

# AMIATA MADRE TERRA



NATURE & FLAVOURS







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AMIATA  
MADRE TERRA



Whatever direction you come from, South, East, North or West, the Mount Amiata appears suddenly and unequivocally. It shows different profiles: more or less high and more or less large, depending on which side you look at it. Surely its conic shape, that in the past inspired a widespread holiness can only remind of a mother breast, source of nourishment and peace. Holiness and nourishment. The legend says that the Etruscans considered the Mount Amiata a natural sanctuary, the ideal place to

evoke their gods. In fact some placenames come from Etruscan and Roman gods names and many people think that, at the time of the Roman expansion in the Etruscan territory, this area was a marginal land, protected by the two-faced god Janus, that set both the geographic and sacred limit between the region dominated by Porsenna and the one dominated by the Tarquin kings. Nourishment. The mount Amiata is more ancient and sacred than the Etruscans thought, it is a Great Mother full of inexhaustible gifts, that still nourishes its children.

MONTAGNA  
ANIMA  
SACRA  
MADRE  
PATRIA  
TERRA  
HEIMAT  
ĂLMA  
ANTICA  
ROMANA  
MISTERIOSA  
ETRUSCA  
INTATTA  
NATURALE  
SPIRITUALE  
ENERGICA  
VULCANICA







# AMIATA MADRE TERRA

SAPORE  
FRUTTI  
PANE  
TIPICO  
CASTAGNE  
FUNGHI  
PROFUMO  
STAGIONALE  
COLORE  
OLIO  
PASCOLO  
RACCOLTA  
TRADIZIONE



Due to the lack of wheat fields in the mountain and proper roads to transport goods, chestnuts, along with mushrooms and wild herbs, were the main source of nourishment until the first half of 1900. Chestnut flour was used to make bread, pasta, polenta and many

other dishes that today are part of the culinary tradition of this area. Life was hard in the mountain, but at least everybody had enough food to eat and enough wood to keep them warm during long winters.







Fatini Aldo  
18.8.1976







# AMIATA

## MADRE TERRA

VALLE  
STRADE  
STORIA  
TRACCE  
MEDIOEVO  
CASTELLI  
BORGHI  
PELLEGRINI  
PIETRE  
SECOLI  
PERCORSI  
CAVALLI  
SPADE



**T**he legend says that around the VIII century, when the Longobards coming down from Germany reached this region and found themselves in front of this green and blooming mountain very similar to their country, they exclaimed: “Heimat! Homeland!”, from which, presumably, the word “Amiata”. The Longobards settled down and built castles and fortresses to control this area that shortly after would be crossed by an



important road: the Via Francigena that today partly coincide with the Cassia road. The Via Francigena led the pilgrims from Canterbury, in England, to Rome going through France. Passing by the Mount Amiata, pilgrims could not avoid the constant presence of the monks of the Abbey of San Salvatore controlling the area and of Ghino di Tacco, the gentleman thief, who for a certain period dominated the same area from the fortress of Radicofani.









# AMIATA MADRE TERRA



ARTIGIANO  
QUALITÀ  
ORIGINALE  
LAVORO  
FOLKLORE  
FESTE  
TRADIZIONI  
FUOCO  
CORSE  
ATTESA  
GIOIA  
MEMORIA  
STORIA

The main source of this region comes from its age-old traditions: a big heritage worth being preserved. Every season is characterized by its rites and the fruits that the land produces. But people are the real resource of this wonderful area: cooks, embroiderers, blacksmiths, shepherds, farmers, miners and all the people who lived in the Mount Amiata and learned how to dominate it. People of both the Mount Amiata and the Val d'Orcia are very

jealous of their country celebrations: the May festivals celebrating the rebirth of nature; the autumn festivals celebrating mushrooms and chestnuts, the most important fruits of this land; the rites of fire in winter, to spread ashes on the soil as a good omen for the next season harvest. But also medieval commemorations and various palios (horse and donkey races) which take place in many villages of the region.





# THE SENSES LAB

### 3 Day (2 nights) Programme

This gastronomic tour is the perfect way to taste the traditional dishes of the region and the fruits of the mountain and to cook with the best chefs of the territory.

**Day 1:** Arrival and check-in in hotel. Dinner.

**Day 2:** excursion with a mycologist to pick up mushrooms.

Lunch: the chef will cook local dishes.  
In the afternoon cooking class of local dishes.

Dinner: we will eat the dishes we prepared during the cooking class.

