



Italy Women-Only Foodie Tour - Detailed Itinerary

Authentic Italian experiences — think rolling vineyards in **Tuscany**, prosciutto tastings, seaside charm, and the art of slow living. Choose between **coastal hiking along the Cinque Terre** or a **scenic boat ride** to take in the cliffside views. Then immerse yourself in the history, culture, and architectural wonders of **Florence**, paired with the timeless beauty of **Tuscany's countryside**.

Welcome to the Taste of Italy: Tuscany, Florence & Cinque Terre

Airport Information: Need assistance researching your flight? We are here to help.

Arrive & Depart: Amerigo Vespucci Airport (FLR) – Florence, Italy

Day 1: Arrival Day!

Plan to arrive at **Amerigo Vespucci Airport (FLR) – Florence, Italy** by **5:00 PM** to join our welcome meeting and dinner, which typically begin at **6:30 PM**.

If you're unable to arrive by 5:00 PM, please let us know so we can arrange alternative transportation and dinner options. After our first evening together, you'll have time to adjust to the time difference and rest up for the custom-curated itinerary ahead.

Hotel details will be provided after booking.

If you are arriving ahead of our scheduled itinerary, we will help coordinate additional hotel accommodations.

Transportation:

Shuttle vehicle or taxi

Airport transfer Hotel

Approximate travel time: 30 - 45 minutes

Meals included:

Welcome dinner

Accommodation included: Single occupancy accommodation in or near Florence

Day 2: Florence Renaissance & Enchantment

Upon arrival in the enchanting embrace of Florence, we'll join our private guided cultural walking tour—diving headfirst into centuries of art, architecture, and Renaissance tales.

As twilight settles over terracotta rooftops and ornate facades, we'll kick off our first Florentine evening with a dinner to remember—surrounded by storied buildings and the soft hum of Italy's most romantic city.

Transportation:



Walking Time

Accommodations Tour

Approximate travel time: about two - three hours walking on a combination of city streets with potentially uneven streets.



Walking Time

Accommodations Dinner

Approximate travel time: about 10-20 minutes each way



Walking Time

Free Time

Enjoy Florence entirely at your own pace.

🍽️ Meals included:



Breakfast & dinner



🛏️ Accommodation included: Single occupancy accommodation in or near Florence

Day 3: Cinque Terre: Coastal Trails & Colorful Dreams

Today is all about soaking in the beauty of Cinque Terre at your pace. We'll all start the morning together in the first village before splitting into two relaxed, scenic options: a shorter coastal hike paired with train travel between villages, or a breezy boat tour along the coastline. Both offer incredible views, delicious food stops, and plenty of time to explore.



Option 1: Scenic Coastal Hike + Train Between Villages

Commitment Level: Moderate | 1.5–2 hours of hiking

This is the perfect way to experience Cinque Terre's famous trails without committing to a full-day trek. We'll hike one of the most beautiful sections of the Blue Trail—typically Corniglia → Vernazza or Vernazza → Monterosso—giving you iconic cliffside views, colorful villages, and Mediterranean landscapes.

After the hike, we'll use the Cinque Terre train to hop between the remaining villages, giving you time to wander, shop, swim, or enjoy a long seaside lunch.

Why guests love this option:

Manageable hiking time (1.5–2 hours)

The most scenic viewpoints

Flexibility to explore at your own pace

Perfect fit for a relaxed, foodie-forward itinerary

 **Option 2: Optional Boat Tour — Skip the Hike, Sail Instead**

Commitment Level: Easy | Minimal walking

Prefer sea breezes over switchbacks? Enjoy a relaxed boat tour along the coastline—cruising past cliffside villages, dipping into turquoise coves, and savoring the Mediterranean magic from the water.

Price: \$90–\$160 per person (varies by boat size, duration, and inclusions) Booking: Advance booking through us is required. Space is limited.

 **For Experienced Hikers Only (Optional, Independent)**

Commitment Level: Strenuous | 6–7 hours of continuous hiking

If you're an experienced hiker and want to complete a longer portion of the Blue Trail, let us know. We can help you plan an extended route independently, depending on trail conditions and timing.

This option is not part of the main group itinerary and is recommended only for hikers who are comfortable with:

Steep climbs

Uneven terrain

Narrow cliffside paths

Maintaining a steady pace to catch the return train to Florence

Full Trail Highlights (for reference)

Riomaggiore → Manarola Easy | ~0.9 miles | ~30 mins — Via dell'Amore, an iconic seaside stroll

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Manarola → Volastra → Corniglia Slightly Difficult | ~3.1 miles | ~2.5 hours — Steep climbs, vineyards, olive groves

Shortcut: Free bus from Manarola to Volastra

Corniglia → Vernazza Moderate | ~2.5 miles | ~1.5 hours — Postcard-perfect cliffside views

Vernazza → Monterosso Moderate | ~2.2 miles | ~1.5 hours — Dramatic coastal drops & stone bridges

