



**The International FarmerChefs Association**  
**"Lucio Polegri" APS**  
**Casale Polegri s.s.,**  
**In cooperation with Farm, Winery and Cooking School**  
**and**  
**FarmerChef Lorenzo Polegri**

**Present:**

**TUSCANY**

*...The artistic heart of Italy....*



**Day 1 – Firenze Airport**

Arrival at Firenze Airport– (morning)  
12:00 pm Transfer to the Hotel in Florence  
1:00 pm Lunch  
Pm free time for shopping and exploring  
8:00 pm Dinner in Florence  
Night in Florence

## Day 2 – Florence

8:00 am

Breakfast in the Hotel

10:00 am/ 12:00 pm

**Walking tour of Mercato di San Lorenzo and Brunch at the mecca of Tuscan food in Florence! Tasting of Lampredotto (stewed cow stomach), Pappa col Pomodoro (Bread and tomato soup), Ribollita (Beans and Black cabbage soup) and Trippa (Tripe) ...Explore the endless temptations of this place!**

12:30 pm / 2:00 pm

**Guided Walking tour of Galleria dell' Accademia di Firenze**, or "Gallery of the Academy of Florence", is the most important museum in Florence along with the Uffizi. It is best known as the home of Michelangelo's sculpture **David**. It also has other sculptures by Michelangelo and a large collection of paintings by Florentine, from the 13th and 16th centuries, including works by Paolo Uccello, Domenico Ghirlandaio, Sandro Botticelli and Andrea del Sarto; and, from the High Renaissance, Giambologna's.

2:30 pm/ 3:30 pm

**Visit of The Duomo Santa Maria del Fiore**, one of the largest churches in the world. The plan consists of a triple-nave basilica, dominated by the large octagon of the immense dome. The title "Santa Maria del Fiore" (Our Lady of the flower) alludes to the name of the city, "Florentia", or "city of flowers", "destined to bloom", and to its emblem, the Florentine lily.

4:00 pm/ 6:00 pm

Free time to explore **Pontevecchio, Piazza della Signoria and the historical center of Firenze**. Indulge in the best shopping in Florence, leather, jewelry, clothing, boutiques and fashion, you are in one of the hottest spots in the world!

8:00 pm

Dinner in Florence

Night in Florence



(Florence)



(Siena)

## Day 3 – Siena

8:00 am

Breakfast in the Hotel

9:30 am/11:00 am

Transfer to Siena and check –in at the hotel

12:30 pm/2:00 pm

Lunch

2:30 pm/5:30 pm

**Guided Tour of medieval center of Siena: the Fortezza Medicea, the Duomo, Torre del Mangia, Piazza del Campo, where the most famous horse race in the world takes place twice a year, the Palio! We will also taste some local specialties like Ricciarelli (almond and sugar cookies) and Panforte (almond, candied fruits and honey cake)**