**Day 3:** Visit to the oil mill: extra virgin olive oil tasting. Lunch with local dishes. Departure.

### Technical Details:

Price: from euro 179,00 p/p for groups of 12 pax min;

Details: 3 days (2 nights), day of arrival (suggested) Friday afternoon.

Places of interest: Abbazia San Salvatore,  
Mount Amiata.

Suggested time of year: autumn.

- Price includes:

2 days half board service hotel

2 lunches or dinners in typical restaurants

1 excursion in the wood with a mycologist

1 visit to the oil mill

classes and lessons as specified in the



programme

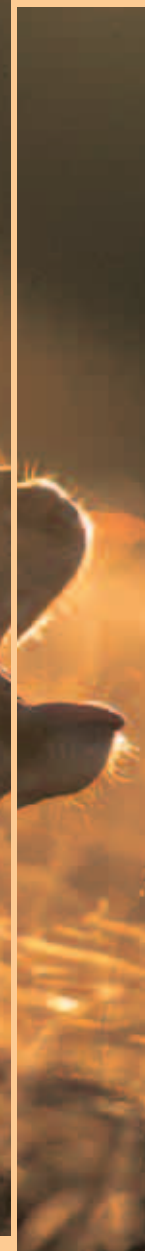
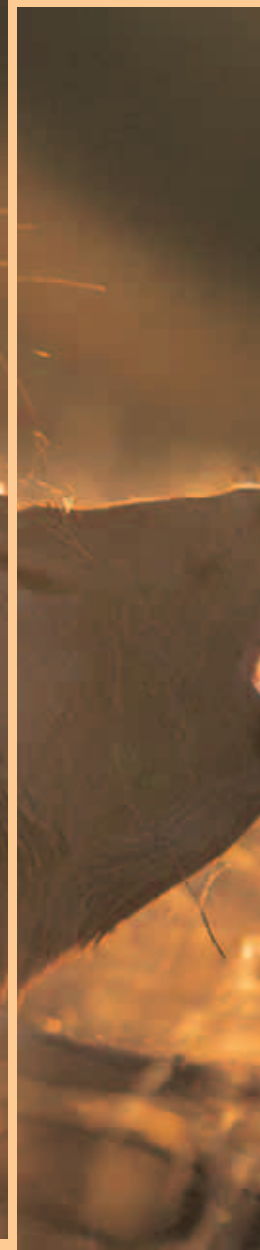
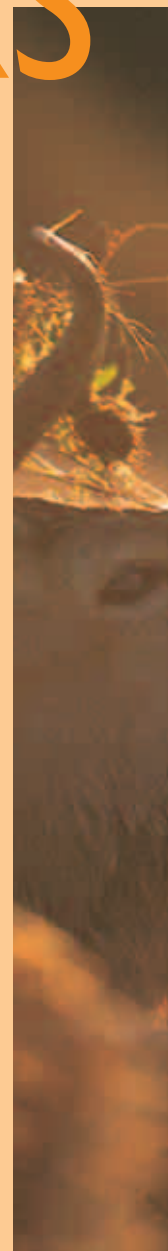
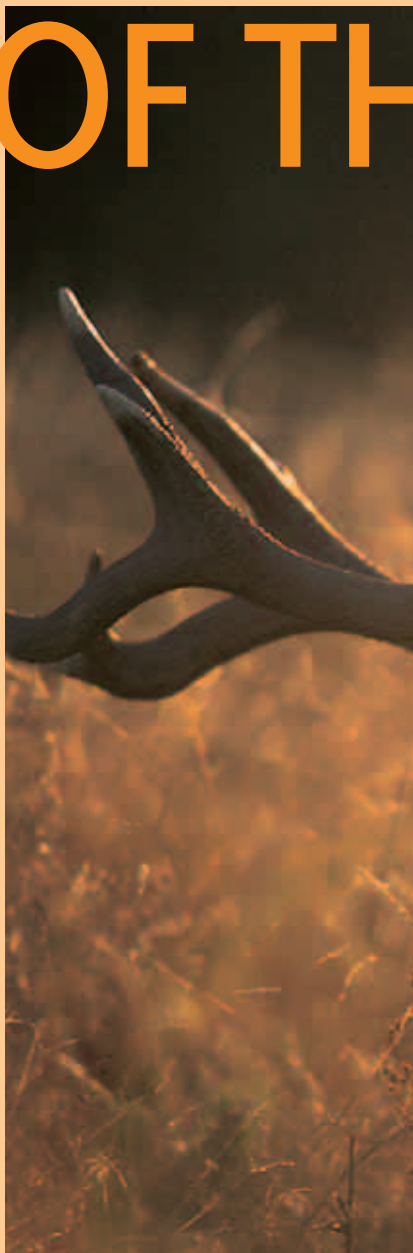
- Price does not include:

transfers

anything not specified in the above section  
“price includes”.



