



A Tuscan Pilgrimage 2024

*Embark on a guided inner pilgrimage
and a deeper experience of Italy.*



www.ingiro.com.au

Join us on an intimate tour of hidden Tuscany. Embark on an inner pilgrimage and explore new ways of connecting, seeing and being in the world. Get under the captivating skin of this beautiful region and discover cultural and culinary gems set amongst inspiring natural landscapes and an ancient pilgrims' way.

This exclusive 11-day tour is a carefully crafted and professionally guided inner and outer journey, which uses the ancient model of the pilgrimage to add depth and richness to your self-exploration.

Imagine walking in the footsteps of generations of pilgrims along the magical Via Francigena pilgrim trail, waking up in an ancestral Castello in Tuscany's breathtaking Val D'Orcia, soaking up local stories and old world hospitality on a hidden retreat on the island of Giglio in the Tuscan Archipelago, and revelling in nature's rhythms at a bucolic organic farm estate.

At times of change in the world and our own lives, connecting with our essential nature and purpose is an important gift to ourselves, to those we love, and to the world.

Your journey will be supported with reflective processes, nurturing connection with nature, mindfulness, creativity and culture.

Travel through Italy in the company of a local, away from the tourist trail, at a pace that allows you to savour la dolce vita.

Tour Dates

Friday 7 - Monday 17 June 2024

Experience late spring with its warm weather and the countryside at its most beautiful.

Cost

\$9,250 per person (twin share)

Single Supplement: \$1,200
(subject to availability)

Deposit: \$2,000 to secure your booking.

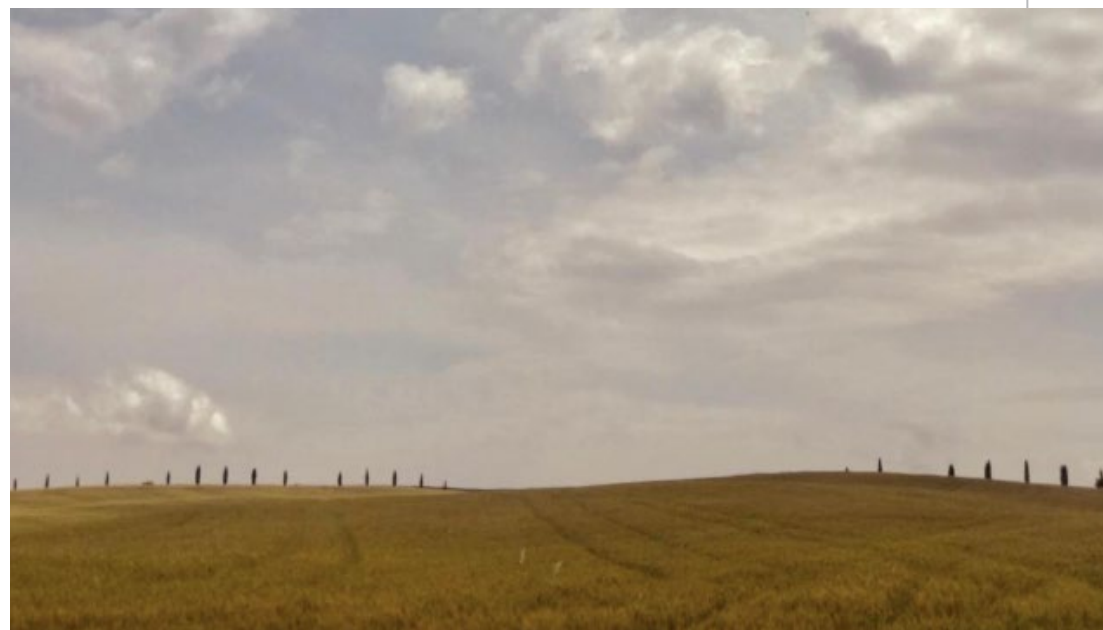
Price includes all accommodation, private minibuss transport, entry fees, workshops and most meals. Flights not included.

This tour will be limited to a small group (max 12) so book early.

For more information,
contact Ingrid
info@ingiro.com.au
Telephone: +61 (0) 418 418 288
ingiro.com.au

“ *The most amazing trip we have ever been on ...
our memories will live with us forever.*

~ Helen McInroy (Wallan resident, VIC)



Tour Highlights

In giro
TOURS

Savour the sights, tastes and rituals of this breathtaking land as we indulge in a unique and joyous journey through beautiful Tuscany. Slow down and fine-tune your senses so you can hear the beat of the earth and the whispering of your soul.

