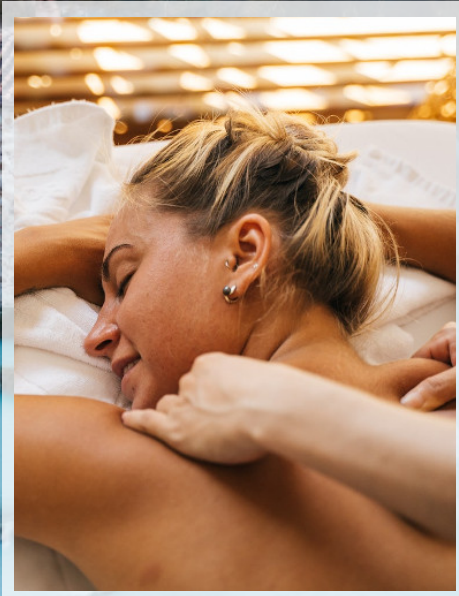
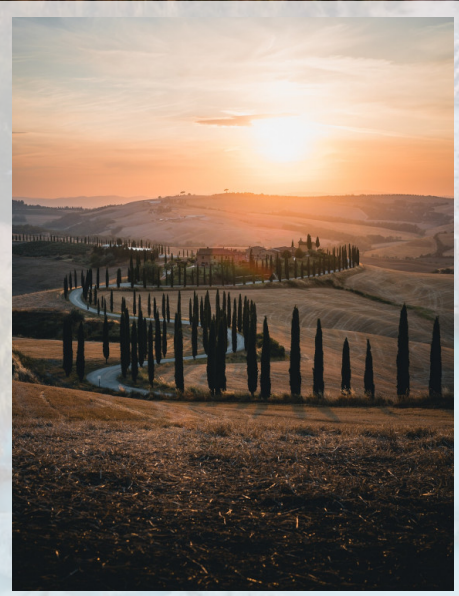




Overpass Travel



TUSCANY 2022

WELLNESS & CULTURE TOUR

June 19th to June 26th 2022 | 8 Days

www.overpasstravel.com

Day 1

Tuscany Wellness & Culture Tour, June 19th - ARRIVAL, 2022

TERME DI MONTECATINI

Indulge yourself in the natural spa experience of Montecatini. The richness of the thermal waters makes this place one of the best and most famous thermal resorts in Europe, it's a place that delights you with natural wonders. This wellness tour invited you to enjoy ultimate relaxation and rejuvenation. Dip your body in the soothing mud bath or enjoy age-old traditions of Turkish baths. Natural hot springs are warm year-round to give you lavish Tuscany region spa pleasure. The waters are used for therapeutic purposes that goes from drinking wellness treatment to beauty and relaxing times.

People from all over the world come to get well here...You won't be disappointed!

You will arrive at Pisa or Florence Airport and transfer to **Montecatini Terme**, an alluring village in the heart of Tuscany. You'll arrive at the hotel to check in to your room.

Enjoy your first day in this charming spa town, listed as one of the Great Spas of Europe. You can choose from walking around La Pineta, a lush, urban park, visit the Tettuccio, a fascinating spa building and garden, treat yourself to a post-travel spa treatment, shop the lively streets in the center, or experience the exhilarating nightlife.

In the afternoon, you will meet everyone on the tour during a meet & greet with local guide to get detail in the wellness treatments. Enjoy a welcome cocktail while learning more about the medical visit and other adventures that await you. Tonight, we will have a group dinner in the hotel to get to know those who will be discovering some of the most famous Tuscany area alongside you.

Overnight in hotel



Day 2

Tuscany Wellness & Culture Tour, June 20th-, 2022

WELLNESS SPA & MONTECATINI ALTO

All daily activities will start around 9, 9:30 am after breakfast!

Wake up and enjoy breakfast in the hotel before starting your treatments. After wellness relaxing and treatment time, there will have free time for lunch. In the afternoon, we'll take a guided tour of the monumental Terme Tettuccio where you'll taste an appetizing aperitif. Then, ride the 19 th century funicular to the medieval village of Montecatini Alto, offering a fabulous view of the valley. Next, you'll discover the village with your tour leader to see the ruins of the fortress, the Romanesque church of S. Pietro and its bell tower, the Castel Nuovo tower and the central square, the old city hall, the neo-Gothic theater and other unique medieval architecture.

In the evening, we'll enjoy a typical Tuscan dinner in one of the restaurants in the "piazza." After dinner, we will go back to hotel via funicular to stay overnight.



Montecatini Alto and Piazza

Day 3

Tuscany Wellness & Culture Tour, June 21st, 2022

WELLNESS SPA & FLORENCE

Wake up and have breakfast in the hotel then start your daily treatments.

