



Food & Wine: Flavors of Tuscany & Umbria

11 days | 13 days with Rome extension

Tucked-away towns make up the core of Tuscany and Umbria, while the cultural capital of Florence offers urban elegance and historic remnants from the Renaissance. From handmade pasta in heavy sauces to locally produced wines from Chianti, Montalcino, and Montefalco, discover the simple, honest flavors for which central Italy's medieval villages and sweeping countrysides are known for on this small group Food & Wine Tour.



Your tour package includes

- 9 nights in handpicked hotels
- 9 breakfasts
- 4 lunches
- 3 dinners with beer or wine
- 4 wine tastings
- 1 cooking lesson
- 4 tastings
- 4 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights

- Mercato Centrale
- Tuscan cooking lesson
- San Gimignano
- Chianti wine tasting
- Montalcino wine tasting
- Siena Cathedral
- Cortona
- Collegio del Cambio
- Perugia's Rocca Paolina
- Montefalco wine region

Tour pace

On this guided tour, you'll walk for at least 2.5 hours daily across moderately uneven terrain, including paved roads and cobblestone streets, with some hills and stairs.

Group size

12-22 TICO-2395858 | CPBC-73991 | OPC-702373
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11 days | 13 days with Rome extension

Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Florence today.

Florence → 3 nights

Day 2: Arrival in Florence

Included meals: welcome dinner

Welcome to Italy! Meet your Tour Director and fellow travelers during a welcome dinner at a local restaurant.

Day 3: Sightseeing tour of Florence

Included meals: breakfast, tasting, dinner

Set off with a local guide on a food-themed walking tour of Florence, the city at the center of the Renaissance.

- Learn about the city's art and history at Piazza San Lorenzo.
- See Italian cuisine such as Tuscan breads, cold cuts, Chianina beef, tripe, lampredotto, vegetables, and herbs for sale at the Mercato Centrale.
- Stop for a typical Italian breakfast of cappuccino and brioches.
- View the legendary Florence Cathedral, known as the Duomo.
- Pass Giotto's Campanile, a masterpiece of Gothic architecture.
- Stop in the Pazzi Palace courtyard to try Tuscan croutons topped with chicken liver or olive paté, paired with a glass of Chianti.
- Walk to the lively Mercato di Sant'Ambrogio and see locals picking up their daily groceries.
- Taste finger foods loved by Florentines including coccole, fried dough balls, and veggies meatballs.

This evening, join a local chef for a cooking class where you'll make pasta by hand, create two kinds of bruschetta and craft tiramisu for dessert. Savor your creations for dinner with accompanying wines.

Day 4: Free day in Florence

Included meals: breakfast

Enjoy a free day in Florence or add excursions.
+ Fiesole Villa Dinner
+ Medieval Lucca & Farmhouse Lunch

Siena → 2 nights

Day 5: Siena via San Gimignano & Chianti

Included meals: breakfast, tasting, wine tasting

En route to the enchanting city of Siena, stop in San Gimignano, "the city of beautiful towers."

- Explore the small medieval town of San Gimignano on your own.
- Sample some of the city's renowned gelato.

This afternoon, continue on to Chianti to tour a winery and sample some of the region's fine wines at an agriturismo, or farm stay.

Day 6: Montalcino & Siena

Included meals: breakfast, wine tasting, light lunch, tasting

This morning, explore the vibrant city of Montalcino before visiting a winery.

- Spend free time wandering the streets of Montalcino.
- Taste three acclaimed Brunello grape wines and enjoy a light lunch.

Make your way back to Siena and set off on a guided tour of the charming Tuscan city.

- Walk through the Campo, the square that's the center of civic life, and learn about the Palio horse race that takes place there every summer.
- Enter Siena Cathedral, home to major works of art by Donatello and Pisano.
- Discover the town's black-and-white marble duomo and see brilliantly colored 16th-century frescoes in the Piccolomini Library.
- End at a local bakery to try ricciarelli, an almond-flavored cookie.

Umbrian Countryside → 3 nights

Day 7: Umbria via Cortona & Lake Trasimeno

Included meals: breakfast, lunch, tasting

Continue your travels across the Tuscan landscape as you head into the Umbria region.

- Explore the hillside town of Cortona on your own during free time.
- Visit Lake Trasimeno, where Hannibal battled the Romans.
- Enjoy a lunch of traditional Umbrian specialties.

This afternoon, set out on a guided tour of Perugia, the medieval town known for its Etruscan Arch.

- See the Palazzo dei Priori, a medieval palace dating back to 1298.
- View stunning artwork inside the 15th-century Collegio del Cambio.
- See Perugia Cathedral and wander through the tunnels of Rocca Paolina, Perugia's historic underground city.
- Visit a local cafe to learn about Perugia's famous Baci Perugia chocolates and sample some for yourself.

Settle in to your hotel in the Umbrian countryside tonight.

Day 8: Free day in the Umbrian Countryside

Included meals: breakfast, dinner

Enjoy a free day in the Umbrian countryside or add an excursion.

Tonight, enjoy a three-course dinner at a local agriturismo.

+ Assisi & Umbrian Farm Lunch

Day 9: Montefalco wine region

Included meals: breakfast, lunch, wine tasting

Set off into the rolling hills of the Montefalco wine region today.

- Pay a visit to the village of Bevagna, where you'll have free time to explore its medieval center.
- At an Umbrian vineyard, enjoy a tasting of red Sagrantino and white Umbrian wines, accompanied by a lunch of local specialties.

Rome → 1 night

Day 10: Rome via Orvieto

Included meals: breakfast, farewell lunch, wine tasting

Travel to Rome today, stopping in the Etruscan hilltop town of Orvieto along the way.