- Engage in supported, reflective processes incorporating shared story, creativity, nature and culture in companionship with like-minded people
- Discover picturesque valleys, striking hilltop towns and the breathtaking Tuscan Archipelago
- Stay in boutique, historic farming estates and luxury heritage accommodation in spectacular settings, including an ancestral castle
- Two magical days of walking the pilgrim's trail on the Via Francigena
- Indulge in gourmet produce and Tuscany's famous local wines at family-run trattorie, agriturismi and refined restaurants
- Experience old world charm at the Pardini family's enchanting summer house on the Island of Giglio, perched high on a hill overlooking two pristine private coves and a perfect stretch of emerald sea

“*Lucy is a skilled facilitator who brings passion, empathy and wisdom to the table. She creates safe environments for personal reflection, models integrity, and has the ability to make all participants feel welcome and part of the greater group, while recognising, and allowing space, for each individual's uniqueness.*

~ Stephen (Collective Wisdom Program participant, VIC)

“*All the things that truly matter - beauty, love, creativity, joy, and inner peace.*

Ekhart Tolle



Ghigo, our host at Pardini's Hermitage

Photo: Pardini's Hermitage



Tour Highlights

In giro
TOURS

- 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 Cascade del Mulino and visit the luxurious Terme di Saturnia thermal resort spa and indulge in their wellness path
- Stroll through French artist Niki de Saint Phalle's famous mosaic sculpture tarot garden in the wild coastal areas of the Maremma
- Indulge in the aperitivo tradition in historic and panoramic settings
- Taste the family's estate wine at the Castello di Potentino, in one of Tuscany's last remaining secret valleys
- Savour tastings of artisanal produce and local wines

“ This was a trip we could never have replicated on our own, and is not offered by anyone else that we know of ... We both absolutely loved the tour and will remember it always. It will be the terribly high bench mark that all other future holidays will probably fail to meet. We were confident that we wouldn't regret a single dollar. It was well worth it”

~ Carolyn Davis & David Kerven (In giro Tour of Sicily 2023 participants)



Your Hosts

Ingrid Gaiotto

Ingrid Gaiotto is a tour operator, entrepreneur, interior designer 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 is fluent in both English and Italian and offers intimate knowledge of the area, its places and people. As host and guide, she is enthusiastically welcoming 'at home' in Italy.



Ingrid Gaiotto

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

- Maggie Fooke (hotel owner, VIC)

Lucy Mayes

Lucy is an award winning facilitator, author and presenter and is founder of Collective Wisdom Consulting, specialising in group processes for personal and organisational insight and transformation.

She is a trained social worker and lawyer and has dedicated herself to deep personal, professional and spiritual development including women's circle facilitation, Eckhart Tolle's Teacher of Presence, Analytic-Network coaching, and nature facilitation.

Lucy is passionate about helping people find their power, presence and joy in these transformative times. She believes self-kindness, self-reflection and spirituality are generous and revolutionary acts in times of change.



Lucy Mayes

“ *Lucy facilitates with incredible skill, depth and intuition. Her willingness to share her wisdom, skills, insights and stories, and her fearless provision of support and inclusion created magic for our group.*

~ Bronwyn (Leadership Program participant, VIC)

Tour Inclusions

- 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
- All land transfers within Tuscany are by air-conditioned minibus with private driver
- Small, personalised and private group (max 12 participants)
- 11 days/10 nights accommodation in beautiful locations in Tuscany including:
 - 4 nights at the Castello di Potentino, near Seggiano (potentino.com);
 - 2 nights at Pardini's Hermitage, on the Island of Giglio (hermit.it);
 - 4 nights at Fattoria Barbiarella Nuova, near Montaione (barbiarella.it);
- Meals include breakfast daily, 9 lunches and 10 dinners (including tips)
- 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)
- Two-day pilgrimage walk on the Via Francigena
- Meet local winemakers and producers, with private cellar visits and tastings of local wines and produce
- Admission to all historical sites, thermal sites, galleries and museums undertaken as a group
- Free time between planned activities to savour la dolce vita
- 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.
- Workshops, reflective practices and guided circles by professional facilitator Lucy Mayes
- Pre-tour liaison and support



Terms & Conditions

Tour fee does not include:

- Pre-tour accommodation. It is highly recommended that you arrive in Europe 2 or more 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
- Visas (if applicable – not required for tourism visits to Italy under 90 days)
- Travel insurance
- Vaccinations
- 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
- Morning and afternoon tea or drinks in between meals, not specifically mentioned in itinerary

Tour Payments

- A Deposit of \$2,000 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.
- The balance (including Single Supplement, if payable) must be paid by Friday 16 February 2024. 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 conditions:

The initial deposit is non-refundable, however may be transferable at the discretion of In giro Tours.

