



PROPOSED ITINERARY

Monday 7 Aug	Tuesday 8 Aug	Wednesday 9 Aug	Thursday 10 Aug	Friday 11 Aug	Saturday 12 Aug	Sunday 13 Aug	Monday 14 Aug
Pick up in Florence or Pisa and transfer to an agriturismo with pool near the foodie hill town of San Miniato (within walking distance)	This morning you're on your own, exploring the area by foot around the hill of San Miniato.	8.30 Departure: We're off to the best little coffee and chocolate shop around. It's on our way to the beautiful walled city of Lucca! We'll walk around the town.	TBA day...relax in San Miniato or get a ride to the train station and explore Tuscany.	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!	Rest or explore on your own	Morning Row, reviewing what we've worked on and learning drills to continue at home.	TBA based on departure schedules.
Lunch at the hotel depending on the time of day	Lunch today in town at one of the many eateries San Miniato offers.	Lunch in Lucca, at our favorite restaurant.	Lunch on your own.	After rowing, you're free to explore Florence.	Lunch on your own.	Lunch on your own.	Leave for airport
After lunch, rest and unpacking. Then change into rowing kit for a trip to the lake, where we'll look at boats and get setup for tomorrow's workout.	We'll pick you up at 5 for a row, alongside the rowers of our club.	After lunch we'll walk around the garden-topped walls of Lucca and then head back in time for a row.	We'll pick you up at 5 for an afternoon row.	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 whole club, maybe in mixed boats!	Relaxing, or taking a hike in the hills around San Miniato.	
Welcome dinner with our family	Dinner on your own	Dinner on your own.	Dinner on your own, or go out with local rowers!	Dinner on your own in Florence or San Miniato, as you prefer.	Pizza with the family	Dinner on your own.	