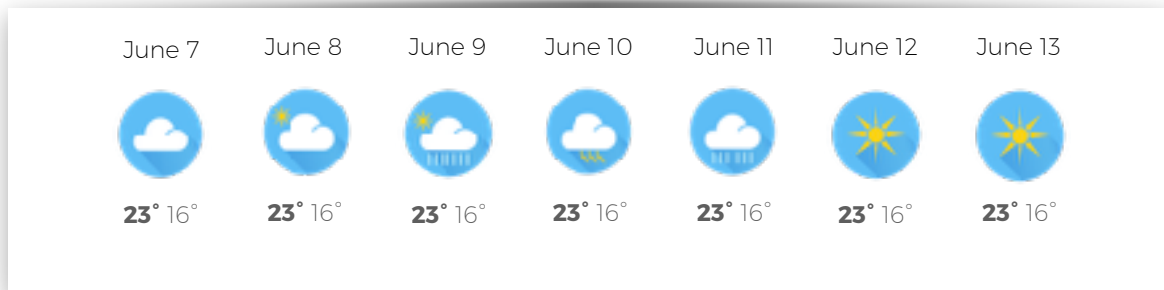


ITINERARY

CENTRAL TUSCANY AND THE TUSCAN COAST | JUNE 2017

prepared by *ARÒM*



Highlights of the trip

First and foremost you will be guided over the entire trip by Michèle Shah who is not only an authority in Italian wine, but she also knows many of the top producers on a personal level, which will enable you to share the unique experience of meeting some of the producers. We will be visiting the milestones of Tuscany and also the Italian wine industry – those famous wineries and wine producers who put Italy on the global wine map in terms of quality and identity.

The aim is to have fun, to explore the world of wine and taste the delights of Tuscan cuisine, inland and by the sea. We will have enough time to experience local culture and the trip has a good mix of wine, sight-seeing and immersing yourselves in the cultural atmosphere of Tuscany.

Our accommodation will be very comfortable but with local style and color.

Our travels will be in a private bus, with a maximum capacity of 15 seats, which will accompany us throughout the trip. Whatever we do and wherever we go we will have the top experts tell us their story of success and how it's done!

LOCAL HABITS & CUSTOMS

BREAKFAST

Italian people, no matter where they live, start their day with sweets: biscuits, cakes, marmalade and jam, chocolate, pastry with custard.

They go along with coffee, tea or cappuccino. Note that a cappuccino is usually a breakfast hot drink and Italians never drink it after 11.00, not to mention after lunch or dinner. A typical habit is to have breakfast at a bar/café of 'pasta e cappuccino' (pastry and cappuccino) which an Italian will eat while standing at the counter.

CUSTOMS

While travelling in Italy you'll be able to tell that habits, landscape, cooking and even language change considerably from north to south. Italy is a very young nation compared to other European countries and it's been divided in several lordships and under foreigner kingdom, not to mention the Papal States, until 1861.

However there are some common habits and customs found throughout Italy and you might find that they are quite different from the ones in your home country. Here are some of the most common to help you understand the locals.

THE THREE Ms

Italian society is said to be dominated by the three 'M's – Madonna - Mamma - Mangiare

This is an exaggeration, but like all good generalisations, it contains several grains of truth.

- **MADONNA:** The Italians are certainly a religious people, as the numbers and splendour of their churches testifies. Even quite small villages may have several churches and Sunday morning brings out scores of people and many family groups walking their way to mass. Most Italians devote the afternoon to play. For many this means walking or climbing, both popular sports. As the Sunday driver will find, many go cycling, Italy sharing with France a national passion for the sport.
- **MAMMA:** Whether Italian society is matriarchal depends on who you ask. It is certainly true that, until a few years ago, Italian life was family orientated, and children were the focus of the social unit. Mothers were therefore of prime importance, caring for the children and ensuring their needs were satisfied. The system created a good number of spoilt children, but adult Italians seem none the worse for the experience – unless you include fanatical support for football or growing support for a more liberal attitude towards women.
- **MANGIARE:** The final M is 'mangiare' – eating. This really is an important feature and Italians enjoy both the eating and its social side. For visitors this can only be good news.

DINING OUT

Dinner out at a restaurant, osteria, trattoria or pizzeria?

Italian menus are divided into starters, first courses (pasta and risotto), second courses (meat or fish), side dishes and desserts, plus a wine list. Please note that you cannot consider any of item as a single course and that Italian people usually have one of each for dinner, or at least they ask for starter and first course at lunch and opt for starter, second course and side dish at dinner.

Trattoria and osteria were originally family runned, small cosy places where you could sit down and eat homemade local food reasonably priced. Nowadays they almost have the same prices or they might be even more expensive than a good restaurant.

Pizzeria usually serves a wide choice of pizza plus starters, side dishes and desserts.

[Look at our list of suggested restaurants in Tuscany](#) to help you choose one near you. These have been tried by ourselves or suggested by our villa owners

DRIVING

