

Borderlands of Tuscany and Liguria

IATM Study Tour - Discovering the Lunigiana and Apuan Riviera



Portovenere from St. Pierre

Day One - Sat, 22 Nov: Pisa

Enjoy an orientation stroll, before our official welcome drinks and dinner, to the famous Piazza dei Miracoli. Admire the Leaning Tower, a modern wonder of the world, as we rarely see it on tour, illuminated. Overnight, Hotel Duomo. (D)

Day Two - Sun, 23 Nov: Vinci, Torre Del Lago & Pietrasanta, Forte dei Marmi (2)

Tuscany has inspired the greatest minds. Visiting Vinci will honour perhaps the greatest, namely Leonardo of (da) Vinci. We visit the Vinciano Museum, housed in the castle of the Counts of Guidi and known for Leonardo's drawings, paintings and models associated with his machines. To remember a great composer, we drive via Torre Del Lago. Now a popular seaside and lake resort it was, for many years, home to Giacomo Puccini. We travel northward to visit Pietrasanta, home to many sculptors, such as Botero and Henry Moore, before arriving at our hotel at elegant Forte dei Marmi. (BB, D)

Day Three - Mon, 24 Nov: Carrara and the Marble Mountains

A full day is set aside for exploring the Marble Mountains of Carrara, with a visit to the quarries, from where the white marble is extracted. We learn about the miners' lives and traditions, with a typical lunch in a mining village. Then on to a sculptor's studio, to see how the marble is prepared and transformed, sculpted into statues. With our guided tour of Carrara town, we follow in the footsteps of the great Michelangelo, who spent some time there, when he personally went to choose the marble for his statues. (BB, L, D)

Day Four - Tues, 25 Nov: The Castles of the Lunigiana, The Land of the Luna (as known in the Roman Era), La Spezia (3)

We devote most of the next two days to this area, a hidden treasure of Northern Tuscany. In the Middle Ages, the Lunigiana became the crossroads of trade routes linking the Alps with the Sea, a literary centre and an area of daring hilltop fortifications. The events linked to the Malaspina family add colour to the local history as do the many feuds between merchant families and transit travellers. The famed literary connections of the area include Dante, later Book Vendors, who were to become infamous and known as the Book Smugglers. No coincidence then that a Literary Book Prize, *Premio Bancarella*, is an annual, prestigious event in Pontremoli. (BB, L)

Day Five - Wed, 26 Nov: The Via Francigena, the Pilgrims Route to & from France, and local Specialities

Using the roads of the panoramic Valley of the Magra River, just like the river, we too meander towards the sea. The Via Francigena, the Frankish Road, was an important medieval pilgrimage route, linking Northern Europe with Rome. The documented changes in its routes over the years were the means for pilgrims and travellers, to be able to avoid local political feuds. Hence the Road does not link cities but Abbeys. To imagine the hardships of this mountainous landscape, where no cereal crop could survive, a visit to a Mill will astonish you. Here flour from chestnuts was produced; this flour for bread making was to serve as a staple food for centuries. (BB, L)

Day Six - Thurs, 27 Nov: The Bay of Poets & the Cinque Terre (5 Lands)

This coastline is considered the most dramatic and rugged stretch of the Riviera di Levante. Our gateway to the coast is fortified Portovenere, named after the goddess of love, who also became a protector of Fishermen. Both Byron and Shelley have particular associations here, hence the name of the nearby bay. The *Cinque Terre* is a coastal network of villages that defy belief as they hug the cliffs wherever there is space. Each village is unique. Fishing adds to the local restaurant specialities, whilst farming still continues today on those tortuous terraces carved out of the rock face, over centuries. A day of stunning photography! (BB)

Day Seven - Fri, 28 Nov: Fosdinovo & Sarzana- Lucca

Events and decisions of noble families set the theme for our next visits. Fosdinovo, an outstanding example of the borgo, a hilltop fortress town, reflects the priorities for defence of the Malaspina family, where military architecture combines with a premeditated, strategic location. Fortified Sarzana, lower in the valley, will contrast as we learn of the military involvement of the audacious noble man, Castruccio Castracani and see the town's defences of moats, curtain walls and relics of its fortress. (BB, D)

Day Eight - Sat, 29 Nov: Lucca- Pisa

Lucca's history is like a grand roll-call of different occupiers and rulers from the times of Romans, Lombards, Castruccio Castracani, the fearless Captain, The Holy Roman Empire, with the Napoleonic era and Elise Buonaparte of the early C19th, closing a period during which the city had achieved 500 years of independence as a City State. The cathedral with its major relic, The Holy Face of Lucca from the C8th, the impressive secular buildings, piazzas and former fortifications known for its four sets of walls, will feature in our orientation. The morning's sightseeing will be followed by a visit to the Villa Torrigiani, one of the most interesting and luxurious villas of Tuscany dating back to the 16th century, noted also for its French-style gardens and fountains. (BB, D)

Day Nine - Sun, 30 Nov: Pisa

After breakfast, it is not good-bye, but 'arrivederci Italia'. Individual arrangements follow.

Please note that IATM-Study Tours are only open to Active Members and their partners

***Itinerary subject to changes in accordance with local circumstances.**

HEALTH WARNING: a lot of intense walking in varied historical areas so fitness absolutely essential. Booking forms to be published on the IATM website. Price per person €90. Single supplement €195.

Included in the price:

Accommodation in 4*hotels based on twin sharing.
Organization of the program, as detailed.
Porterage at hotels (1 piece/pax).
Touring by luxury, air-conditioned coach.
Services of Tour Manager and local tourist guides.

Not included in the price:

Drinks.
Meals, unless specified.
Personal expenses.
Insurance.
Items not described.

Borderlands of Tuscany and Liguria

22-30 November, 2008

BOOKING FORM

I/WE wish to reserve place(s) on the Borderlands of Tuscany and Liguria tour at ~~€990~~ per person

Surname: Forename:

Address:

Telephone: Fax : Email :

IATM Region: Membership No.

Sharing with: Surname: Forename:

I/WE request a Twin bed room Double bed room SINGLE room (at a supplement of ~~€195~~)

Requests for pre- or post-tour apartments/self-catering accommodation in the area of Carrara and La Spezia should be addressed to **Maria Troiano** (trmaria@tin.it).

Reservations on this tour will be confirmed upon receipt of ~~€150~~ per person by 29 August, 2008.
Full payment is due by **15 September**, bookings made after this date are subject to a supplement of ~~€75~~.

Payments should be made by direct bank transfer to the following account:

IATM Study Tour 2008

Credit Suisse, Lucerne, Switzerland

IBAN: CH20 0483 5092 6871 7200 3 Swift or BIC code: CRESCHZZ60R

***Please be sure to include your name and IATM Study Tour 2008
as a reference when making payment.***

ALL BANK CHARGES TO BE PAID BY THE SENDER

Please contact either **Maria Troiano** (trmaria@tin.it) or
Mimi Greger (m_greger@yahoo.co.uk) should you wish to pay cash in Euros.

I/WE have read, understood and accept the payment conditions and cancellation charges shown on this booking form. I/WE have read, understood and accept the tour description as published on the IATM website. I/WE have adequate personal travel insurance cover for this tour, including cover in the event of cancellation or medical emergencies. I/WE are sufficiently physically fit to participate fully in this tour without assistance.

Signed: Date:

Cancellation charges:

Up to Monday, 22 September, 2008: 25% REFUND

After Monday 22 September, 2008: NO REFUND

PLEASE COMPLETE THIS FORM AND E-MAIL TO MARIA TROIANO – trmaria@tin.it