and maybe porcupines !

From the Etruscans to the Renaissance, Tuscany is possibly the greatest repository of art in the world. You will walk along the via Francigena, a pilgrim road between England and Rome. You will visit Siena, one of Italy's loveliest medieval cities and its famous piazza Il Campo. Pienza, the city of Pope Pius II is waiting for you, as well as the great wines of Tuscany : Montepulciano and Montalcino.

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ORGAYA
Voyages à pied

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PROGRAM OF THE 8 DAYS



1 WELCOME TO SIENA

Your guide will welcome you at Florence airport. Transfer to Siena, and check-in at the hotel. We will have a first glance at Siena, and we start to know each other during the aperitivo and the briefing of the trip.

- Siena visit: 2.5 hours
- Dinner: pasta party in a restaurant in the historical center
- Accommodation: 3-star hotel in Siena

2 CITY TREK IN SIENA AND SAN QUIRICO D'ORCIA

The day is spent among the city's medieval alleys and greatest monuments like Il Duomo, La Torre del mangia and Il Palio. You will have the time to do some shopping before heading towards San Quirico d'Orcia, designated a UNESCO world heritage site.

- Difficulty: 50 meters of elevation
- Accommodation: 3-star hotel in San Quirico d'Orcia or in the area
- Transfer from Siena to San Quirico d'Orcia by minibus

3 ROCCA D'ORCIA - BAGNO VIGNONI - SAN QUIRICO D'ORCIA

A day on the paths of the pilgrims, on the large tracks of the Val d'Orcia. Do not forget your swim-suite and towel because you will be able to have a relaxing bath in the exceptional village of Bagno Vignoni and the hot waters of the Parco dei Mulini.

- Difficulty: 300m of elevation
- Accommodation: 3-star hotel in San Quirico d'Orcia or in the area

4 SAN QUIRICO - CIPRESSI

A magical day among the typical and picturesques landscapes of Tuscany, a walk among the cypresses and the beautiful farmhouses.

- Difficulty: 300m of elevation
- Accommodation: 3-star hotel in San Quirico d'Orcia or in the area

PROGRAM



5 SAN QUIRICO - PIENZA

3 hours hike towards Pienza. A city rebuilt in the XV century to be closer to the humanism spirit of the Renaissance.

- Difficulty: 500m of elevation
- Accommodation: 3 star-hotel in San Quirico d'Orcia or in the area
- Transfer by minibus

6 PIENZA - MONTECHIELLO - MONTEPULCIANO

We will hike for about 5 hours to find ourselves in one of the most famous sceneries in Tuscany. Cultural visits: the fortress village named Montechiello and Montepulciano city.

- Difficulty: 400m of elevation
- Accommodation: 3-star hotel in San Quirico d'Orcia or in the area.
- Transfer by minibus

7 MONTALCINO - SAN QUIRICO

Visit of Montalcino and tasting of one of the most famous wines of Tuscany, the Brunello. Easy walk among the fields and vineyards to reach San Quirico and the hotel by foot.