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

Further Information

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

Photo: Arthur Poulin



Booking Form

A Tuscan Pilgrimage 2024



To confirm your place on this tour please complete all four pages of this agreement, comprising Booking Form, Fit to Travel Form and Booking Conditions (four pages in total) and pay the deposit by EFT (with your surname as the reference).

Please ensure you first download and save this document and then complete, sign and email to info@ingiro.com.au

EFT Bank Details for Payment of Deposit:

Account Name: IN GIRO TOURS
BSB: 633 000
Account: 160 624 698
Ref: Your Surname

Valid Passport:

Please note that a passport valid for six months beyond the length of your stay, and issued within the last 10 years, is required by all Australian passport holders visiting Italy. A visa is not required for tourism visits to Italy under 90 days.

Travel Insurance:

Comprehensive travel insurance is mandatory for each traveller. You should ensure that you are covered for COVID-19 related situations, pre-tour cancellation, personal accident and sickness, medical expenses, emergency evacuation/repatriation/quarantine and loss of luggage and personal effects. Please note that most travel insurance companies exclude some COVID-19 related circumstances.

A COPY OF YOUR PASSPORT IDENTITY PAGE AND INSURANCE POLICY CERTIFICATE MUST BE PROVIDED TO IN GIRO TOURS NO LATER THAN 16 FEBRUARY 2024.

Personal Details:

Name(s): _____

Date of Birth: _____

Address: _____

Email: _____

Telephone: _____ Mobile: _____

Emergency Contact Details:

Name: _____ Relationship to you: _____

Address: _____

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

Mobile: _____

Special Dietary Requirements:

Preferred Accommodation

Please tick: ☐ Twin Share ☐ Single

Note: A single supplement of \$1,200 will apply for single accommodation.

Fit To Travel Form



Tour participation requires a reasonable degree of both physical fitness and mental wellbeing. The ability to confidently climb slopes, steps and navigate uneven terrain, unaided, is essential. Participants should be capable of 4 - 5 hours of moderate walking at a time. Participants should be willing to safely self-reflect and share in a group context, whilst allowing space for and respecting individual differences.

It is a condition of In giro Tours that any traveller booked to travel with us has a certain level of physical and mental 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 minibus and includes several boat trips.

This tour includes facilitated group and individual processes designed to support you to reflect and feel deeply. A supported, psychologically safe environment will be provided as much as possible but it is expected that prospective participants will not attend if they are living with unmanaged

mental illness/trauma or fragile mental health. Participants with a history of mental illness or trauma are encouraged to speak with the program facilitator ahead of booking.

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. In giro Tours, Ingrid Gaiotto and Lucy Mayes 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 or to manage the psychological landscape of deep personal and group reflection.

I _____ agree to abide by the above terms.

Signed: _____ Date: _____

This mark denotes your signature.

FITNESS DECLARATION (please circle)

Do you suffer from any disabilities and/or physical/mental constraints?

☐ YES ☐ NO

If yes, please specify:

Do you have any pre-existing illnesses and/or 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 and/or medical/mental health conditions with regards to travelling without adequate travel insurance):

Do you have any special dietary requirements?

☐ YES ☐ NO

If yes, please specify:

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 participants 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:

- \$2,000 initial deposit is payable at the time of booking to reserve your place on the tour.

- The final payment, being the balance of the price of the tour, is due by 16 February 2024.

Where a payment is not received by the due date, In giro Tours reserves the right to cancel your booking.

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 of \$1,200.

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 info@ingiro.com.au and will be subject to the following cancellation penalties from the date the written cancellation is received:

The initial deposit is non-refundable, however may be transferable at the discretion of In giro Tours.

If you withdraw from the Tour after paying the balance, the entire Tour cost will be forfeited by you (although this may be recoverable through your travel insurance).

Minimum Numbers: The minimum number for this tour to proceed is 10 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):

This mark denotes your signature.

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, change or 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 or Lucy Mayes are unable to act as tour leader/facilitator and in that event, every effort will be made to replace them with a tour leader/facilitator of similar experience.

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):

This mark denotes your signature.

Date:

Please ensure you first download and save this document and then complete, sign and email to info@ingiro.com.au

“ 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, VIC)

