



PROPOSED ITINERARY

Monday 21 Nov	Tuesday 22 Nov	Wednesday 23 Nov	Thursday 24 Nov	Friday 25 Nov	Saturday 26 Nov	Sunday 27 Nov	Monday 28 Nov
Pick up in Florence or Pisa and transfer to Hotel Miravalle or San Miniato	This morning we'll get rowing and see what needs to be worked on. It'll feel good to stretch after travelling, too! After our row, we'll change and shower at the hotel.	Morning row, followed by a trip to the best little coffee and chocolate shop around. Afterwards, we'll check into the thermal pool for a relaxing dip.	A quieter day today, learning how to cook simplest, freshest local dishes, with the amazing Emiko Davies.	Florence! We'll head off right after breakfast to downtown Florence, where the Florence Rowing Club will be waiting to welcome you. The Ponte Vecchio is never more beautiful than from the water!	TRUFFLES! This morning we will be at the famous San Miniato Truffle Fair, tasting and trying and savouring all over the stands, at the wine tent, and the Trufflers' Association	Morning Row, reviewing what we've worked on and learning drills to continue at home.	TBA based on departure schedules.
Snacks or sandwiches depending on the time of day	Lunch today at a local winery, a tasting accompanied by various dishes.	Lunch will be poolside in our fluffy robes, in the solarium.	Lunch today will be made by you...don't disappoint us!	After rowing and a quick lunch, you're free to explore Florence.	We'll have lunch walking around the stands	Sunday Lunch at our home, prepared by our authentic Tuscan grandmother.	Leave for airports
After lunch, rest and unpacking. Then change into rowing kit for a get-to-know-you row, setting up the boats for tomorrow.	After lunch, those who want can help pick olives. Afterwards we'll visit a <i>frantoio</i> where the olives are pressed and taste the new oil.	After lunch we'll continue onwards to Lucca, an amazing medieval and Roman town that begs to be explored.	After lunch we'll have an hour to relax and get changed for rowing, where we'll train for the first time with all of our local rowers.	You'll have the whole day to see museums or shop, we will coordinate return to San Miniato by train later in the evening.	Rowing this afternoon with the club, maybe in mixed boats!	Relaxing, more strolling around the fair or taking a hike in the hills around San Miniato.	
Welcome dinner in San Miniato	Dinner on your own	Dinner back in San Miniato	Dinner on your own, or go out with local rowers!	Dinner at your hotel or in Florence, as you prefer.	Dinner at the fair if you wish	Most Italians skip dinner on Sundays	