



Trail riding in Tuscany

ITALY

Discover **Italy on horseback**, with medieval castles and the archaeological treasures of the ancient Etruscan civilisation allowing you to feel as though you are travelling back in time. During your **horse riding holiday through Tuscany**, follow high-walled 2000 year old paved roads, scale the ramparts of ancient fortified villages and travel through dense forests full of native wildlife and cattle and experience all of the stunning panoramas that Tuscany has to offer. In the evening, relax in welcoming and comfortable accommodation offering authentic Tuscan cuisine.

Trail Riding	 8 days / 6 days riding	 From £1,305	
---------------------	---	--	---




ITINERARY

Highlights


- Ride out from a beautiful horse farm in the middle of the Tuscan countryside - enjoy the region's verdant sun-kissed and rolling hills
- Discover on horseback the cradle of Etruscan civilisation - ancient necropoli, roads cut from tuff over 2000 years ago, Etruscan church ruins, etc.
- Explore medieval villages a top peaks that offer breathtaking views of the Italian countryside
- Enjoy rides that take you through truly varied landscapes - lakes, forests, plains, rock canyons, river crossings and open land to gallop across
- Experience authentic Italian cuisine cooked by some of the best cooks in Tuscany
- Spend an afternoon working with the Butteri (Italian cowboys) and discovering their traditions.

Day 1 — 1 : UK - ROME - CASTELL'AZZARA

 Agriturismo Il Cornacchino

On your arrival at Rome Fiumicino airport, at 3:30pm you will be met by one of the local team and driven to your guest house (approx. 2h 30 mins). In the evening, you will have the chance to get settled in, to meet your guides and the other riders in your group. On the menu for the evening is a traditional Tuscan dinner after which you will spend the night at the guest house.

Day 2 — 2 : CASTELL'AZZARA - 5 hours riding

 Agriturismo Il Cornacchino

On your first day's ride, you will set out on a circular route from the equestrian centre through beautiful Tuscan countryside. This ride will be the perfect occasion for each rider to get to know their horse.

Day 3 — 3 : CASTELL'AZZARA - PITIGLIANO - 5 - 6 hours riding

You will head out through the fields of Montevitozzo until you reach the banks of the Fiora river where you will stop for your picnic lunch and a swim. In the afternoon, you will have a chance to discover the Etruscan necropolis of Poggio Prisca and you will travel along ancient roads dug deep into the rock. You will ride past one of the best known monuments in this part of Tuscany, Ildebranda's tomb.

Continuing on horseback through Inferno valley and past Colombaia's tomb, you will reach the ramparts of Sovana. Situated a top an isolated peak this village looks out over the beautiful surrounding countryside. You will spend the night not far from Sovana, in the countryside at a country house.

Day 4 — 4 : PITIGLIANO - POGGIO BUCO - 5 - 6 hours riding

For the day's ride, you will be following the Via Cava di San Giuseppe, a sacred road flanked on each side by rock walls, which links the region's ancient necropoli and other Etruscan religious sites. According to slightly more prosaic accounts, these strange megalithic corridors, were also used in the herding of cattle and also as a means of ensuring the safe passage of travelling town and village folk.

You will travel this road to the Fiora river, which you cross and then continue on to Poggio Buco until you reach the farmhouse where you will spend the night. Your hosts at the farm breed and train Maremma horses using traditional methods and the owners are also happy to share with you their private collection of Etruscan artifacts.

Day 5 — 5 : POGGIO BUCO - POGGIO CONTE - 5 - 6 hours riding

Today you will ride along the river Fiora until the hermitage of Poggio Conte, where 16th century hermits built a chapel entirely dug out of the tuff rock. For lunch, you will reach Pietrafitta, a farm that breeds and trains Maremma horses using traditional methods. In the afternoon you will have the opportunity to join those Butteri (Italian cowboys) moving their cattle (Maremma horses and cows).

After this wonderful explore, you will be driven back to the country house. Before dinner there will be some time to relax by the swimming pool.