You will have free time for lunch then meeting with the tour leaders. We will depart by train to Florence where we will meet the local guide. We'll take a walking tour to iconic landmarks from the Italian Renaissance, including Repubblica Square, the Cathedral with Brunelleschi's Dome, the Baptistery with famous Paradise door, and Signoria Square to see Palazzo Vecchio and Lanzi's lodge.

At the end of the visit, we will enjoy an aperitif in one of the most elegant places in Florence with amazing view of the city. In the afternoon, we will return by train to hotel in Montecatini. You will have free time for dinner.



Day 4

Tuscany Wellness & Culture Tour, June 22nd, 2022

WELLNESS SPA & CARRARA

Enjoy a morning breakfast in hotel and thermal treatments. You will have free time for lunch.

Meet up with tour leaders in the afternoon, then we'll depart by coach bus to Carrara to visit the marble quarries, the biggest marble basins in the world. During the visit inside the quarry, guide will show us the huge room called "Cathedral of marble" and will give us all information about the birth of quarries in gallery, of machines and their uses, of extraction techniques and, information about how marble is used. You'll see the murals of Ozmo that represent the "Genesi" of Michelangelo. Finally, you will learn about "Straordinario" sparkling wine and how it is preserved inside the gallery obtained from autochthonous grapes of the Apuan hills. We will continue to Vara bridge, a marble railway built during 1890, where we will stop to taste the famous Lardo of Colonnata with a glass of wine.

At the end of the day, you will return to Montecatini with free time for dinner and overnight stay at the hotel.



Day 5

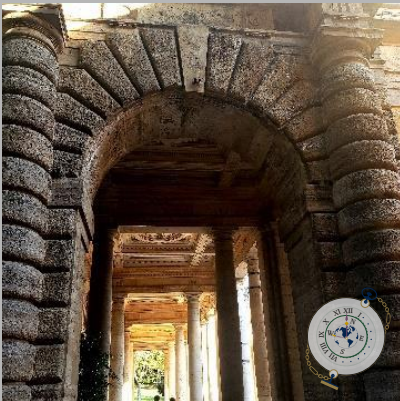
Tuscany Wellness & Culture Tour, June 23rd, 2022

WELLNESS SPA & MONTECARLO COOKING CLASS

Wake up and enjoy breakfast in the hotel and start your daily thermal treatments. After, you will have free time for lunch.

In the afternoon, meet with the tour leaders and depart by coach bus to a traditional Tuscan farm in the Montecarlo of Lucca area, where wine, oil and vegetables are produced. The owner of the farm, an expert cook, will teach you how to prepare typical regional dishes like handmade pasta or “frantoiana” soup, “pappa al pomodoro” (bread and tomato soup), Tuscan crostini, tiramisù, bruschetta (Tuscan toasted bread with little cubes of fresh tomato). After the cooking class you can enjoy the dishes, you have prepared and more. In this farm, you can also admire a garden full of ancient roses and aromatic plants.

At night, we'll return to the hotel in Montecatini for an overnight stay.



Day 6

Tuscany Wellness & Culture Tour, June 24 th-, 2022

WELLNESS SPA & CHIANTI

Wake up and have breakfast in hotel and begin your thermal treatments. You will have free time for lunch.

In the afternoon, you'll visit the heart of Chianti: Castellina, Radda and Greve where the renowned Chianti Classico wine is produced. Explore these beautiful villages at attractions such as Rocca di Castellina, the Palazzo Pretorio di Radda and the extraordinary main square of Greve. On the way, we will stop at a farm tucked in the Chianti Classico area, will be charmed by the vineyard's history and elegance. We will see the entire production process—starting at La Bottaia, a barrel cellar where the Chianti Classico is refined in oak barrels, then the “vinsanteria,” where the precious Tuscan sweet wine vinsanto matures in chestnut barrels, then finally the large collection of extraordinary vintage bottles, which rest in the ancient cellars of the 15th century. After this fascinating visit, we will taste a selection of wines accompanied by traditional Tuscan cuisine.

We will return to the hotel in Montecatini Terme in the evening. You will have free time for dinner and an overnight stay in hotel.



Day 7

Tuscany Wellness & Culture Tour, June 25th, 2022

WELLNESS SPA & LUCCA/MONTECARLO

You will have breakfast in the hotel and attend your daily spa treatments. You will have free time for lunch.

Meet up with your tour leader in the afternoon and depart by coach to Lucca. Upon arrival, we'll meet our local tour guide who will take us sightseeing to attractions including S.Michele in Foro Square, Napoleone square from where we can admire Ducale Palace and Giglio theater, and San Martino Cathedral that preserves the sarcophagus of Ilaria del Carretto, a work of Jacopo della Quercia, and the "Holy Face of Christ". We will see Puccini's House while strolling the charming medieval streets until we reach the elegant Via Fillungo (main street of city center). We will also admire the Guinigi Tower, Anfiteatro Square, the Basilica of S. Frediano, and take a walk along the 16th century city walls.