Transportation:



Train

Florence Train Station Cinque Terre

Approximate travel time: 2.5 hours each way



Walking Time

Accommodations → Train Station: ~15 mins each way

Train Station → Boat Meeting Point: ~15 mins each way **Hiking Time:**

Scenic hike: 1.5–2 hours

Full trail (optional): 6–7 hours of continuous hiking



Meals included:



✓ Breakfast & dinner



Accommodation included: Private Accommodations near Florence

Day 4: Savoring Italy's Countryside: Slow Days & Full Glasses

Today is all about a well-earned pause. Your morning begins with gentle freedom—the quiet streets of Florence still wrapped in golden light as locals prepare for the day. You're invited to wander at your own pace: sip espresso at a tucked-away café, browse a family-run bakery, or simply roam the alleyways where Renaissance echoes meet everyday life. This is your moment to move like a local, slowly and with intention.

As afternoon draws near, we descend into the rolling hills of Tuscany - where vineyard views stretch for miles and every meal feels like a celebration. We'll indulge in pasta made with love (and probably a nonna's secret), sip our way through local wineries learning about their history and production. It's a slower pace, but no less rich—because sometimes, the best adventures are served at the table.

Transportation:



Shuttle



Accommodations



Tuscany Tour

Approximate travel time: 45 minutes to an hour and half each way



Walking Time



Tour

Approximate time: an hour walking at the farm/winery

Meals included:



Breakfast & dinner



Accommodation included: Private Accommodations near Florence

Day 5: From Salty Indulgence to Cheese Wheels

It's time for a flavorful detour into Italy's artisanal heart. We venture into the countryside to meet a local prosciutto producer and witness the craft behind this savory perfection—from salt-curing to cellar aging. Then, we'll step into the world of cheese-making, where the aroma of aging parmigiano and the rhythm of tradition lead the way. Hands-on moments and guided tastings reveal the dedication behind every wheel. This isn't just a tour—it's a tribute to the people, patience, and pride that transform simple ingredients into unforgettable experiences. Because sometimes, the soul of Italy is best discovered one bite at a time.

As the sun dips behind Florence's skyline, the night is yours to explore. Whether you chase golden hour across the Arno, sip Tuscan wine under starlit arches, or simply wander until you find the perfect gelato—this evening is your canvas.

Transportation:



Train, bus or taxi (dependent on availability)



Accommodations



Parma Tour

Approximate travel time: one half to two hours each way



Walking Time



Tour

Approximate travel time: 30 minutes to an hour walking

Meals included:



Breakfast & lunch



Accommodation included: Private Accommodations near Florence

Day 6: Free Day in Florence + Farewell Dinner

A slow, spacious final day to savor Florence at your own pace.

Today is intentionally designed as a slower, more flexible day. After several days of exploring and eating our way through Italy, this is your chance to enjoy Florence in whatever way feels best — wandering, resting, shopping, sipping, or simply soaking in the magic of the city.

Your host will be available throughout the day for recommendations, directions, and support. Choose one activity or none at all — this day is yours.

Can't-Miss Ideas

Small Museums: Museo del Duomo, Bargello, or Museo Novecento — all easy, beautiful, and manageable.

Markets & Strolls: San Lorenzo Market, Mercato Centrale, or a relaxed walk through the artisan shops of the Oltrarno.

Outdoor Moments: Boboli Gardens, a stroll along the Arno, or the panoramic view from Piazzale Michelangelo.

Foodie Favorites: Aperitivo at sunset, a casual trattoria lunch, or a gelato tasting at spots like La Carraia or Dei Neri.

Quick Gems: Visit the historic Santa Maria Novella Pharmacy, browse Via Tornabuoni, or climb Giotto's Bell Tower for incredible views.

This day is all about slowing down, savoring Florence, and ending the trip with whatever brings you joy.

Farewell Dinner

In the evening, we'll come together for our final group dinner in Florence — a warm, celebratory meal to toast our week of food, friendship, and unforgettable moments. This is our chance to savor one last Italian feast together before departure day.

☰ Meals included:

✓ Breakfast & dinner

🛏️ **Accommodation included:** Private Accommodations near Florence

Day 7: Departure Day – Arrivederci, but Not Goodbye

Your journey ends (for now) as you depart from Florence's Amerigo Vespucci Airport (FLR). Flights may leave at any time, but if your heart's tugging at your suitcase, you're not alone—we've only just begun to uncover the beauty of this region.

Your guide is happy to arrange optional extensions for those craving more: think the sun-soaked cliffs of Southern Italy, the quiet charm of nearby historical towns, or simply more time soaking in Florence's timeless allure. Honestly? Personally, I could spend months here and still find new things to love.

Whether you extend the adventure or bid farewell, we're here to help craft whatever dream you're ready to chase next.

Transportation:

 Arranged taxi service

Accommodations  Airport

Approximate travel time: 35-40 minutes

 **Meals included:**

 Breakfast