Day 6 — 6 : LAMONE FOREST NATURE RESERVE - LAKE MEZZANO - 5 - 6 hours riding

Your ride will continue along the Olpeta road, where remnants of the ancient Roman road still remain. After crossing the Olpeta River and climbing up to the ancient city of Castro, you will discover the beauty of the Lamone Forest Nature Reserve.

The woodland here is rich with local wildlife, including various species of falcon unique to the area. You will encounter countryside replete with wild flowers and birds as well as Maremma cattle which graze in the forest clearings.

After stopping for a picnic lunch in the forest, you will cross rolling hills offering breathtaking panoramas before reaching your guest house for the evening. The guest house, situated near lake Mezzano - a crater lake of volcanic origin, is a place of stunning natural beauty, where you can relax for the evening and go for a swim.

Day 7 — 7 : LAKE MEZZANO - CASTELL'AZZARA - 5 - 6 hours riding

 Agriturismo Il Cornacchino

Your final day's ride will take you from lake Mezzano, across fields, through San Quirico to Vitozza. Vitozza is a village where up until the end of the 18th century the surrounding caves served as houses for the local inhabitants and the village is known for its medieval treasures, castle ruins and a church. You will then descend the length of the Lente river, to its source, before heading on towards Montevitozzo, Pratolungo and Castell'Ottieri before arriving back at the horse farm in Cornacchinio. In the evening you will have a farewell dinner when you will have a chance to say goodbye to your guides and also every rider will receive a surprise to celebrate the end of the trip.

Day 8 — 8 : CASTELL'AZZARA - ROME - UK

After a final breakfast, you will be driven to the airport in Rome for your flight back to the UK. Flights booked to take off after 1:30 pm are advised.

If you wish, you can extend your trip to visit Florence or Sienna. Tickets from Chiusi station to Florence will cost you around £14 (and are bought on location).

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
17/07/2021	24/07/2021	£1,305		Open
21/08/2021	28/08/2021	£1,305		Open
02/10/2021	09/10/2021	£1,305		Open

Price details

- Flights are not included in the price. Price is quoted based on a shared twin or double bedroom.

- Groups are made up of 3 to 8 riders of varying nationalities. Your guide will speak Italian and English

- Single supplement: €150/£135 during the off season and €170/£155 during the peak season (July and August)

- The transfers to and from Rome airport to the guesthouse are not included in the price. Transfers are €250/£220 per person:

> Saturday pick-up in Rome Ciampino: 3:00 pm. or Rome Fiumicino: 4:00 p.m.

> Saturday departure from the centre at 9:30 a.m, arrival in Rome between 12:00 and 1:00 p.m.

- It is also possible to take the train from Fiumicino airport to Chiusi Chianciano - tickets found here <http://www.trenitalia.com/tcom-fr>. Return tickets cost around €40-€50 and the trip takes around 2 hours 40 to 3 hours. The return transfer from Chiusi Chianciano to the guesthouse is €35/£32 (1 hour drive). Transfers to and from Chiusi Chianciano train station are on Saturday between 9:00 and 10:00 am and between 17:30 and 18:30 pm. Private transfers can be organised outside of these hours but at an extra cost of €80/£70 return rate per person.

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

Price includes

SUPPORT TEAM

1 English speaking horse guide

LOGISTICS

1 horse equipped with saddle and bridle per rider

1 support vehicle

ACCOMODATION

Double rooms in guest houses. Shared Bathrooms

MEALS

Full board from dinner on day 1 to breakfast on the final day (day 8). Water and wine are included.

Price doesn't include

MEALS

Lunches on day 1 and 8 depending on your flight schedules.

Extra beverages and personal extras

TRANSPORT

International flights

EXTRAS

Tips to the local team

INSURANCE

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

Optional

ACCOMMODATION

Single room supplement

TRANSPORT

—
Airport transfers (return) Rome Fiumicino to the guest house

EQUESTRIAN INFO

Horses

A herd of 60 horses: Halfingers, Appaloosas, Pintos, Maremmano and Arabs. They have all been trained for outdoor western riding and trekking in particular. They are all very well trained, docile and reliable. They live year-round outdoors in small herds.