# TOUR OF THE PARKS



## 4 Day (3 nights) Programme

This tour is ideal for all those who love nature and long walks through the wood and it is characterized by tracks winding through parks and reserves.

**Day 1:** Arrival and check-in in hotel. Dinner: tasting menu with traditional dishes.

**Day 2:** trail from Vivo d'Orcia to the Hermitage.

General information: Total length: about 10 Km – duration: 3 hours – difficulty: easy to medium-easy.

Signpost: red and white marks and red and white metal signs.

We will leave from Vivo d'Orcia and through a stone bridge crossing over the stream “Vivo”, we will reach the “Vivo County”. Our walk will continue through a chestnut wood until we reach the Hermitage and its romantic country church. After a visit to the ancient “seccatoio” (drying room), used until the '60s to dry chestnuts, the path goes into a beechwood until the so called Canaletto spring, then back to the village. Lunch in a typical restaurant. In the afternoon, relax at the thermae. Visit to the “Fosso Bianco” in the thermal site of Bagni San Filippo, then a bath in the thermal pool.

**Day 3:** “The Fauna Park of the Mount Amiata”: THE ANIMALS PATH

General information: Opening Time: from dawn to sunset, Closing day: Monday - Duration: about 4,30 hours – difficulty: easy. We suggest to take with you: binoculars, camera with telephoto lens. Transfer to the Fauna Park which is about 30 Km far from Abbadia San Salvatore. The Park is made of a series of trails and turrets that allow to watch in total security many species of animals kept in captivity, among which the Appenine wolf. We will follow both the “Nature Path” and the “Animals Path”. Lunch in the restaurant of the park. In the afternoon, back to Abbadia San Salvatore and guided visit with an ex miner to the Mine Museum and the Gallery level VII. Dinner in Hotel.

**Day 4:** The Natural Reserve of Pigelleto: THE SENSES PATH

General information: Total length: about 10 Km – duration: 3 hours – difficulty: easy.

Transfer to the Reserve which was named after “pigello”, the vulgar name of the white fir. Excursion in wood made of maple and oak trees and various kinds of bushes. This path is characterized by a brushwood rich in evergreen plants like juniper, holly, butcher's broom and privet. Concerning animals, this area is populated with deer, wild boars and birds of prey and many protected species. Lunch in the restaurant of the reserve. Departure.

### Technical Details:

Price: from euro 289,00 p/p for groups of 25 pax min; price for individual travellers euro 306,00 p/p (walking guide is not included)  
Details: 4 days (3 nights), day of arrival (suggested) Thursday.

Places of interest: Mount Amiata, Val d'Orcia.

Suggested time of year: autumn.

- Price includes:

3 days half board service hotel

3 lunches in typical restaurants

3 excursions in the wood with a walking

guide (not available for individual travellers)

1 ticket for the thermal pool

1 guided visit to the Mine of Abbadia San Salvatore

- Price does not include:

transfers

anything not specified in the above section  
“price includes”.





# RELAX IN THE MOUNTAIN

## 15 Day Programme

“You could stay many days on the Mount Amiata spending your time only observing chestnut- and beech-wood: purple sword-lilies glowing in the fields, pansies blooming in the glades or in tree trunks, blue columbines, forget-me-not, bunches of sylvan pees turning red in the shadow and looking like roses.” (from Travelling in Italy by G. Piove)

## Programme

**Day 1:** arrival and check-in in hotel. Lunch in hotel. Music and local products tasting. Dinner in hotel.

**From Day 2 to Day 14:** in the morning some physical exercise and walks in the wood. Guided visit to the Abbey and to the village of Abbadia San Salvatore. Guided visit with an ex miner to the Mine. In the afternoon, bowl games, card games tournaments, bingo, visit to the local distillery. Dancing event in the evening.

## Technical Details:

Price: from euro 535,00 p/p for groups of 40 pax min.

Details: 15 days (14 nights), day of arrival (suggested) Saturday.

Places of interest: Abbadia San Salvatore, Mount Amiata.

