

TREASURES OF TUSCANY

Historic walks and saints of Italy's finest region

With Southwark Cathedral

10th—17th May 2024

Led by The Reverend Canon Michael Rawson



McCabe
PILGRIMAGES



TREASURES OF TUSCANY

Hilltop towns, cities, cathedrals, walks and saints

Experience the romance, architecture, culture of food and wine and indulge the senses. Sun-drenched hilltop towns and villages from the Apennine Mountains to its characterful coastline. Nestled in the central Tuscan hills, are frescoed churches well worth exploring, and the views from medieval towers and fortresses are not to be missed. The ancient cities of Siena, Pisa and Lucca are all within reach of the Art Nouveau splendour of your resort of Montecatini, where you stay for seven nights.

Florence, the region's capital, is for many the jewel in Tuscany's crown. Home to several globally important art collections, the city is often held to be the birthplace of the Italian Renaissance. Among its eye-opening architecture and impressive squares, Florence boasts unmissable landmarks such as its spectacular Duomo and the medieval Ponte Vecchio.

On two days we walk parts of the Way of St. James or Via Francigena where you will enjoy views of rolling hills, vineyards and Roman architecture that dot the trails. This path connects the five cathedrals of Florence, Prato, Pistoia, Pescia and Lucca, passing through Montecatini Terme.

We have included a host of extras, meals in local restaurants, included drinks all entrances and guided tours with seven nights in a four-star hotel with friendly family owners.

We take the opportunity to worship in some very special locations throughout the eight days which allow us to express thanks for the beautiful region we are blessed to take pleasure in. We hope that you can join us so we can enjoy, worship and give thanks together on this very special experience.

HOLIDAY INFORMATION

The cost is based on sharing a double or twin-bedded room and includes all meals as listed in the itinerary, excursions, all gratuities and a host of extras.

For full details of departure dates, prices and what's included see page 6.

Flights are with British Airways direct from London Heathrow to Pisa. Flight upgrades, for comfort and ease through the airport, as well as connecting flights from some UK regional airports to Heathrow can be arranged for a supplement.

Not included

Travel insurance: this is essential. We require all travellers to have adequate cancellation and medical coverage for their journey. We recommend the policy with Holiday Extras who offer a comprehensive policy as well as yearly policies that also cover short UK overnight stays. See the back cover for details.

Completing your booking form: please ensure that we have your full name (as in your passport), passport number, expiry

date, correct address, email address and contact telephone numbers as soon as your booking is confirmed.

Special requests: should be noted on the booking form and sent to us promptly.

Final travel documents: will be posted to you two weeks before departure.

THE MCCABE EDUCATIONAL TRUST

The McCabe Educational Trust is an independent registered charity with the aim of helping inspiring people we meet on pilgrimage. On your pilgrimage you will meet some of these people. As 'the haves' encounter the 'have nots' the Trust has become a practical tool for one to help the other.

McCabe Pilgrimages invite all travellers to become partners in this work. A £20 voluntary donation to the Trust's work is added to every pilgrim's invoice and all money raised in this way is given in full to the projects the Trust supports. This scheme is voluntary and confidential with nobody put under any pressure to participate.

Travelling Alone

Double rooms for single use are available at a supplement (see page 6). If required please state when booking and if available the supplement will be added to your balance.

Many of our passengers travel alone and are willing to share a twin room. We accept a limited number of bookings on a 'guaranteed share' basis. We charge the basic price and accommodate you with a person of the same sex also requesting shared accommodation. If we do not find someone to share with you, you will be accommodated in a single room at only 50% of the usual single room supplement.

To reserve your place on this holiday please complete the enclosed booking form or contact McCabe direct and send it with a deposit of £350. Please make cheques payable to 'McCabe Travel Ltd. Alternatively we can invoice you to pay by bank transfer within seven days.