Minimum riding ability

MINIMUM RIDING ABILITY

Riders should be at ease at all 3 paces outdoors across uneven terrain.

There is a rider weight limit of 100kg/ 15½ st/ 220 lbs.

PACE

The pace of the ride is dictated by the terrain, there will be opportunities to trot and canter when the terrain allows.

TACKING ABILITY AND PARTICIPATION

Each person is responsible for grooming, tacking and untacking their horse. You also have the option to assist with feeding and watering.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

It's not necessary to have a high riding ability but you should be able to control your horse at all three paces. It is a plus if you are a good outdoor rider who has been well trained.

EQUESTRIAN EQUIPMENT

Western saddles.

Helmets are mandatory for minors. We recommend all our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

TRAVEL INFO

COMFORT

You will be staying in a comfortable and welcoming guest house in the grounds of a horse farm. You will be staying in double rooms with either a private or shared bathroom.

MEALS

The chefs always search out fresh and healthy products for their traditional Tuscan cuisine. The day's menu is never the same twice and each day there are delicious meat and vegetarian options.

CLIMATE

Tuscany has a Mediterranean climate with hot summers, cold winters and a rainy season from the start of autumn to the beginning of winter. The months that are the most humid are October and December - often seeing heavy rain that can last for several days.

However, autumn and in spring, it is still likely that it will be hot during the day, with a lot of sunny days. July and August are the hottest and driest months.

GUIDE AND LOCAL TEAM

Fabio has been raising, breaking in and training horses for over 30 years. He has made a reputation for himself through his skills breaking in young horses as well as reeducating, so-called, problem horses. Specialised in outdoor western riding; it is Fabio who supervises the horses' care and acts as blacksmith, as well as teaching horse riding and the taking care of the general management of the farm.

The team are all English speakers.

TIPS

Tipping is not obligatory, however one can be made to the local team at your discretion.

PACKING LIST

Head

- A riding helmet is strongly recommended and mandatory for minors. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- Sunhat: cap for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun and dust

Upper Body

- Thermals in case of cold weather (long or short-sleeved T-shirts)
- Short or long-sleeved cotton shirts (to provide protection from the sun) or T-shirt in a quick-drying material
- Lightweight fleece or jumper
- Warm polar fleece or equivalent (plus a spare in case one gets wet)
- Warm Goretex-style jacket (water-proof and breathable)

Legs

- 2 pairs of jodhpurs or long leather trousers
- 1 change of trousers (riding trousers or jeans)
- 1 pair of waterproof over trousers)
- A swim suit may be useful
- Cotton or synthetic underwear (non-irritant)

Hands and feet

- 1 pair Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps or long boots.
- 1 pair of sandals
- Lightweight shoes or trainers for the evenings
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

Night gear

- Sleeping bag (if camping)
- Sleeping bag liner (if camping) - silk, cotton or fleece - adds an extra layer
- Pyjamas or tracksuits or thermals for sleeping in

Other useful items

- Small bumbag to be worn whilst riding
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- Backpacks are not to be worn whilst riding. Everything should be kept either in pockets or in a bumbag : lip balm, sun screen, small camera, glasses, rope etc.
- Water bottle (1.5 litres or 2 equivalent)
- Headtorch or small torch for moving around at night - bring spare batteries and bulbs
- Toiletries
- Toilet paper and a lighter to burn it after use
- Swiss army knife or equivalent (in checking-in luggage!!)
- Small plastic bags for your rubbish
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery
- A pair of binoculars

Medical kit

- Sunscreen and lip balm - should be high factor
- Insect repellent
- Any medication you regularly take
- Vitamin C tablets
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Painkillers

- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

General information

- The airline allows only one bag to be checked-in per passenger. Make sure it weighs no more than 20kg; if it exceeds this weight, you will have to pay excess luggage fees at check-in
- Hand luggage is limited to 7kg (measuring 56 cm x 45 cm x 25 cm), it mustn't contain any sharp objects (knives, scissors, nail file or nail scissors, etc.) and the quantity of liquid allowed per passenger is limited to 100ml per container.

In your hold luggage

- Any liquids, such as shampoo, moisturiser, deodorant over 100ml and all bottles can be decanted into small, clear, plastic ziplock bags. We recommend biodegradable washing products where possible.
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.
- Travelling in your riding boots and carrying your hat and some riding clothes is highly recommended - then if your luggage goes astray you are still able to ride!

VISA & HEALTH

Formalities

British citizens: other nationalities, please contact us.

The rules on travel will stay the same until 31 December 2020.

Passport validity: Your passport should be valid for the proposed duration of your stay; you don't need any additional period of validity on your passport beyond this.

Visas: If you hold a British Citizen passport, you don't need a visa to enter Italy

Visas from 1 January 2021

The rules for travelling or working in Europe will change from 1 January 2021:

- you will be able to travel to countries in the Schengen area for up to 90 days in any 180-day period without a visa as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training
- if you are travelling to Schengen countries without a visa, make sure your whole visit is within the limit. Visits to Schengen countries within the previous 180 days before you travel would count towards the 90-day limit
- The 90-day limit for visa-free travel will begin on 1 January 2021. Any days you stay in Schengen countries before 1 January 2021 will not count towards the 90-day limit.

At border control you may need to:

- show a return or onward ticket
- show you have enough money for your stay, and
- use separate lanes from EU, EEA and Swiss citizens when queueing
- Your passport may be stamped on entry and exit.

Passport validity from 1 January 2021

From 1 January 2021, you must have at least 6 months left on an adult or child passport to travel to most countries in Europe (not including Ireland).

If you renewed your current passport before the previous one expired, extra months may have been added to its expiry date. Any extra months on your passport over 10 years may not count towards the 6 months needed.

Check your passport is valid for travel before you book your trip. You will need to renew your passport before travelling if you do not have enough time left on your passport.

Please visit for the FCO website for up-to-date information - <https://www.gov.uk/foreign-travel-advice/italy>

ADDRESSES OF CONSULATES

- Ambassade à l'étranger :
Piazza Farnese 67

00186 Rome

Tél. : +39 06 686 013 02

Fax : +39 06 686 015 66

- Ambassade en France
51 rue de Varenne
75007 Paris
Tél. : 01 49 54 03 00
Fax : 01 49 54 04 10
ambasciata.parigi@esteri.it
- Ambassade d'Italie
ChancellerieElfenstrasse 14
3006 Berne
Tél. : 031/350 07 77
Fax : 031/350 07 11
ambasciata.berna@esteri.it
- Ambassade d'Italie
Rue de Livourne 38
1000 Bruxelles
Tél. : 0032/2/543.15.53
Fax : 0032/2/537.57.56
passaporti.bruxelles@esteri.itvisti.bruxelles@esteri.it

Health

Visit your health professional at least 4 to 6 weeks before your trip to check whether you need any vaccinations or other preventive measures.

Travellers should be up to date with routine vaccination courses and boosters as recommended in the UK.

For up to date information please visit: <https://www.gov.uk/foreign-travel-advice/italy>

Insurance

It is a condition of your booking with Equus Journeys that you have travel insurance which covers you for the riding activities to be undertaken. Your travel insurance should cover you for medical expenses and repatriation. Your guides will require your travel insurance details before they allow you to ride and may refuse to let you ride if you cannot provide them. You should take your insurance documents with you.

Voltage

The standard voltage is 230 V and the standard frequency is 50 Hz. UK citizens will require an adapter.

Budget and money

The main currency is the euro. You will find ATM ("Bancomat") in every city, town and most villages. Both credit and debit cards are used.

Telephone and jetlag

Phone code: +39