- Price includes:

14 days half board service hotel (beverage included: \_ wine and \_ water )

5 mornings of physical training

5 excursions in the wood

1 guided visit to the abbey and to the village  
1 guided visit to the Mine of Abbadia San Salvatore  
bowl and cards game tournaments, bingo  
1 dancing event in the evening  
farewell party

- Price does not include:

transfers

anything not specified in the above section  
“price includes”.

It is possible to book excursions in the parks (euro 12,50) and guided visits to Montalcino, Santa Fiora, Castiglione d'Orcia, Montepulciano.





# TRADITIONAL FOOD

## 4 Day (3 nights) Programme

“Polenta” made with chestnut flour, wild boar or lamb stews, salami and hand made pasta, soups and traditional cakes, mushrooms, chestnuts, herbs and vines. These are only part of the dishes and ingredients of the local culinary tradition. Every restaurant has its own speciality and every chef his story to tell.

**Day 1:** check-in in hotel. Dinner: the chef will cook local dishes.

**Day 2:** excursion in the Natural Reserve in search of herbs to use in the kitchen. Lunch. Cooking class: we will make hand made pasta and use the herbs we have found during our excursion. Dinner: we will have the dishes prepared during our cooking class.

**Day 3:** visit to the oil mill and extra virgin olive oil tasting and class. Lunch in a typical restaurant. In the afternoon, relax in the thermal pool. Dinner in hotel.

**Day 4:** visit to a wine cellar and wine tasting class. Cheese and salami tasting. Departure.

### Technical Details:

Price: from euro 258,00 p/p for groups of 12 pax min.

Suggested time of year: Spring and Autumn.

Details: 15 days (14 nights), day of arrival (suggested) Thursday afternoon.

Places of interest: Mount Amiata. Val d'Orcia.

- Price includes:

3 days half board service hotel

2 meals in typical restaurants

1 salami and cheese tasting

excursions and classes as specified in the programme.

1 ticket for the thermal pool

- Price does not include:

transfers

anything not specified in the above section “price includes”.





# TREKKING

This is the ideal tour for people who love walking and observing nature. It is characterized by excursions in Parks and Reserves.

## 4 Day (3 nights) Programme

**Day 1:** arrival and check-in in hotel. Visit to the Abbey and Crypt of SS Salvatore (the abbey was founded in 743 b.C. by the Lombardian King Erfo). Visit to the village. Tasting of local products: wine, extra virgin olive oil, cheese and different kinds of salami. Relax and dinner.

**Day 2:** The Fauna Park of the Mount Amiata  
General information: Opening Time: from dawn to sunset, Closing day: Monday - Duration: about 4,30 hours – difficulty: easy. We suggest to take with you: binoculars, camera with telephoto lens. Transfer to the Fauna Park which is about 30 Km far from

Abbadia San Salvatore. The Park is made of a series of trails and turrets that allow to watch in total security many species of animals kept in captivity, among which the Appenine wolf. We will follow both the “Nature Path” and the “Animals Path”. In the afternoon, back to Abbadia San Salvatore. Relax. Dinner.

**Day 3:** The Chestnut Tree Seasons  
General information: Total length: about 10 Km – duration: 3 hours – difficulty: easy. The trail starts from Vivo d'Orcia and goes through a chestnut wood reaching the Hermitage and its romantic country church. After a visit to the ancient “seccatoio” (drying room), used until the '60s to dry chestnuts, the path goes into a beechwood until the so called Canaletto spring, then back to Abbadia San Salvatore. In the afternoon, guided visit with an ex miner to the Mine Museums and to the Gallery level VII.  
Dinner in a typical restaurant.

**Day 4:** Bagno Vignoni and the Ripa Castle  
General information: Total length: 10 Km – duration: 3 hours – difficulty: easy.  
Suggested time of year: all year round. Transfer to Bagno Vignoni. The trail starts near the thermal baths and after a short walk we will reach the medieval hamlet of Vignoni Alta. After having reached the top of the hill the trail will lead us to the Ripa Castle overlooking

the Orcia river. Now the trail goes through bushes and trees typical of the Mediterranean vegetation to go back to Bagno Vignoni. In the afternoon relax in the thermal pool. Dinner in a typical restaurant.

