

In giro TOURS

A deeper experience of Italy
In giro's Rising Strong in Tuscany Tour 2020



Join us on an intimate tour of hidden Tuscany for what Brené Brown calls *'the Rumble and the Revolution'* of the Rising Strong process. Get under the captivating skin of this beautiful region and discover cultural and culinary gems set among picture perfect landscapes.

*'When we deny our stories, they define us;
when we own our stories, we get to write the ending.'*

Brené Brown

This exclusive 13-day tour will offer us the opportunity to explore - and re-write - the stories we tell ourselves, especially when we bump up against the challenges and failures that inevitably arise when we dare to live fully in the arena, rather than on the sidelines. This is a training in emotional intelligence and resilience, firmly grounded not just in Brené's bestselling research but also in the latest neuroscience and the understandings and practices from the world of mindfulness. Most of the workshop will happen in the first few days so that we can keep percolating the themes and integrating the learnings throughout the tour, including while walking the magical Via Francigena pilgrimage trail. And there will still be plenty of time each day to savour the sights, tastes and rituals of this breathtaking land as we indulge in a unique journey through beautiful Tuscany.

This tour will be limited to a small group (max 13) so book early.

For more information about the tour, contact Ingrid -
ingrid.gaiotto@bigpond.com
www.ingiro.com.au
Telephone: +61 (0) 418 418 288

Tour Dates

Wednesday 23rd Sept - Monday 5th Oct 2020

Experience the beginning of autumn with the countryside resplendent in red and gold.

Cost

Early bird: \$7,990 per person (twin share) if you book by 1st December 2019

Full price: \$8,490 per person (twin share)

Single Supplement: \$1,500 (subject to availability)
Deposit: \$1,000 to secure the booking

Price includes all accommodation, private minivan transport, entry fees and most meals. Flights not included.

For more information about the Rising Strong training, contact Maggie via her website -
www.mindfulpresence.com.au
Telephone: +61 (0) 457 389 433



Local produce



Local market



*View from Pardini's Hermitage,
Isle of Giglio*

"A diverse tour featuring the best in accommodation, food and wine enhanced by Ingrid's personal knowledge of the area. A superb, well planned and most interesting tour with attention to detail in an itinerary filled with humour and surprise."

(Murray Arnott, former Flight Attendant & Tour Manager)

Tour Highlights

- Rising Strong workshop
- Two magical days of walking the pilgrim's trail on the Via Francigena, between San Miniato and San Gimignano
- Optional yoga/mindfulness sessions
- Stay in beautiful, historic villas and castles in spectacular settings
- Eat in working agriturismi, family run trattorie and refined restaurants that reflect the regional cuisine of the season
- Discover striking hilltop villages, historic towns and breathtaking countryside
- Experience old world charm at the Pardini family's enchanting summerhouse on the Island of Giglio, perched high on a hill overlooking two pristine private coves and a perfect stretch of emerald sea
- Tour the picturesque agricultural valley of the Val D'Orcia, a Unesco World Heritage site
- Fall under the spell of the atmospheric medieval Abbey of Sant'Antimo nestled in its idyllic setting near Montalcino
- Visit the dramatic hilltop village of Pitigliano, where local buildings have been constructed from volcanic tufa rock since Etruscan times
- Take a private boat trip to explore the beach-laced coves of the stunning Tuscan Archipelago
- Wander through La Foce, one of Italy's most iconic gardens, and be captivated by the fascinating personalities that inspired its creation
- Bask in the hot thermal waters of the cascading pools of the spectacular Cascate del Mulino
- Indulge in the aperitivo tradition and enjoy aperitifs in historic and panoramic settings
- Taste the family's local wine at the Castello di Potentino, in one of Tuscany's last remaining secret valleys
- Rub shoulders with the locals and grab a bargain at local produce markets
- Savour tastings of artisanal cheeses, cured meats and other local produce
- Explore Florence's Renaissance charm and discover its hidden secrets

"Ingrid's tour is a masterpiece; a personal and profound introduction to the glorious hotels, charming restaurants, family vineyards, picturesque medieval hill towns and country houses..."

(Maggie Fooke, hotel owner, Fitzroy, VIC)



Castello di Potentino



Cascate del Mulino

Your Hosts

Ingrid Gaiotto is an interior designer, educator and hospitality professional originally from Biella in Piemonte, Italy. Together with her family she now lives in Castlemaine in Central Victoria.

Ingrid's passion for Italy inspired In giro Tours, which offers a unique and unforgettable travel experience through the cultural symphony that is Italy, in the company of a local and away from the tourist trail.

Ingrid offers intimate knowledge of the area, its places and people. As host and guide, she is enthusiastically welcoming and gracious 'at home' in Italy.