5:30 pm/8:00 pm

Free time

8:00 pm

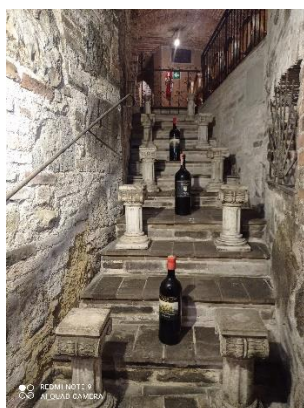
Dinner in Siena

Night in Siena



#### Day 4 – Montepulciano, Pienza ed Montalcino

- 8:00 am Breakfast in the Hotel
- 9:00 am/10:30 am Transfer to Montepulciano
- 10:30 am/ 12:00 pm **Workshop at Cantina Ercolani, visit to the Città Sotterranea and cellar. Wine tasting of 5 of the best Nobile di Montepulciano wines!**
- 1:00/ 3:00 pm **Lunch in Pienza, including Pecorino di Pienza cheese tasting, the best Pecorino cheese in Italy. Pienza" city of the Renaissance,** it is a creation of the famous humanist Enea Silvio Piccolomini, who later became Pope Pius II. He was born here and decided to transform the pre-existing medieval village of Corsignano into "his ideal city", so much so that his model city still communicates the urban planning canons of the classical Renaissance to the world.
- 3:30 pm/ 5:30 **Workshop at Cantina Primedonne and tasting of the excellent Brunello di Montalcino**
- 5:30 pm/7:30 pm Transfer to **Volterra**, a magnificent Etruscan and Medieval town, let's take a relaxing stroll to explore the Roman Theatre, Palazzo dei Priori, the Etruscan Arch....
- 8:00 pm Dinner in Volterra
- Night in Volterra



(Cantina Ercolani)



(Cantina Prime Donne)

#### Day 5 –Volterra and San Gimignano

- 8:30 am Breakfast in the Hotel
- 10:00 am 12:00pm **Workshop at Rossi Alabastri.** Discover the magic of a great material, alabaster, which is quarried in the surroundings of Volterra. Rossi shop offers a very interesting demonstration, a wide selection of alabaster products, artefacts and traditional sculpture works exhibited in three extensive galleries.
- 1:00 Lunch in Volterra:
- 2:00 pm/3:00 pm Transfer to San Gimignano
- 3:00pm Arrival in **San Gimignano, the Town of Fine Towers**, *San Gimignano is famous for its medieval architecture, unique in the preservation of about a dozen of its tower houses, which, with its hilltop setting and encircling walls, form "an unforgettable skyline".*
- 5:00 pm / 6:15 pm **Vernaccia Wine Experience.** *Located at the most panoramic point in San Gimignano that overlooks one of the most beautiful and characteristic hilly viewpoints of the Tuscan countryside, you can experience an exciting and unique "late afternoon adventure" with the La Vernaccia di San Gimignano.*

8:30 pm                      Dinner in San Gimignano  
Night in San Gimignano



(Alabaster masterpieces)



(San Gimignano)

### Day 6 – Pisa and Lucca

7:30 am Breakfast in the Hotel

8:30 am                      Trip to Pisa

11:00 am/ 12:00        **Pisa, Walking tour of Piazza dei Miracoli.** *It is one of the most striking squares in the world, a masterful expression of human creativity. Since 1982 it has been a **UNESCO World Heritage Site**.*

Welcome to **Piazza Duomo in Pisa**, renamed the **Piazza dei Miracoli** (“Square of Miracles”) by Gabriele d’Annunzio due to the sheer number of masterpieces it hosts, all of which are in absolute harmony. Standing beside the greenest of lawns, the **Cathedral, Leaning Tower, Baptistry and Monumental Cemetery** are resplendent in their beauty vaunting a curious architectural perfection that combines the triumphant Pisan Romanesque with classical, early Christian, Lombard and Eastern motifs.

1:00 pm                      Lunch in Pisa

2:30 pm/9:00 pm        **Cooking Class and dinner in Pisa**

Night in Pisa



(Pisa)

### Day 7 –Lucca

9:30 am                      Breakfast in the Hotel

10:30 am/12:30 pm      Trip to Lucca

12:30 pm                      **Lunch in Lucca tasting the famous Tordelli**, stuffed pasta with beef and pork

2:30 pm/5:00 pm        **Guided tour of Lucca**

5:00 pm/6:00 pm        Transfer to Firenze Airport Hotel

7:00 pm                      Farewell Dinner in Florence and Diploma ceremony

Night in Florence



(Lucca)

### **Day 8 –Firenze Airport**

7:00 am Breakfast in the Hotel

8:00 am Transfer to Florence Airport See y'all soon!!! Buon Viaggio!!! Ciao ciao!!! Till the next trip to.....



**Ada and Lorenzo, your pilots, guides, chefs, historians, wine companions and travel inspirers**