- Enter the Chapel of San Brizio to view its intricate frescoes and paintings.
- Enjoy a farewell lunch and wine tasting featuring Umbrian specialties.

Then, continue on to Rome.

Flight Home

Day 11: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home or extend your stay in Rome.

+ Rome extension

Have your sights on more art, history, and street life? Rome is sure to deliver. Only in the Italian capital can you sip cappuccino in front of the Pantheon and have an audience with the pope all in one morning. See the city's highlights during guided sightseeing, and then look to your Tour Director's expert suggestions to uncover even more.

Rome → 2 nights

Day 11: Sightseeing tour of Rome

Included meals: breakfast, tasting

Follow in the footsteps of the ancient Romans on a guided tour of the Eternal City.

- View the Arch of Constantine and soak up over 2,000 years of history in Imperial Rome.
- View the outside of the Colosseum, the largest amphitheater of the Roman Empire.
- Pass the Imperial fora, Piazza Venezia, and the Campidoglio as you walk to the city's Jewish ghetto neighborhood.
- Step inside a local bakery to sample kosher Roman delicacies.
- End the tour at the Portico d'Ottavia.

Enjoy a free afternoon in the city or add an excursion.

Please note: On some departures, the Rome sightseeing tour may take place on day 12 and the Iconic Sights: Vatican City excursion may take place on day 11.

+ Food of Rome: Walking Tour of Trastevere

Day 12: Free day in Rome

Included meals: breakfast

Spend a free day in Rome or add an excursion.

This evening, enjoy a farewell drink as you celebrate your trip with your fellow group members.

+ Iconic Sights: Vatican City

Flight Home

Day 13: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: goaheadtours.ca/TOT | 1-800-754-5066

Day 4: Fiesole Villa Dinner

\$129CAD/\$139CAD* (4 hours, departs in the evening, dinner included)

Head just outside Florence to Fiesole, a historic Tuscan town perched on a hill overlooking the Renaissance city. Tonight's dinner is set in a picturesque villa with panoramic views of the city below. Start your evening with an aperitif and then enjoy a refined Italian dinner with local wine. Please note: This excursion is seasonal and runs from April to October. Additionally, the aperitif may be enjoyed inside in the case of inclement weather.

Day 4: Medieval Lucca & Farmhouse Lunch

\$175CAD/\$185CAD* (8 hours, departs in the morning with lunch)

Visit the gorgeous Tuscan town of Lucca, famous for its Renaissance-era city walls, medieval churches, and awe-inspiring towers. Enjoy free time soaking in the town's history before making your way to the provincial town of Colle Verde in the Tuscan hills. Here, you'll visit an authentic agriturismo, or farm stay, to learn about the process by which olive oil is extracted and refined. Enjoy a tasting of wine and olive oil produced right on the farm before sitting down to a lunch in the farmhouse to savor more locally made products.

Day 8: Assisi & Umbrian Farm Lunch

\$149CAD/\$159CAD* (6 hours, departs in the morning with light lunch)

Embark on a guided tour of Assisi, a hilltop medieval town and the birthplace of Saint Francis. Marvel at the restoration of the Basilica of St. Francis, which was damaged by twin earthquakes in 1997 and painstakingly restored to its original form. After a guided tour of the basilica, take some free time to explore on your own. Then, head to a nearby farmhouse that produces everything from olive oil and cured meat to honey and wine. Enjoy a light lunch followed by a guided tour of the grounds to see the farm's vineyard, winery, olive grove, and cattle farm. Please note: This excursion includes some walking uphill.

Extension excursion options

Day 11: Food of Rome: Walking Tour of Trastevere

\$189CAD/\$199CAD* (3.5 hours, departs in the afternoon)

Meet up with a local guide for a culinary-themed walking tour of Trastevere. This historic neighborhood is located across the Tiber River and is home to some of the Rome's best shops, bars, and restaurants. Step inside four handpicked eateries, each of which showcases the area's rich culinary traditions. You'll enjoy tastings of aperitivi, pasta, pastries, and gelato—all quintessential Italian foods. Over an aperitivo and a glass of wine, your guide will talk about the various flavors and cooking techniques that have come to define the local cuisine. Watch locals go about their daily lives as you stroll along the charming trattoria-lined streets during your tour.

Day 12: Iconic Sights: Vatican City

\$175CAD (3.5 hours, departure time varies)

This guided tour takes you inside Vatican City—a UNESCO World Heritage Site and one of the most sacred places in Christendom. This independent city-state within Rome serves as the headquarters of the Roman Catholic Church and is home to the Pope. Upon arrival, turn on your pre-distributed headset and dive into the Vatican's rich history with your local guide. First, visit the Vatican Museums, which are more than 500 years old and house many of the world's most important Classical- and Renaissance-era sculptures. Next, step inside the Sistine Chapel, whose frescoed ceiling is arguably Michelangelo's greatest masterpiece. Finally, pay a visit to the enormous St. Peter's Basilica, the epicenter of the Roman Catholic faith. The artists who have contributed to its glory are some of the best Italy has ever known: Bramante, Peruzzi, Raphael, and Michelangelo. Masterpieces await at every turn, from Bernini's magnificent bronze canopy to Michelangelo's Pietà.

Please note: Should this excursion fall on a Sunday, it'll be moved to another day of the tour. Backpacks aren't allowed in the Vatican, and shorts and sleeveless shirts are strictly prohibited. Due to closures of certain entrances and pathways, wait times may extend to several hours during busy travel months. This excursion requires advance reservation and must be booked at least 70 days prior to departure.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.ca/terms