Maggie O'Shea also lives in Castlemaine and is founder of *Mindful Presence*, specialising in trainings and retreats that combine mindfulness and other transformative work.

A long-term mediator and mindfulness teacher, Maggie is passionate about sharing the theory and practices that help us live life to the full.

She can't wait to go back to Italy for the first time since accidentally meeting her partner there years ago!



Tour Includes

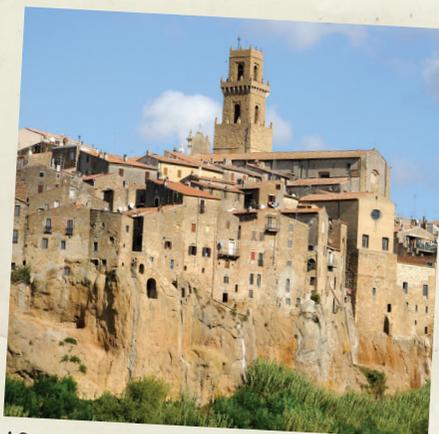
In giro
TOURS

- Private transfers from Termini train station (or a designated hotel) in Rome on the first day of the tour and Florence's Santa Maria Novella train station (or a designated hotel) on the final day, allowing you the opportunity to travel further in Italy before or after the tour. All land transfers within Tuscany are by air-conditioned minibus and private driver
- Small, personalised and private group (max 13 participants)
- Escorted by Ingrid Gaiotto, originally from Biella in Piemonte - a welcoming tour guide and host eager to share her intimate knowledge of the area. Ingrid is fluent in both English and Italian.
- 13 days/12 nights accommodation in striking locations in Tuscany, including 5 nights at the Castello di Potentino, near Seggiano (<https://potentino.com/>); 2 nights at Pardini's Hermitage, on the Island of Giglio (<http://www.hermit.it/>); 3 nights at Fattoria Barbiella Nuova, near Montaione (<https://www.barbiella.it/>); and 2 nights at Riva Lofts Florence, in Firenze (<http://www.rivalofts.com/en/>)
- Meals include breakfast daily, 10 lunches and 12 dinners (including tips)
- *Rising Strong* workshop by Maggie O'Shea, an accredited Brené Brown facilitator
- Two-day pilgrimage walk on the Via Francigena, between San Miniato and San Gimignano
- Optional yoga/mindfulness sessions throughout
- Drinks: all lunches and dinners provided in the itinerary include wine and water as well as coffee/tea and occasionally liqueurs
- Aperitivi (as specified in the itinerary)
- Meet local winemakers and producers, with private cellar visits and tastings of local wines and produce
- Admission to all cultural sites visited as a group
- Pre-tour liaison and support
- Free time between planned activities to savour la dolce vita...

Terms & Conditions

Tour does not include

- Pre-tour accommodation. It is highly recommended that you arrive in Europe 2-3 days prior to commencement of the tour, to allow you to overcome any symptoms resulting from jet lag; this will maximise your enjoyment of the first few days on the tour.
- Airfares
- Travel insurance
- Visas (if applicable)
- Items of a personal nature, including phone calls, passport and visas (if applicable), laundry or tips (except for meals, as per itinerary)
- Personal spending money
- Personal transport, excess baggage, security and government taxes
- Meals and beverages not specifically mentioned in the itinerary
- Optional excursions or activities that may be offered but not included in the tour price
- Does not include morning teas/ afternoon tea/coffee or drinks in between meals, not specifically mentioned in itinerary



View of Pitigliano

Tour Payments

- A Deposit of \$1,000 is required to reserve your place on the tour. Deposit is non-refundable (however, may be transferable) and is due at the time of booking
- A Second Payment of \$3,000 is required by Friday 13 December 2019 to enable confirmation of hotel and other reservations
- The balance must be paid by Friday 28 June 2020. Late payments may incur additional costs

Cancellation Policy

All cancellations must be made in writing to In giro Tours and will be subject to the following cancellation charges:

The initial deposit is non-refundable, however may be transferrable to another person or future In giro Tour, at our discretion.

40% of the second payment will be refundable where the second payment has been made but final payment has not yet been made.

The final payment is non-refundable. If you withdraw from the tour after the final payment has been received, the entire tour cost will be forfeited by you (although this could be recoverable through your travel insurance).

Further information

Extensive information will be provided well before departure concerning itinerary details, visa requirements, currency, clothing and what to pack, bank facilities, food and weather.

“Ingrid, we had a wonderful trip with you and can’t thank you enough for the care and attention that you gave us all. Definitely the best organised trip that we have been on... A truly memorable experience.”

