



CALLISTO TOURS presents

Rowing in Exquisite Destinations with Coach Marlene Royle TUSCANY - September 5 to 11, 2010

Our unique sculling program in Tuscany highlights the expert coaching of Marlene Royle set on a private rowing basin formed by the River Arno that lies in the famous region identified by sparkling landscapes, renaissance culture and the rich soil that produces world famous wines and olive oils. A 12th century medieval city named San Miniato situated on the crest of one of the highest peaks between Florence and Pisa is our base for 7 days.

Off the water visit historic hill towns such as Vinci, San Gimignano, Volterra, Lucca, Pisa, and a train excursion to Florence with time for sightseeing, shopping and dining. Soak up the architecture and art while savoring the finest fresh home cooked Tuscan cuisine, locally grown produce, homemade pasta, pecorino, wild boar, fruity olive oils, flavorful Chianti and Sangiovese, topped off with gelato, fine Italian chocolates, biscotti and vin santo. Bask in the essence of Tuscan culture and beauty while having the rowing experience of a lifetime.



Rowing Program

Marlene's sculling instruction will be focused on improving the technical skills of each sculler through one-on-one coaching, practicing drills, group exercises, video analysis, and dock demonstrations. Special attention will be given to stabilizing the hull, bladework, proper recovery rhythm, as well as, effective power application on the drive and learning to work with the boat. Marlene will help you learn the critical concepts of the stroke and then how to practice your skills. Sessions will be tailored to the needs and goals of the group. Instruction will be in single shells with some doubles available for use. Scullers should be able to row a racing single. Off the water, you will have time to talk to Marlene about training, physiology, flexibility, and any other aspects of sculling that interests you. Email Marlene at roylerow@aol.com with any questions.

In September the temperature ranges from a low of 55 to high in the mid 70's so rowers should be prepared with tights and light rain jackets for cool mornings.

Optional activities

San Miniato and its neighbors are rich in culture, history and sport. Numerous optional alternatives may be arranged for non rowing guests, such as bicycle rentals and group bike rides, cooking classes, hiking (guided or self guided), golfing, wine tasting, special excursions, museum or spa visits. Some of the optional activities may result in an additional charge for equipment rental, drivers or guides.

Accommodations

An immersion into Tuscan country living with 6 nights in a hilltop bed and breakfast a few meters from the center of San Miniato. Relax with a swim in the pool or sip vino rosso della casa on the patio surrounded by olive trees and vineyards. All rooms are large bright and airy with air conditioning, and en suite bathrooms with showers. Enjoy an Italian breakfast of cakes and coffee in the dining room with the family each morning.

Sample Schedule

Sunday, September 5. We meet at the Amerigo Vespucci airport in Florence (FLR) for our 45 minute drive to San Miniato. Once we're settled in the hotel, we get together for introductions and to discuss the week, rowing goals, touring goals, and, hopefully time permits, a 10 minute drive to the lake to check out the boats. Tonight's welcome dinner is an initiation into the extraordinary world of Tuscan cuisine.

Monday, September 6. Following breakfast in the hotel we drive to the lake for our first session on the water. After our workout we stop for a well earned cappuccino and pastry before heading back to the hotel for a short rest and time to freshen up. Lunch is on our own before we meet to leave for the oldest Etruscan city on the highest mountain of alabaster. On our way back we stop for dinner at a very special agriturismo that is famous for its olive oil and pecorino.

Tuesday, September 7. Breakfast is followed by a morning coached row at the lake. Lunch and the afternoon provide an ideal opportunity to try some of the wines and foods of the region in a special visit to a local winery that includes a private tour, tasting and lunch. Later, visit the center of San Miniato, climb to the top of the tower and take in the lush landscapes. Dinner will be on our own.

Wednesday, September 8. Breakfast, a morning workout, and then time to freshen up before we leave for the train station and a day trip to Florence, the "cradle of the Renaissance". Walk along the historic streets passing the Duomo and Brunelleschi's famous Dome, the celebrated bronze doors of the Baptistery, Ponte Vecchio and Pitti Palace. Time on our own to shop, visit a museum or relax in a café and when touring and shopping are completed, we'll share stories of the day over dinner in an historic Florentine restaurant before the drive home.

Thursday, September 9. Breakfast and morning rowing session followed by lunch then a 50 minute drive to Pisa's Campo dei Miracoli and its famous tower. Following Pisa we'll continue on another 20 minutes to Lucca, the uniquely beautiful walled city, and birthplace of Puccini. We'll feast on typical Tuscan dishes in a local trattoria before heading home.

Friday, September 10. After breakfast, the morning rowing session, and some refreshment, we take the 1 hour drive to the very special medieval hill town of San Gimignano with its distinctive skyline and abundance of art, shops and restaurants. Later we'll have our last dinner together in a special restaurant in San Miniato.

Saturday, September 11. Breakfast, packing and our goodbyes. Transportation will be provided back to Florence for flights home or on to further travels.



A final schedule will be distributed prior to departure however all activities and schedules are subject to change at the discretion of the coaches due to weather or other conditions that prove unsafe to travelers, as well to take better advantage of local activities that might be of greater interest, such as fairs or cultural events.

The cost of the trip is \$2750 per person. This includes 6 nights double occupancy hotel accommodations (single supplement may be available on request), rowing sessions, video analysis and technique talks with Marlene Royle, boats, oars, breakfast plus either lunch or dinner each day (house wine or beer served with meals, other alcoholic beverages not included) all sightseeing arranged by the group leaders, transportation and entrances on group sightseeing trips, any wine or cheese tasting or other culinary or cultural event organized by the tour, airport transfer to and from Florence (FLR) (within designated timeframes). Costs are based on exchange rates as of December 7, 2009 and are subject to adjustment in the event of any major currency fluctuation. Cost does not include airfare, personal items, telephone, travel insurance, tips to guides and drivers.

The number of rowing participants is limited so reserve now by making a deposit of \$500 payable by check or credit card to Willett Travel. The balance of the trip cost is due June 15, 2010. All reservations are subject to cancellation if payments are not received by the final due date. See the Trip Enrollment form for details and the cancellation policy.

Pamela Abraham escorts the group throughout the time in Tuscany and will be available to answer questions, assist with travel arrangements, and to do what she can to make your vacation carefree and relaxing.

CONTACT

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