Equus Journeys
HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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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 £1,452**	

Etruscan trail, Italy

Enjoy rides that take you through traditional Tuscan landscapes

Western riding in Tuscany

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

Day 1 — 1 : UK - ROME - CATELL'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.

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. In the afternoon you will have the opportunity to join 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 extended your trip to visit Florence or Sienne. Tickets from Chiusi station to Florence will cost you around £14 (and are bought on location).

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
18/05/2024	25/05/2024	£1,452	Full
24/08/2024	31/08/2024	£1,452	Guaranteed departure
14/09/2024	21/09/2024	£1,452	Full

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 £155/€180/$190 per week.
This fee will not be charged if you are willing to share a room with another rider.

- The transfers to and from Rome airport to the guesthouse are not included in the price and vary according the number of people (prices are per person, return rate):
> 1 Pax - £220/€260/$265
> 2 Pax - £185/€220/$225
> 3 Pax - £155/€180/$185
> 4 Pax - £130/€150/$155

Transfer schedule:
> 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 €40/£35 (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.

- Young riders aged 14+ are welcome on this ride, provided they are accompanied by an adult and can match the riding requirements.

- Rider weight limit: 100 kg/220 lbs/ 15.7 st
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).

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.

Guide & 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.

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.

Water is included at meal times and wine can be paid for locally.

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.

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 you 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

Our Recommendations
- Backpacks cannot be worn whilst riding. We recommend a small bumbag or a coat with pockets so that you can carry small items with you during the day (passport, camera, sunscreen, lipbalm etc)
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!
- You should also bring a copy of your passport/insurance in case you lose your documents. You can also save a copy into your mobile phone.

SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please see this page .