(Chris Spriggs, Brisbane resident, QLD)

Booking Form

In giro Rising Strong in Tuscany Tour 2020



To ensure your place in In giro's Tour of Tuscany and Umbria, please send the completed and signed Booking Form, Fit To Travel Form and Booking Conditions pages (4 pages in total) plus \$1,000 Deposit per person to:

In giro Tours:

56 Campbell Street,
Castlemaine Victoria 3450
Telephone: 0418 418 288
Email: ingrid.gaiotto@bigpond.com

or by EFT transfer to:

Account name: In giro Tours
BSB: 633 000
Account number: 160 624 698
Ref: your surname

Please make sure your passport is valid for 6 months beyond the length of your stay and that you attach a copy of the passport identity page to this Booking Form or email to ingrid.gaiotto@bigpond.com no later than 28 June 2020.

DEPOSIT IS TRANSFERABLE, NOT REFUNDABLE.

COMPREHENSIVE TRAVEL INSURANCE IS MANDATORY.

Personal Details:

Name(s): _____

Date of Birth: _____

Address: _____

Email: _____

Telephone: _____ Mobile: _____

Emergency Contact Details:

Name: _____

Address: _____

Telephone (BH): _____ Telephone (AH): _____

Mobile: _____

Special Dietary Requirements: _____

Preferred Accommodation (please circle): Double Twin Single

(NB: A single supplement of \$1,500 will apply for single accommodation, subject to availability)

Fit To Travel Form



Tour participation requires a reasonable degree of fitness. The ability to confidently climb slopes, steps and to navigate uneven terrain, unaided, is essential.

This document is sent to all tour participants regardless of age. It is a condition of In giro Tours that any traveller booked to travel with us has a certain level of fitness. Please consider any fitness issues you may have before making a tour booking and placing a deposit. It is important that you understand that the tour will require some walking and climbing and will involve getting in and out of a minivan; using some public transport (for example: funicular railway) and includes a small boat trip.

It is the expectation that upon booking with In giro Tours any issues with your fitness will not impede the enjoyment of the tour for any of the remaining participants and In giro Tours will not be held liable for any activities or sightseeing missed due to the inability of any participant to keep up with the tour group.

Please complete, sign and date this form and return with your Booking Form and Deposit.

Can you ascend stairs without assistance? YES / NO

Are you able to walk distances without assistance? YES / NO

Do you suffer from any disabilities/physical constraints? YES / NO

Please specify: _____

Do you have any special dietary requirements? YES / NO

If yes, please specify: _____

Do you have any pre-existing illnesses/medical conditions? YES / NO

If so, please advise us of any medical conditions you feel may impede you fully participating in the proposed tour (In giro Tours will not be held responsible for any non-disclosure of pre-existing illnesses/medical conditions with regards to travelling without adequate travel insurance)

Comprehensive travel insurance is mandatory for participation in this tour. In giro Tours must be provided with a copy of your insurance policy.

I _____ agree to abide by the terms above.

Signed: _____ Date: _____

Booking Conditions



This agreement includes these Booking Conditions, the Terms and Conditions, the Booking Form and the Fit to Travel Form.

If you have not received all of these documents, please arrange to complete them before signing this acknowledgement.

This agreement becomes binding when we confirm your booking in writing and you have paid the deposit.

Conditions of Travel: It is recommended that all travellers adopt a sense of adventure, an easygoing outlook and the ability to 'expect the unexpected.' It is the expectation that all travellers will respect their fellow passengers and understand the key to an enjoyable tour is you!

Your tour leader Ingrid Gaiotto will have final say on all matters which affect the safety and wellbeing of you and your fellow travellers. This includes decisions about your ongoing participation in the tour if you fail to comply with her directions.

If you fail to follow directions or interfere with the enjoyment of your fellow travellers, this agreement may be terminated immediately and you can be required to leave the tour immediately, with no right of refund.

Ability to Travel: We rely on the information that you provide in the Fit to Travel Form. You agree that we cannot have any knowledge of any other medical issues that you may have and that we may request you to provide a medical certificate prior to accepting your booking if your Fit to Travel Form discloses any matters of concern.

In giro Tours reserves the right to decline any prospective traveller if they are concerned about the traveller's ability to participate in the tour or who may require services and/or facilities that In giro Tours cannot guarantee will be available.

You agree not to hold In giro Tours responsible for any decision made by a third party service provider who may refuse to carry you or provide any service to you.

Additionally, you agree that In giro Tours is not held liable for any damage, injury or loss of any kind arising from any pre-existing medical condition or from your failure to disclose any relevant medical information.

Deposits and Final Payments: The following payments must be made to secure your booking:

- \$1,000.00 initial deposit is payable at the time of booking to reserve your place on the tour.
- A second payment of \$3,000.00 is due by 13 December 2019 to enable us to secure services from third party providers.
- The final payment, being the balance of the price of the tour, is due by 28 June 2020.

Where a payment is not received by the due date, In giro Tours reserves the right to cancel your booking including up until the day of departure.