McCabe Pilgrimages
11 Hillgate Place
Balham Hill
London
SW12 9ER

Tel: 020 8675 6828
Email: info@mccabe-travel.co.uk



Flight information

The flight is direct to Pisa with British Airways from London Heathrow. Flight upgrades, for that extra comfort and ease through the airport, as well as regional connecting flights from some UK airports can be arranged at a supplement. An overnight stop at Heathrow may be required which we can assist you with. Please enquire at time of booking.

OUTBOUND

Flight BA0604 departs Heathrow: 08:45

Flight arrives Pisa: 11:55

RETURN

Flight BA0605 departs Pisa: 12:45

Flight returns Heathrow: 14:00

Flight times maybe subject to change and are confirmed with your final paperwork.

Financial Security

This pilgrimage is ATOL protected by the Civil Aviation Authority. The McCabe ATOL number is 2920. McCabe is also a member of the Association of Independent Tour Operators and abides by the Association's code of conduct.



YOUR ITINERARY

DAY 1 – Friday 10th May: Travel to Italy (D, DR)

Morning: meet your Tour Leader at Heathrow Airport and check-in for your direct flight to Pisa.

Afternoon: on arrival transfer in less than an hour to your hotel in the spa resort of Montecatini Terme where, in the early afternoon, you will be able to check-in for a seven-night stay. Take time to relax, use the hotels spa facilities or stroll the pleasant surroundings.

Evening: welcome drinks to toast your companions followed by dinner in the hotel with a drink included.

DAY 2– Florence (B, D, DR)

Morning: drive just over an hour to Florence, spending the day in the Tuscan capital and the birthplace of the Italian renaissance dominated by the magnificent Duomo Santa Maria del Fiore, its most important religious building. On arrival enjoy a guided walking tour showing you where its museums, palaces and churches house some of the greatest artistic treasures in the world. The most popular sights include the Cathedral, the Baptistery, the Uffizi Gallery, the Bargello and the Academia. The churches of Sant Maria Novella and Santa Croce are veritable art galleries, and the library of San Lorenzo is a magnificent exhibition of Michelangelo's architectural genius. We also visit the Museum of Santa Reparata, one of the most respected and venerated saints in Florence.

Afternoon: free to explore Florence at your leisure before returning to the hotel in the late afternoon. Should you wish to stay for the evening in Florence, and enjoy longer in the city, trains run regularly to Montecatini until late at night and our guide will explain times and platforms.

Evening: dinner in the hotel with a drink included.

DAY 3– Siena - cathedral tour & lunch

(B, L, D, DR)

Morning: drive the Tuscan hills to Siena to one of the regions finest hilltop towns. Our guided tour among the footsteps of the saints of Siena including Santa Caterina, will take in the Piazza del Campo, the Palazzo Comunale, the Cathedral and the Basilica of San Domenico. Admire the legacy of the great noble families such as the Piccolomini, Tolomei and Salimbeni, as well as their palaces from the roof of the cathedral as well as tour the baptistry. You will also be able to learn about the great tradition of the Palio of Siena and the stories of pilgrimage and holiness that characterize the city.

Afternoon: included lunch in a local restaurant followed by free time to wander and explore .

Evening: dinner in the hotel with a drink included.

DAY 4 – Lucca (B, L, D, DR)

Morning: just a short drive to Lucca for a guided tour to witness its rich ancient history: from the trace of the Roman amphitheatre that can be seen in the shape of the Piazza dell'Anfiteatro to the archeological remains under the 12th century church of Saints Giovanni and Reparata. We tour the first city cathedral, which contains the "Volto Santo", a large wooden crucifix, kept in a splendid polygonal chapel built in 1484 by Matteo Civitali. We include worship in the San Pietro Somaldi church.

Afternoon: after time for lunch we enjoy free time in Lucca and on the return journey visit the Convent of the Passionist Nuns, built by divine will through the voice of a young woman tried by pain, poverty and incomprehension, whose heart burns with an intense and profound love for Jesus. Her name is Gemma Galgani. protagonist of extraordinary mystical phenomena.

Evening: dinner in a local restaurant in Montecatini with drinks included.