**Day 5 :** Trekking through Ravines  
General information: Total length: 18,5 Km – duration: 8 hours – difficulty: challenging because of many fords and height differences.  
Suggested time of year: Spring and Autumn. Transfer to Radicofani. The trails starts near the village and goes down through a mixed wood until the stream Socenna, that we will have to cross more than once. The landscape varies from oak wood to cultivated fields. In springtime, this area is full of wild orchids. Then the trail goes along the Orcia river until the village of Contignano. During our walk we will have a picnic with a packet lunch provided by our hotel. Back to Abbadia San Salvatore. Dinner.

**Day 6:** Departure.

## Technical Details:

Price: from euro 203,00 p/p for groups of 40 pax min.  
Suggested time of year: Spring and Autumn.  
Details: 6 days (5nights), day of arrival (suggested) Monday.  
Places of interest: Mount Amiata. Val d'Orcia.  
- Price includes:  
5 days half board service hotel  
1 packet lunch provided by the hotel



1 guided visit with an ex miner to the Mine Museum and Gallery level VII  
trails maps  
1 ticket for the thermal pool  
- Price does not include:  
transfers  
anything not specified in the above section  
“price includes”.  
Available on request: transfer service and assistance for the hikers.





# TERMS AND CONDITIONS

## Art. 1 - Definition of tourist packages

Tourist packages are defined as trips, vocations, and "all included" circuits sold or offered for sale at a lump-sum price, lasting more than 24 hours, or in any case of a duration that includes at least one night. Tourist packages are, even when the services are billed separately, the combinations predetermined by the organizer and include at least two of the following elements:

- a) transportation
- b) accommodation
- c) tourist services that are not accessory to transportation or accommodation (omissis)... that make up a significant part of the «tourist package». The terms contracting party and consumer are utilised with a generic and undifferentiated reference to any of the two figures regulated by art. 5 D.L. 111/95. The term organizer refers to the individual who creates the tourist package as defined above.

## Art. 2 - General contract terms

The trip contract is regulated by law number 1084 of 27 December 1977, ratified and drawn up by the CCV, signed in Brussels on 23 April 1970, and by the CEE directive 314/90, converted into law by the legislative decree number 111 of 17 March 1995. In no circumstances can the liability of Vacanze Senesi exceed the limits of these laws.

## Art. 3 - Reservations

Vacanze Senesi accepts reservations that come from travel agents or from clients until all available places are filled. A reservation is considered executed when Vacanze Senesi gives its confirmation.

## Art. 4 - Price

The price of a tourist package, as it is determined in Contract form, may be modified until 20 days before the date of departure and only as a result of variations in only one of the following elements:

- transportation costs, including the fuel costs;
- fees and taxes on some kinds of tourist services, such as duty, landing, unloading or boarding taxes in ports and airports;
- exchange taxes applied to the package in question.

## Art. 5 - Payments

When the reservation is made, a deposit of 30% of the participating fee plus the entire enrolment fee must be paid. The balance must arrive at Vacanze Senesi 30 days before the date of the arrival. For the reservation made in the 30 days preceding the

date of arrival, the entire sum must be deposited at the moment the reservation is made. Should the client fail to observe these conditions, authorises Vacanze Senesi

to cancel any and all reservations even if they have already been confirmed.

## Art. 6- Validity of the participating fee

The prices present herein are valid until 31 December 2009. The prices are calculated based on the rate of exchange and on the costs of services valid at the moment the trip program is written. Should there be differences in the rate of exchange or in the cost of services before the start of the trip, this price may be modified, either increased or the creased, according to the two variations.

## Art. 7 - Recession of the consumer

1. The consumer may recede from the contract without paying the amount corresponding to the act of recession as herein stated, in the following cases:

- an increase in the total price in excess of 10%;
- a significant change in other essential element(s) in the contract (for this is understood any variation in elements objectively considered fundamental to the aim of the fruition of the tourist package considered as a whole) proposed by the organizer after the settlement of the contract itself, but before the date of departure, and not accepted by the consumer.

2. In circumstances in the preceding clause, the consumer alternately as the right :

- to utilise another tourist package of equivalent quality;
- to have returned to him only the part he has already paid, within seven business days after Vacanze Senesi has received notification that the decision to ask for a reimbursement has been made. The consumer shall give written notification to Vacanze Senesi within two business days after receiving notification concerning increases and modifications. Under no circumstances will disputes about the price of the trip and the individual components of the price be accepted during or at the end of the trip. The price stated in the contract shall not be increased in the 20 days preceding the established date of departure.

3. The consumer who rescinds the contract for reasons other than those listed in the preceding clauses of the present article will be responsive for the corresponding amount for the recession, as in art. 1373, third clause c. c., as specified herein:

- recession within 30 days before the start of the trip: 30% of the total price;
- no reimbursement after such term.