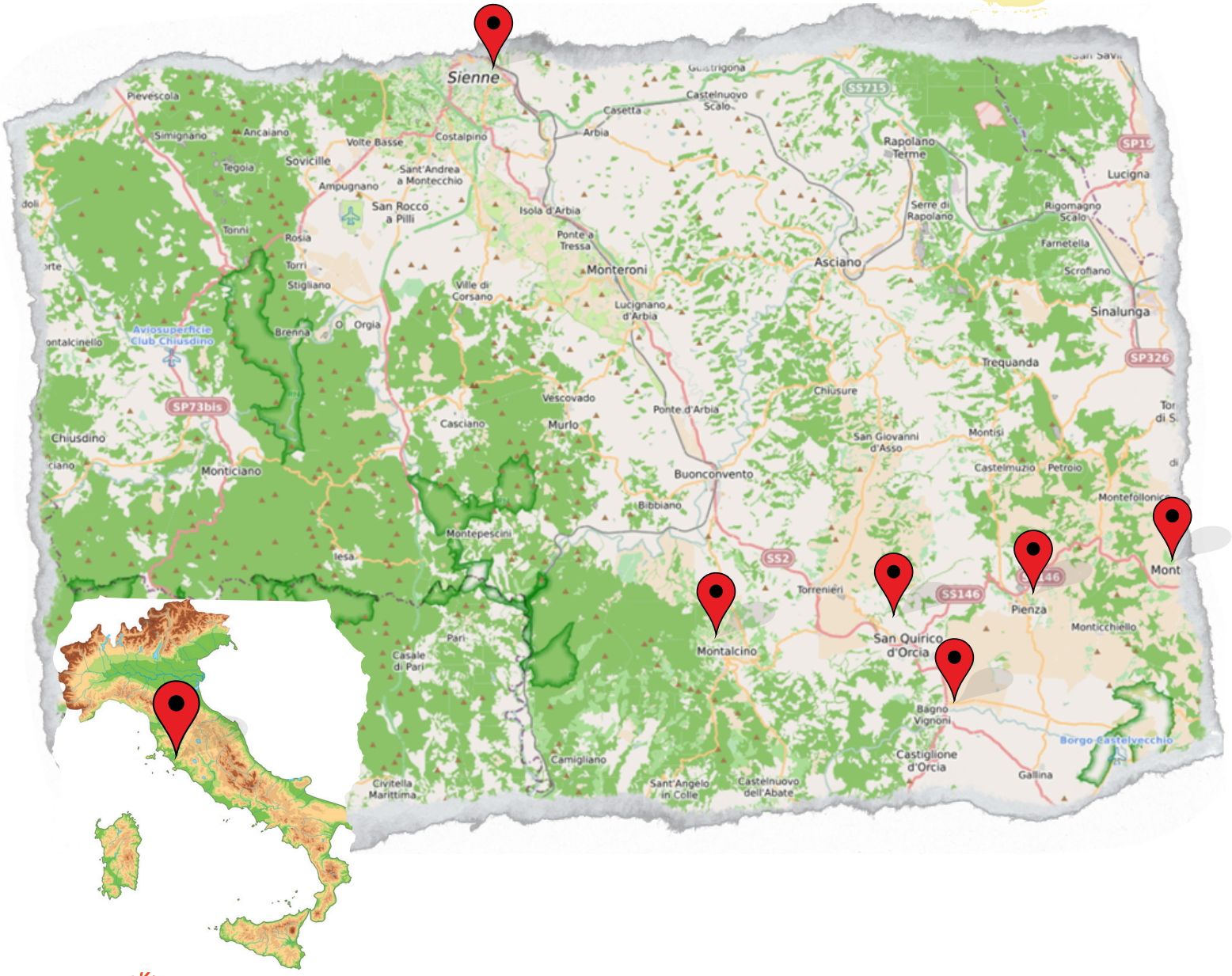
- Walking time: 4 hours
- Difficulty: 300m of elevation
- Accommodation: 3-star hotel in San Quirico d'Orcia or in the area.
- Transfer by minibus

8 « SEE YOU SOON » ...

We will enjoy one last breakfast at the hotel, and then bring you back to Florence airport by minibus.



MAP



Important : hikes may be rearranged by the guide depending on weather conditions, number of visitors or public transportation.

PRACTICAL INFO



Level of the hikes

Moderate sporty, 12 years old minimum. Elevation gain: from 350 to 650 m; Effective walking time < 5 hours; Altitude < 2000 m; Backpack < 3 Kg (20 liters max); Hiking shoes are mandatory. Mountain trails or off-tracks, steady ascents from 30 minutes.

Climate

Hike possible from September to June.
Temperatures can vary from 10 to 30 degrees in the same day.

Meeting point

Florence airport

End of the stay

The trip ends at Florence airport on Day 8.

Our accommodation

3-star hotel in San Quirico d'Orcia or the area. Very comfortable with friendly staff, bright rooms and private bathrooms. Possibility of swimmingpool according to availability.

Hotel located near the departures of hikes. San Quirico d'Orcia is a village listed on UNESCO's World Heritage.

Transport on site

Transfers during the stay are done by bus or minibus.

Our lunches

Focaccia, cooked meats, local cheese, fruits, coffee and Val d'Orcia's wine. Chocolate snacks.
Picnics are prepared by the hotel or the guide with local products and adapted to the hikes.



EQUIPMENT

The essentials

- Backpack of 30 liters
- Pair of hiking shoes
- Mountain pants
- Pile jacket
- Rain cover
- Cap, sunglasses, sunscreen
- Water bottle (1,5 liter minimum)
- Extra food during the hikes
- Personal medication

We advise you to bring

- Comfortable clothes for the cultural visits
- Towel and swimsuit
- Your camera

Groups

Our groups are made up of 6 to 15 people per guide.