DATE & PRICE

DATE	8 DAY PILGRIMAGE COST
10th—17th May 2024	15-24 = £2,349.00 / 25 or more £1,999.00

As the participant numbers grow your final invoice will be altered to reflect the above.

Double room for single use supplement - £289

WHAT'S INCLUDED?

INCLUDED EXCURSIONS

- Guided tour of Pistoia – known as the “Small Santiago de Compostella”
- Guided tour of Florence with entrance to the Baptistry and Museum of Santa Reparata
- Guided tour of Siena with entrance to the cathedral complex
- Guided tour of Lucca
- Entrance to the Santa Gemma Convent
- Guided walk on the Way of St. James from Pistoia to Monsummano Terme
- Guided tour of Pisa and the Field of Miracles
- Entrance to the Cathedral and Baptistry in Pisa
- Entrance and worship in Santa Maria della Fontenuova in Monsummano Terme
- Entrance to Certosa Monumentale di Calci
- Train ride to Pescia
- Guided walk from Pescia to Montecatini
-

OPTIONAL EXCURSIONS

None! – all excursions and extras as listed above and below are included!

INCLUDED EXTRAS

- Hotel Porterage
- Personal audio guiding system
- All driver and guide gratuities
- All restaurant and hotel gratuities
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INCUCED MEALS & DRINKS

Meals: a full buffet breakfast each morning, four lunches, and all evening meals. Five three-course dinners in the hotel and two evening meals in atmospheric local restaurants in Montecatini

drinks: welcome drink. Wine or soft drink and tea or coffee with all evening meals and the included lunches.

YOU'RE IN GOOD HANDS

You will be met by our Local Guide on arrival in Pisa and all excursions and walks will be escorted by a knowledgeable local guide. Canon Michael will lead worship at some wonderful locations along the way.

YOUR ITINERARY

DAY 5—Way of St. James. Pistoia and Monsummano Terme ON FOOT (B, L, D, DR)

Walking distance 12Km , Elevation 400metres. Guests not wishing to walk could visit Serraville Pistoiese with the group and return by bus or taxi (at own cost circa €20) to Montecatini .

Morning: you will depart by coach for the village of Serraville Pistoiese with its cute old center with towers jutting upward, red tile roofs, old streets and churches. From the town walk down the rolling hills of Tuscany blanketed with olive groves and vineyards. The church of San Michele Arcangelo has a beautiful tryptych of the Madonna with Child Enthroned With Saints. There are impressive fresco fragments from the 1300s in the Oratorio di San Rocco. But the primary veneration is reserved for their patron saint, St. Louis of Toulouse.

Afternoon: we rest over an included lunch in the hills of Pistoia, tasting sheep cheese, honey products, local oils and produce. We then continue to Pistoia downtown and visit the cathedral of San Jacopo where the relics of the saint are preserved and the San Bartolo Abbey. After we visit Monsummano Terme to worship at the Sanctuary of Santa Maria della Fontenuova built by Florence' famous Medici family.

Evening: dinner in the hotel with a drink included.

DAY 6—Pisa & the Field of Miracles (B, D, DR)

Morning: drive to Pisa for a guided walking tour where the world-famous Leaning Tower is just one of many noteworthy sights in this compelling city. A Unesco World Heritage site Pisa boasts a thousand-year history and is an artistic treasure trove with outstanding Romanesque and Gothic churches. Our tour includes the Baptistery, the 130 metre long arched Camposanto Monumentale that overlooks the square and the stunning Cathedral of Santa Maria Assunta.

Afternoon: free time for lunch and to explore Pisa at your leisure. Maybe wander Borgo Stretto, the heart of medieval Pisa, or walk along the Lungarni River with its colourful restaurants and architecture. Later, we include a visit to the magnificent abbey Certosa di Calci situated in a picturesque and peaceful valley.

Evening: dinner in the hotel with a drink included.

DAY 7—Pescia to Montecatini ON FOOT

(B, L, D, DR)

Walking distance 11Km , Elevation 400metres.

Guests not wishing to walk could join the group by train for the visit of Pescia and return by train to Montecatini for a free afternoon.