Accepted Forms of Payment: We only accept direct deposits or bank cheques. These payments must clear by the due date.

Single Supplement: The prices quoted are for twin share. Single travellers will incur a single supplement fee.

Changes to Prices and Itinerary: Whilst every effort has been made to ensure the accuracy of the information we provide to you about our tours, In giro Tours is not responsible for any changes to the itinerary as we are reliant on third party service providers.

You acknowledge that the tour costs are subject to international exchange rate fluctuations and these may necessitate increases to the cost of the tour.

If we are required to vary your booking for reasons beyond our control, we will notify you as soon as practicable. We will make every effort to minimise inconvenience to you.

Cancellation: All cancellations must be made in writing to In giro Tours at 56 Campbell Street, Castlemaine VIC 3450 or ingrid.gaiotto@bigpond.com and will be subject to cancellation charges from the date the written cancellation is received.

Cancellation Charges: The initial deposit is non-refundable, however may be transferrable at our discretion.

40% of the second payment will be refundable where the second payment has been made but final payment has not yet been made.

The final payment is non-refundable. If you withdraw from the tour after the final payment has been received, the entire tour cost will be forfeited by you (although this could be recoverable through your travel insurance).

If you choose to leave your tour early, no refund will be made to you as the full travel costs will have already been incurred by In giro Tours.

Minimum Numbers: The minimum number for this tour to proceed is seven people. If this number is not reached, the tour will not proceed and the entire tour costs paid by you will be refunded to you.

In giro Tours does not take responsibility for any additional costs incurred by you for additional costs or travel arrangements made by you.

Last Minute Bookings: Bookings made after the date for final payment are subject to availability and will require full payment immediately on receiving confirmation of your booking in writing.

Travel Insurance: It is a condition of travel that you hold comprehensive travel insurance for the full duration of the tour that adequately protects you for accidents, illness, injury, medical expenses, emergency repatriation, personal liability, death, loss of baggage and personal items, cancellation and curtailment.

You will be requested to provide evidence of travel insurance prior to departure.

Visas and Immigration: While In giro Tours may provide you with general information at times, you are solely responsible for ensuring that you comply with all visa, passport, immigration, quarantine, customs, health and other requirements of both Italy and Australia. In giro Tours is not responsible for any liability, expense or loss of any kind arising from your failure to comply with these requirements.

Passports: When booking the tour, you must provide your full name as it is recorded on your passport. In giro Tours is not responsible for any liability, expense or loss of any kind as a result of your name being recorded incorrectly. It is your responsibility to carry a valid passport.

Consular Advice: Official travel advice is issued by the Australia Department of Foreign Affairs and Trade. We recommend that you review the information contained on their website www.dfat.gov.au both prior to making a booking and prior to your departure.

Signed by the traveller (page 1 of 2):

Date:

Booking Conditions



General Conditions: In giro Tours will use its best endeavours to supply the tour in accordance with the itinerary except where such service cannot be supplied or the itinerary is changed due to delays or other causes which are beyond the control of In giro Tours.

You acknowledge that In giro Tours engages third party service providers on your behalf as your agent and is not liable for any failure to provide a service or damage, injury, loss, accident, delay, change or irregularity of any kind suffered by you which is a result of an act of omission of a third party service provider.

You acknowledge that events of force majeure may require the tour to be changed or cancelled to ensure the safety and wellbeing of the travellers. In giro Tours will not be liable for any delay or charge to our cancellation of the tour due to force majeure.

Force majeure may include acts of God, acts of government, strikes, lockouts or other industrial disturbances, blockades, wars, insurrections or riots, epidemics, landslides, fires, storms, floods, explosions or other events beyond the control of In giro Tours.

In giro Tours may be required to make substitutions for services described in the itinerary and will use its best endeavours to provide a comparable service.

You acknowledge that there may be instances where Ingrid Gaiotto is unable to act as tour leader and in that event, every effort will be made to replace her with a tour leader of similar experience and familiarity with the places being visited.

In giro Tours does not guarantee exact arrival and departure times and is not liable for any failure to make connections with any other service.

You may incur additional costs as a result of a delay, change or failure to meet the itinerary.

You acknowledge that there are inherent risks in overseas travel and In giro Tours is not liable for any loss including loss of enjoyment, delays or compensation as a result of circumstances which are beyond its control or to make any refund to you in these circumstances.

To the fullest extent permitted by law, In giro Tours excludes liability for any and all claim, loss, damage, accident, delay, change or irregularity whether direct, indirect or consequential.

Governing Law: This agreement will be governed by and construed in accordance with the law of Victoria, Australia. Each party submits to the exclusive jurisdiction of the courts of Victoria for determination of any claim or matter arising under this agreement.

Signed by the traveller (page 2 of 2):

Date:
