

Super Tuscans & Medieval Wonders

Experience Rome & Tuscany

No other city evokes the past as powerfully as Rome. From archaeological treasure to spiritual elation, Rome combines the perfect mix of excitement, awe-inspiring architecture and rich religious history. To the north of the city lies the jewel of Italy, Tuscany, the kissing cousin of good food, wine and pure pleasure. Images of renaissance art and famous rolling landscapes full of olive groves and cypress trees tease the senses. On this trip fill your time relaxing (with Chianti in hand) and soaking in the sumptuous countryside.

THE B&R DIFFERENCE

"Every aspect of this trip exceeded my expectations; the wine, food, accommodations, company, and general experiences were phenomenal."

Kelsey Harrod

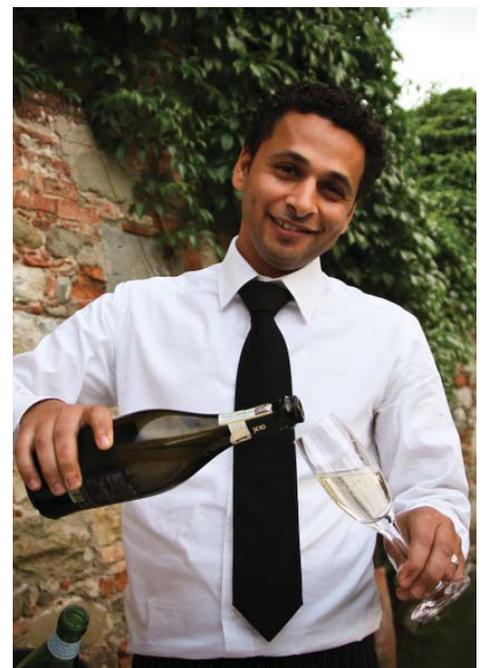
WHY TRAVEL WITH B&R?

Because B&R's Italian office has been in Tuscany for years, we've gotten to be pretty close to the locals. (In some cases, we've even married them.) This means we know all the best places to walk, to picnic, to taste wine, to buy croissants. You will meet some of our good friends on trip as they share their insider perspective.

Other questions?

Call us at 416 864 2252

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the journey

Day 1 Rome

ARRIVING IN ROME FIUMICINO AIRPORT, YOUR B&R guides will meet you for a private transfer to the Hotel Hassler, a luxury property located in the heart of the city. The Hassler's incomparable elegance, distinctive of the 19th century, includes the Michelin starred Imàgo restaurant with unique views over Rome and life-sized paintings that fill each window. Following lunch enjoy a locally guided tour of the classic Roman sights including the Pantheon, Trevi Fountain and famed Piazza Navona. Take in the lively and flamboyant discussions of locals lingering over coffee or spritz and savor the delectable offerings of Italy's gelato bars on our way back to the hotel. This evening you will enjoy



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karen.dockrill@butterfield.com

Day 2 The Vatican

a welcome reception and casual dinner on a private terrace overlooking the Spanish Steps hosted by friends of B&R.

This morning we set off early to capture the sun rising over the Vatican museum. Nothing can compare to this worldly and immensely spiritual tribute to the Catholic Church. Thousands of years ago, at the hand of a tyrannical Emperor named Nero (from 5468AD), Christians were persecuted and killed (Nero was so evil that it is claimed he captured Christians, dipped them in oil and set them on fire to provide light in his garden at night). The famous apostle Peter, widely considered the first Pope of the Catholic Church, was crucified by Nero. The people of the Empire revolted and Nero committed suicide (you will see his monument at the Colosseum). The incoming Emperor Constantine formally recognized Christianity and constructed this church shrine in tribute to Peter the apostle. It is now a pilgrim's mecca and home to St. Peter's Basilica. We will take time to explore this breathtaking monument on a privately guided tour including the Sistine Chapel which marks the mastery of artist Michael Angelo.

Lunch today will be a moveable feast. After a short transfer we will arrive at the workshops of ancient artisans and craftsmen where we will learn the trades of leather and textile makers. Then off to the open air market of Campo dei Fiori, the oldest in Rome, showcasing the best fish in the city, and all other likes of fruits, vegetables, spices and kitchen gadgets. This is the most colorful and lively market to be found and dates

back to Medieval times where sports were undertaken (and a few executions). With appetites peaked, we will drop into a traditional bakery to sample fresh breads, focaccia and pizza and onwards to a neighborhood deli where, wine in hand, we will devour local specialty meats and cheeses. Finally, our feast will alight upon a remarkable pastry shop where we sample delectable sweets. Tonight we will enjoy *aperitivo* (cocktails) together before heading out individually to restaurants of your choice. Of course, B&R will arrange the reservations. All you need to do is soak in the ambience of Rome's nightlife.

Day 3 The Colosseum

This morning we will explore the Colosseum, the largest amphitheater ever built and considered one of the greatest works of architecture and engineering in history. Constructed under the reign of the Flavian family dynasty, this marvel was used for gladiatorial contests and public spectacles of naval battles, animal hunts and executions. At its pinnacle over 2000 people (the majority gladiators) and 5000 animals were killed in 100 days in displays of entertainment to upwards of 80,000 spectators. While reflecting on the historical profoundness of this site, we will make our way a short distance to Rome's Forum, once a public square which housed government buildings and for centuries the center of Roman public life. A venue for public speeches, trials and marches, this sprawling architectural ruin pays homage to the most important structure of the ancient city.

Having gathered an appetite (and thirst) for lunch, we will enjoy a privately catered meal in the Villa Borghese

garden, a beautiful expanse of lush trees and quiet enclaves – a Roman escape from the bustling city that surrounds us. The afternoon will be at your leisure exploring the city and enjoying the many attributes of Italian culture – feel free to lose yourself in the many museums, art galleries and awe-inspiring churches found throughout the inner walls of the city.



HOTEL

Hotel Hassler, Rome

At the top of the Spanish Steps and close to some of the finest shopping in Rome, the Hassler has friendly service and a well-known rooftop restaurant. Andrew Harper (among others) considers it the best hotel in the city. The suites are grand and feature stunning views.

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This evening you will be treated to a private dinner in a noble family's palace. The count himself will happily welcome you into his impressive home set in Piazza Colonna. The evening will begin with an *aperitivo* and music followed by a catered meal in its regal dining room – a signature B&R event.

Day 4 Amorosa

We begin our biking today after a private transfer to La Romita. We will enjoy a lunch upon arrival where your guides can verse you on the finer details of spokes, derailleurs and route notes. Our warm up is a leisurely ride to our hotel, Locanda dell'Amorosa in the tiny hamlet of Amorosa. This charming estate has been passed down from generation to generation within the Citterio family. The ancient stables have been converted into a charming restaurant, the old cellars filled with a fine selection of wines and the villa now filled with luxurious bedrooms and suites. We will freshen up and settle in before re-grouping for what is now an anticipated *aperitivo*, where we can drink in both the delight of good wine and the beautiful Tuscan sky. Dinner will be hosted at the hotel restaurant where the menu's poetic descriptions of the regions notable delicacies will enchant us.

Day 5 Montepulciano Region

Our morning will begin with the most cherished of Italian rituals, a taste of the nectar of the coffee gods.

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Whether espresso or cappuccino, you will never again enjoy your local coffee bar at home! We begin our bike ride on a beautifully looped journey with a festive lunch en route. For those that are eager to clock kilometers, your guides will have additional options for longer rides. Those that are ready to relax poolside will be transferred back to the hotel. This evening we will enjoy a wine estate visit including a tasting dinner at Avignonesi Vineyard. Named after its founders, the winery expresses the true character of viticulture in the Montepulciano region. As the chief winemaker counsels, "Do not disturb the vines – the wine knows which path to take" – we will take our time enjoying this unique and special opportunity to learn the secrets of wine making in Tuscany.



HOTEL *Locanda dell'Amorosa*

When Carlo Citterio set out to restore the property that has been in his family for centuries, his first step was to convert the stables into a superb restaurant. Soon other buildings were refurbished: your bedroom may well have been a clock tower or the hunting lodge. Literally translated as "lodging of romance," the Locanda exudes just that, and has long been a favourite B&R retreat.

Day 6 Siena

We head to Siena today, casting goodbyes to Amorosa. Your bike route takes you along one of the most scenic roads in Tuscany. At mid-day we will experience the famous B&R picnic on the outskirts of town followed by a guided visit of contrada museums and the duomo (cathedral) of Siena. Unique to Italian cities, Siena boasts the most well-known of contradas, or inner districts. Each is named after an animal or symbol owning a long history of heraldic and semi-mythological associations dating back to the Middle Ages. Each contrada was established to supply troops to the many military companies that were hired to defend Siena as it fought to defend its independence from Florence. Having lost their military function over time, today they burst with every important event and festival from baptisms to marriages, church holidays to parades.

We use this afternoon to explore Siena, now declared by UNESCO a World Heritage Site. Siena is famous for its cuisine, art museums, medieval cityscape and the Palio (a horse race held twice a year). By late afternoon we will transfer to our new home for the remainder of the trip, the spectacular Hotel Le Fontanelle. Named after the old "fountains" which were used to collect water, the hotel is perched on a hillside overlooking the pristine countryside of the Chianti region. This 5-star property is surrounded by breathtaking views and reflects a stone architecture reminiscent of medieval times. This evening we dine at the hotel's prestigious "Restaurant La Colonna" enjoying the Tuscan dishes so carefully prepared by Chef Daniele Canella.

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Day 7 Siena

Our last active day provides the perfect opportunity to explore the Chianti region. This morning you will embark on a loop ride that includes a wonderful lunch at Osteria del Castello, famous for its panzanella, flans and freshly prepared pastas. The restaurant is just a stones throw walk from the castello (castle) providing a chance to taste the lovely wines of the estate and re-invigorate our legs. The afternoon allows the keener cyclists to ride an extended route while others can elect to pedal back to the hotel. Our final night celebration will be one to remember with live musicians and a privately catered dinner at the Capanelle Wine Estate.

HOTEL

Hotel Le Fontanelle

Carefully restored over the course of a decade, Le Fontanelle Hotel blends classic medieval Tuscan architecture with thoroughly modern amenities and exceptional service. The guestrooms are comfortable and spacious, and downtime options at the hotel include a full spa and tranquil indoor and outdoor pools, all of which afford scenic and splendid views of the Chianti hills..

Day 8 Farewells!

Goodbyes are at hand and sadly we bid farewell to a region of Italy so deeply steeped in beauty and cultural heritage. We will arrange private transfers to whisk you onwards to the Rome airport where you can continue on other journeys or return to your home and families.

A Resplendent Reward

By Kelli Gilbert

It was the type of evening that just can't happen at some rote corporate retreat.

After a few rewarding days spent biking through the vineyards, olive trees and rolling hills of Tuscany, we were gathered around a table outside the gorgeous vineyard Capannelle.

That night, I knew we had chosen the right reward for our people. Something about the combination of delicious food and wine, candlelight, breathtaking views, and a mutual sense of athletic accomplishment inspired the group to share stories about overcoming personal and professional challenges. I'd had the chance to get to know them in a way I never could at a conference, or by giving them a watch.

At Beachbody our corporate mission is to help people achieve their goals and enjoy healthy, fulfilling lives. When seeking out a reward for our top Coaches, we knew we wanted an experience that would deepen a commitment to the organization and strengthen their relationship with our leadership team. Partnering with B&R in this intimate adventure just seemed so obvious.

With ample guide support, our rather large group felt much smaller, allowing us to see both Rome's public face and its most intimate corners.

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Vice President of Global Beachbody

Kelli Gilbert

Kelli Gilbert is Vice President of Global Beachbody events at Beachbody. She got her start in event planning at 5 years old when her first tea party packed the house. Kelli's favourite part about Italy was the cuisine. Her second favourite part? The chance to ride it off after lunch!

We explored the Sistine Chapel and Colosseum on privately guided tours, dined on a private terrace overlooking the Spanish steps, were welcomed into the family palace of Marchese Giuseppe Ferrajoli, enjoyed a moveable feast sampling some of B&R's favourite Roman delis and bakeries, followed by three days biking and walking under the Tuscan sun.

As we sat around the Tuscan dinner table that night, I couldn't help but think; mission accomplished! Each of us felt we had received a once-in-a-lifetime gift. The entire experience proved to be as rewarding as it was resplendent.



the details

From Price

\$1,000 (per person, per day)

Duration

8 Days / 7 Nights

Please call us for best time to travel.

Start

Rome
Airport

Finish

Siena
Hotel

Weather: Florence, Italy

month	high	low
Jan/Feb	51	36
Mar/Apr	66	42
May/Jun	83	54
Jul/Aug	89	65
Sep/Oct	80	53
Nov/Dec	59	38

HOTEL TYPE

Signature Hotels

Hotels on our Signature trips are unique expressions of the region. Oftentimes that means they've had a previous life as a monastery or a castle, but in every case it means they offer both an exceptionally comfortable stay and a taste of the region's culture. Best of all, we're friends with our hoteliers. [Translation? Preferential treatment for you.]

WHAT'S INCLUDED

- All hotel accommodation
- Meals including wine
- Services of B&R guide(s) and support van
- All special events, private tours, guest experts and entrance fees
- Use of a customized hybrid or a racing bike with drop bars, equipped with handlebar bag and helmet
- Detailed maps, route suggestions and water bottle
- All transportation from rendezvous to drop-off
- All baggage transportation
- All gratuities for baggage, porters and hotel service

LEVEL OF ACTIVITY

Enthusiast

We cover some hilly terrain. As much as possible, we avoid the steepest climbs, but please be aware that Tuscany is hilly. *Note that this itinerary can be customized to include easier biking and alternate activities.

WHAT'S NOT INCLUDED

- International flights
- Insurance coverage
- B&R guide gratuities

READY TO BOOK?

Call or email Karen Dockrill with any remaining questions, and to discuss your trip needs.

416-864-2252 /karen.dockrill@butterfield.com

JOIN US ON THE SLOW ROAD

Sign up to receive *The Slow Road* our e-newsletter that is full of travel news, unique offers and B&R insider info.

Other questions?
Contact us 416 864 2252

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