PRICES

to be found on **www.orgaya.com**

8 days - 7 nights

Hiking trip

INCLUDES

- Professional guide (French : Accompagnateur Moyenne Montagne), 15 persons maximum per group
- 7 days of hikes and walks
- Bus transfers for hikes and to and from Florence airport
- Welcome drink
- A wine tasting of Montalcino
- Duomo Museum and the Torre del Mangia in Siena
- A dinner in a restaurant in old Siena
- The security equipment
- Professional civil liability insurance
- The lunches from D2 to D7
- Half-board accommodation in a 3-star hotel

DOES NOT INCLUDE

- Supplement for a single room
- Transportation to the meeting point
- Personal snacks and drinks, wine at restaurants
- Lunch picnics of Day 1 and Day 8
- Personal civil liability insurance
- Cancellation insurance
- Everything that is not indicated in the section «Included in the price »

* We can organize your flight on request

OUR CHARTS



Quality chart : ORGAYA

We help you to discover our sporting activities, accompanied an coached by professionals with state diplomas, with extensive knowledge of geography, prehistory, ecology and coaching. Our approach is fun and relaxed. We are not looking for performance. We are here to help you discover nature and share our knowledge and passion acquired during 30 years in the field of hiking. We are at your disposal to adapt our services to your physical condition, your financial possibilities and your interests. Our groups consist of 6 to 15 persons per guide.
Our hikes and walks are classified in 6 categories according to the features :

- Nature
- Culture
- Discovery
- Family
- Technical
- Sporty

Difficulty chart

●○○○○ Easy, from 6 years old. Elevation : 100 to 250 m ; Walking time < 3h00 ; Altitude < 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; All types of sport shoes. Easy trails and regular ascents of 15 minutes.

●●○○○ Moderate, from 9 years old. Elevation : 250 to 500 m ; Walking time < 4h00 ; Altitude < à 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; Hiking shoes recommended. Marked trails and regular ascents of 30 minutes.

●●●○○ Moderately sporty, from 12 years old. Elevation : 500 to 750 m ; Walking time < 5h00 ; Altitude < 3000 m ; Backpack weight < 5 Kg (backpack of max 30 liters) ; Hiking shoes mandatory.. Mountaintrails that are marked or not and regular ascents of 30 minutes to 1h00.

●●●●○ Sporty. Elevation : 750 to 1000 m ; Walking time < 6h00 ; Altitude > 3000 m ; Backpack weight : > 8 Kg (backpack of max 50 liters) ; Hiking shoes mandatory. Passages off trail, screes and regular ascents of more than 1 hour.

●●●●● Difficult. Elevation > 1000 m ; Walking time > 6h00 ; Altitude > 3000 m; Backpack weight : > 10 Kg (backpack of 60 liters and more); Hiking shoes mandatory. All types of ground, regular ascents of 2 hours or more.

LEGAL INFORMATION



Insurance

Our insurance covers the organisation and the guiding of our hikes and cultural visits. We kindly ask our clients to have an individual liability insurance. You can subscribe through our services to an insurance for assistance-repatriation and cancellation as a group (min 10 persons) or individual. The insurance Loisirs Confort covers damages suffered by the insured before and during the stay as well as the costs remaining at his expense. The insurance can include personal assistance, garantuees in case of cancellation of the trip, guarantee for luggage, guarantee fees for interrupting the stay as well as a compensation in case of a physical accident according to the conditions of the contract you subscribed to.
You can find the general sales conditions on **www.orgaya.com**

Registration

For organisational reasons and availability in the hotels, we kindly ask you to enrol at least 3 months before the departure date.

Tailormade trips

On request we can create a tailormade trip by modifying the lenght of the stay, the level of the hikes and the quality of the accommodation.

Payment & reservations

www.orgaya.com / sas.orgaya@gmail.com
Deposit of 35 % when booking
Balance : 21 days before the departure date
Payment methods available : Credit card, bank transfer

Legal details

ORGAYA- OPERATEUR DE VOYAGES
Immatriculation Opérateurs de Voyages
IM006130019 - Atout France
Garantie Financière : 100 000 € GROUPAMA
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Thanks from Orgaya !