Morning: we take the train to Pescia a small medieval town with a Cathedral that houses the preserved body of Saint Allucio, one of the most important medieval pilgrims in the region. After, visit of the Church of San Francesco which contains one of the most famous paintings of the early thirteenth century in Italy: the reredos with St. Francis and stories of his life made by Bonaventura Berlinghieri. Continue to the small town of Uzzano with its churches overlooking the valley and on to Buggiano Castle with its beautiful secret gardens.

Afternoon: stop for an included lunch before continuing through the local scenery to Montecatini.

Evening: farewell dinner in an atmospheric local restaurant with a drink included.

DAY 8 – Depart for the UK (B)

After breakfast bid a fond farewell to Tuscany and depart for Pisa Airport for the flight back to the UK.

YOUR ACCOMMODATION: MONTECATINI



MONTECATINI: HOTEL ADUA (4*)

Seven nights

The four-star Adua Wellness & Beauty Hotel Montecatini Terme has 72 rooms and lies 25 minutes' stroll from the Piazza Giuseppe Giusti close to the centre of the resort and Parc des Thermes and its main attractions.

Hotel facilities: a year-round indoor heated pool and seasonal outdoor pool, Jacuzzi, sauna, steam room, solarium, gym and a spa and massage centre with treatments available (at extra cost). Complimentary WiFi is available throughout the hotel.

Your hotel room: unique and individually decorated double or twin rooms with air-conditioning/ heating with garden or resort views. All rooms have a fridge, safe and flat screen TV with satellite channels. There will be a bathrobe for your use during your stay.

Hotel bathrooms: bath or walk-in shower equipped with a hairdryer, bathrobe, soap, shampoo and shower gel. Ample towels for both bathroom and the hotel pool will be provided.

HOTEL ADUA & MONTECATINI



More information about your holiday

Entry requirements: British Citizen and EU Citizen Passport holders can currently enter Italy freely with no restrictions or other documentation required. Stays within the EU can be up to 90 days (can be spread over multiple visits) within any 180-day period.

Please note your passport must be valid for three months after your return from Italy.

Full details of entry requirements and any required vaccinations will be detailed in your final paperwork 14 days before departure.

For the latest and most up to date travel advice including entry requirements please consult the Foreign & Commonwealth Development Office travel advice website.

www.gov.uk/foreign-travel-advice

Health & wellbeing: for travel within the EU you should ensure that you have the Global Health Insurance Card (GHIC) which is free of charge. You can apply for the GHIC card by calling 0191 218 1999 or applying on line at...

www.nhs.uk/ghic

The level of cover offered by the GHIC card varies by country visited and is only applicable in state-run health facilities. In some countries coverage may just be a partial contribution.

Adequate insurance cover will be required for all hospital emergencies and doctors' visits.

Time Zones: Italy is one hour ahead of the time in the UK (GMT/BST + 1 hour)

Climate: in Tuscany the average temperature during your stay should be around 14 to 24 degrees centigrade. It is advisable to bring cool light clothes with a couple of warmer items for the evenings. Pisa is close to the coast so coastal winds may make temperatures seem cooler. In the hills of Tuscany weather can change rapidly for worse or better and a misty start often leads to a glorious afternoon. The weather is often difficult to predict so please be prepared.

Currency: visitors will normally receive a better exchange rate for the Euro in Italy than in their home country, but the following guidelines should be observed:

The simplest means of obtaining currency in Italy, one which also ensures a good rate overall, is to withdraw Euros from a cash machine (ATM). There is one just 150 yards from the hotel. These accept debit and credit cards backed by Visa, MasterCard, EuroCard, American Express and Maestro. You normally receive an excellent exchange rate, although your card provider may charge you a fee.

How much spending money will I need? We recommend changing £100 into Euros prior to your trip and taking additional means of payment with you. €300 in total should be more than enough to cover lunches and drinks for the duration of the holiday. Shops will accept payments by card but some small stallholders may only accept cash.

This is correct at time of going to print, prices can change due to local circumstances and currency fluctuations.

Gratuities: all gratuities are included in the cost of your holiday for your convenience such as guides, drivers, restaurant staff, baggage porters and all hotel gratuities. However should you still wish to thank anyone who has served you well, or gone the extra mile, with a personal tip this is happily accepted.

When enjoying lunch or drinks at your own cost, in general 10 percent is normal to tip. However, when paying in a bar or restaurant, saying 'thank you' when handing over money is as good as saying 'keep the change' so always say thank you once you have received the change and leave your gratuity on the table.

Clothing: dress is casual throughout the holiday. You may wish to take one or two smarter items for the evenings. Warm casual clothing is recommended in the day time with evenings being smart/casual. As the sightseeing visits require a certain amount of walking, we suggest you take a pair of comfortable shoes with a good sole for the cobbled streets.

Mobility: there is a certain amount of walking (and stairs) involved on a daily basis on this holiday so please make sure you pack comfy footwear for this so that you are prepared. Your Tour Leader and local guides will keep you updated on a daily basis with what to expect the following day. If you are finding it difficult to keep up then please make sure you tell your Tour Leader who can help you to find places to rest and relax and then you can re-join the group at a later stage.

Some streets in towns and villages that you will visit will be cobbled. We suggest you take a pair of comfortable shoes with good grips or trainers. For your guided walking tours in Pisa, Lucca, Florence and Siena as well as our walks in the region you must be prepared to be on your feet for up to 90 minutes without the need to sit down and be able to climb two to three flights of stairs.

Some walks have light undulations and will have gravel paths. Therefore we recommend closed soft shoes. You may wish to bring a walking pole or poles for support.

Luggage allowances: as airline regulations can change your permitted baggage allowances and baggage dimensions will be confirmed with your final details approximately two weeks before departure. In most cases your allowance will be one suitcase of 23 kilos in weight and one piece of hand luggage plus a small personal item such as a handbag.

Voltage: 230 volts AC, 50Hz. Round European two-pin sockets are in use. We recommend you take an international plug adapter with you. Hotels have a very limited supply of these (if any) should you encounter any problems.

Useful bits to pack: coffee/English tea bags (if you want a cuppa in your room) and of course a travel kettle as the hotels do not have tea & coffee making facilities in the rooms.

An adaptor plug (as mentioned above), camera, tissues & antibacterial hand wash.

Sun hat, sunglasses and sun protection.

These things should make your trip more comfortable.

A delicate matter: please note that sewage systems in Tuscany are not always designed to absorb toilet paper or sanitary items for both environmental and logistical purposes. Please place all paper and sanitary items in the bin provided to avoid blocking your toilet.

GET OFF TO A FLYING START!



Award winning travel insurance

Ensuring that your holidays are appropriately protected is one of our main priorities. That's why we have specifically chosen Holiday Extras as our *preferred travel insurance provider to ensure that you are protected before and whilst you are travelling.

Holiday Extras offer insurance that has been independently rated 5-stars by Defaqto and are authorised and regulated by the Financial Conduct Authority. They have also been awarded "Best Travel Insurance Provider" at the Travel Weekly Globe Awards for the past fourteen years. Holiday Extras provides a range of services...

- **Holiday insurance** - annual and single trip policies with cover for pre-existing conditions and all ages.
- **Airport parking** - including meet and greet and valet parking services.
- **Airport transfers** - travel in comfort with a door-to-door service.
- **Airport hotels** - never worry about getting to the airport in time. Travel the day before and relax.
- **Airport lounges** - enjoy refreshments in a comfortable and calm atmosphere before your flight.

For more information or to obtain a quote please go to their website

<https://www.holidayextras.com/travel-insurance.html?agent=WU987>

Or call them on **0800 083 3551** to speak to a friendly advisor.

Please quote AG628 upon calling to receive the best rates

McCabe Travel acts as a referral partner of Holiday Extras. For all queries regarding insurance cover and claims please contact the Holiday Extras insurance team.