After the guided visit of Lucca, we will travel by bus to Montecarlo of Lucca, a hilly area famous for white and red wine production. You'll get a taste of these delectable spirits accompanied with a traditional Tuscan farewell dinner. At night, we will return to our hotel accommodations in Montecatini.



Day 8

Tuscany Wellness & Culture Tour, June 26th, 2022



DEPARTURE (arrivederci)

Wake up and enjoy your last breakfast at the hotel before meeting with your tour leaders. Depending on your flight time, you will transfer from the hotel to Pisa or Florence Airport.

Overpass Travel will arrange the transfer from the hotel to airports. You will be returning home with a lot of wonderful memories! If you wish to spend a few more days exploring Florence city or the area - and extend your travels let us know in advance, otherwise Buon viaggio!

Trip includes as following:

- Ground transportation to/from all scheduled activities, including Airport transfers from/to Florence (FLR) or Pisa (PSA).
- Meals: daily breakfasts, zero lunches, and three dinners. After the wellness treatments it's recommended to eat light, so we leave lunch as free time. For the remaining meals, we have prepared a culinary experience for every bite you will be enjoying during the trip, including some grape juice AKA wine.
- Local guide services to truly understand Tuscany area and enjoy your visit. Local and Overpass Travel tour leaders at your service throughout the entire tour.
- Cooking classes, tastings, all activities, and tours as detailed in the itinerary.
- 7 nights' Hotel accommodations in the center of Montecatini.
 - 7 overnight in Hotel Ercolini & Savi 4 stars in Montecatini Terme or Similar.

The price includes:

- Day 1: Arrival, pick up and transfer from Florence FRL, or Pisa PSA airports to Montecatini. Please try to book flights not later than 1 PM. Medical Visit at Wellness Center. Welcome cocktail with the group and dinner to start the feast!
 - DAY 2: WELLNESS SPA & MONTECATINI ALTO. Wellness services. guided tour of the monumental Terme Tettuccio, • visit to the medieval village of Montecatini Alto by funicular, Dinner at the piazza. funicular tickets Montecatini Terme/Montecatini Alto.
 - Day 3: • WELLNESS SPA & FLORENCE Wellness services. train tickets to and from Florence, city guided tour, • Aperitif in Florence to conclude the day.
 - Day 4: • WELLNESS SPA & CARRARA QUARRIES. Wellness services. Transferer by coach bus to Carrara Quarries. Tour leaders • Guided visit to a marble quarry • Taste of lardo di Colonnata, accompanied with a glass of wine, red and white.
 - Day 5: WELLNESS SPA & MONTECARLO COOKING CLASS
 - Day 6: WELLNESS SPA & CHIANTI. Wellness services. Transferred by coach bus to the heart of Chianti Wineries. Tour guide • Vinery visit and taste in a farm in Chianti: taste of salumi, olives, cheese and bruschettas, and Chianti wines, Classico, Classico riserva and Vinsanto
 - Day 7: WELLNESS SPA & LUCCA/MONTECARLO. Wellness services. Transfer to Lucca and Montecarlo by bus • tour learders • guided tour Lucca • Traditional farewell Dinner with wine tasting in a farm in Montecarlo of Lucca, grappa and taste of local wines.
 - Day 8: Depending on departure time • transfer from the hotel to Pisa or Florence Airport • Tourist city tax • Whispers (auriculares) for everyday
- All prices are based on double occupancy.

Thermal program:

- 1 medical visit.
 - 6 Thermal water drinking therapy (Stimulates the functional activity of the body. Effective for liver diseases, digestive system, and metabolism).
 - 3 Mud with therapeutic bath and relaxing time (Treatment and prevention of diseases of the musculoskeletal system in general and specially of degenerative osteoarticular forms, arthropathies and non-articular rheumatism, in the chronic phase).
 - 3 Inhalation therapy (Treats inflammatory forms of the upper and lower respiratory tracts such as: nasopharyngitis and chronic laryngitis, rhinosinusitis, chronic catarrhal otitis, tube tympanitis, chronic rhinitis allergic and non-allergic, asthmatic bronchitis (allergic and non-allergic), COPD (chronic obstructive pulmonary disease).
- There are several other treatments you can choose from at your leisure time if you would like to try something else.

The offer does not include:

- Entrance to museums, personal expenses, and gratuities.
- International flights.
- Any required Covid-19 testing or regulations by country.
- Meals where not mentioned in the program.



SIGN UP TODAY!

To register and secure your spot for this
adventurous tour!

\$1,250 Deposit is required upon
registration.

CONTACT US

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info@overpasstravel.com

Visit Us at www.overpasstravel.com