Art. 8 - Trip cancellation on depart of the organizer Vacanze Senesi may cancel the contract, completely or partially, without any indemnity:

- a) in exceptional circumstances;
- b) when the minimum number of travellers stated in the

program is non reached; in this case the participant must be informed that said number has not been reached at least 20 days before the start of the trip. In both of these cases, if the contract is cancelled before it goes into effect, the traveller is owed a full refund of the sums paid. Should a contract be cancelled when it is already in progress, Vacanze Senesi will take all necessary measures in the interest of the traveller for an equitable compensation for both parties.

## Art. 9 - Modifications after arrival

After arrival, when it is not possible to carry out an essential part of the services provided for in the contract, the organizer will prearrange adequate alternative solutions (that do not entail any additional costs of any kind to the traveller) for the continuations of the trip planned; or the organizer will refund the traveller to the limit of the difference between the services originally provided for and those services actually carried out, except in the case of compensation for possible greater damage to the traveller as long as this can be proved by said traveller. If no alternative solutions are possible or the traveller does not accept an alternative solutions for a justified reason, the organizer will make an equivalent means of transportation available for the return to the point of the departure or to another agreed upon place, in such a way that is compatible with the availability of the means of transportation and seating capacity; the organizer will return to the traveller the differences between the cost of the services originally provided for and the cost of the services carried out until the moment of early return.

## Art. 10 - Transfer of the contract on the part of the traveller

Any traveller who is unable to make use of his/her reserved trip may cede his/her reservation to another person (who satisfies all the conditions for use of the service) in the relationships deriving from the contract, only after having informed the travel agent and Vacanze Senesi at least 15 days prior to the date established for the start of the trip. Nevertheless, Vacanze Senesi is not responsible for possible failure, on the part of third parties supplying the services, to accept the new name. The traveller transferor and the transferee are jointly responsible for the payment of the balance of the price as well as for any additional expenses resulting from said transfer.

## Art. 11 - Carrier liability

Carriers are responsible for the travellers, limited to the duration of transportation with their vehicles, in conformity with that stated in their own transportation

conditions. Programs are published with the sole responsibility being that of the tourist operator. Therefore, said programs are not published on behalf of the carriers whose services will be utilised during the trip nor are the carriers obligated by these programs.

Art. 12 - Strikes-cancellations due to adverse weather conditions – wars - civil and military disorder - insurrections – natural disaster – pillaging - terrorist acts

These and other similar facts constitute causes beyond control and are not attributable to the carriers and/or to Vacanze Senesi. Possible additional expenses borne by the participant will not be reimbursed, much less the services which for said reasons filed

to be met and were not salvageable. In addition, Vacanze Senesi is not responsible for failures to use services due to delays or cancellations of air, sea, and land carriers.

## Art. 13 - Claims

Potential disputes regarding resumed disparity or verified disparity in services during the trip must immediately be taken to the provider of the dispute service (hotel owner, transportation carriers, guide, etc.) soliciting the carrying out of the service in the terms set out in the travel documents (vouchers, programs). Within 10 days after the end of the trip, the traveller and/or the organizer must send a written report to Vacanze Senesi with all supporting documentation that he/she has been able to procure. Court jurisdiction: potential disputes and controversies will be under the jurisdictions of the Court of Siena.

Notes: air carrier operations, descriptions of hotels, prices, and useful information are provided by Vacanze Senesi based on the information at the time Of the drawing up the program; this information is subject to change without notice.

Organizer: Vacanze Senesi di CO.PTUR. Siena S.c.r.l., Administrative Authorization issued by the Administration of the Province of Siena n° 09193-19/07/1988, L.R.T. 51-17/11/1986. Insurance policy 2633/65/26653258 with the UNIPOL insurance company for civil liability as stated in articles 15 and 16 of the Legislative Decree of 17/03/1995.

Obligatory communication according to article 16 of the Legislative Decree 269/98.

Italian law penalises with imprisonment crimes relating to prostitution and pornography of minors, even if they are committed abroad.



## booking:

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# AMIATA MADRE TERRA

## NATURE & FLAVOURS

Realizzato con il contributo relativo all'azione 1.4.2.B del DOCUP ob 2 annualità 2007



Comunità Europea  
Fondo Europeo  
di Sviluppo Regionale



TOSCANA  
PROVINCIA DI SIENA



Terre di Siena  
Provincia di Siena

