

Row ITALY

Our most popular rowing program since 2005.

TERRALBA ROWING CAMP
August – September 2009



Head to Italy for an intense sculling adventure featuring coaching from the finest Italian rowing coaches, training on a private rowing basin, and a visit to the famous rowing club under the Ponte Vecchio in Florence. Experience Tuscan traditions, culture and hospitality firsthand as the guests in the 12th century hill town of San Miniato situated on the crest of one of the highest hills between Florence and Pisa. Off the water visit historic hill towns of Tuscany, soak up the architecture and art while sampling the finest regional foods and wines. Bask in the essence of Tuscan culture and beauty while having the rowing experience of a lifetime.

Accommodations for 6 nights in a local bed and breakfast near the center of San Miniato (PI). Each morning begins with a traditional Italian breakfast then the 10 minute drive to a private rowing basin for our morning training. Spend afternoons and evenings visiting nearby towns of interest such as Florence, Siena, San Gimignano, Volterra or Lucca. Each day culminates with dinner together at various local restaurants specializing in the unsurpassable Tuscan cuisine and wines.



The facilities at the lake, home to the San Miniato Rowing Club, include men's and women's changing rooms with showers and a new gym with a full set of weight machines and Concept II ergometers. Practices are tailored to each athlete, geared to improve one's style and speed. Off water meetings and occasional video taping sessions enhance workouts.

Enzo Ademollo, head coach and co-founder of Terralba Rowing Camp, has decades of experience coaching rowers of all ages as well as being the national coordinator of masters' rowers and on the Italian National Rowing Council.

Eliza Camp, a native English speaker with years of living in Italy and co-founder of Terralba, studied under wooden boat building master Graeme King and in the winter is a professional boat restorer and builder.

Pamela Abraham, a Los Angeles rower, accompanies the rowers until the end of the tour. She is available to answer questions, expedite arrangements and assist in handling organizational matters before and during the holiday.

Sample Schedule

Day 1. Rowers will be picked up on arrival in Pisa or Florence (arrangements to be confirmed once flights have been scheduled) and driven the 45-minutes to San Miniato. Time permitting, we will take the 10 minute drive by car down to the lake for introductions to the coaches and facilities. Dinner at a local trattoria while reviewing rowing goals for the week and schedules.

Day 2. Morning session on the water begins following breakfast. After lunch and a short rest, we make the 1 hour drive to the very special medieval hill town of San Gimignano with its distinctive skyline and abundance of art, good shops and restaurants. Dinner either in San Gimignano or San Miniato.

Day 3. After breakfast 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 local producer and private tasting. Visit the center of San Miniato, climb to the top of the tower and take in the lush landscapes.

Day 4. Slightly more leisurely breakfast as we prepare to spend the day in Florence, the “cradle of the Renaissance”. Walk along the historic streets to the Arno River for a visit to the famed Florence Rowing Club and the unique opportunity to row under the Ponte Vecchio. Following lunch in the city, take in a museum, climb to the top of the Duomo, visit the leather school or sip cappuccino in a café. A day to remember.

Day 5. Breakfast and morning rowing session followed by lunch then a 50 minute drive to Pisa’s Campo dei Miracoli and its famous tower. Time permitting, we continue to one of the nearby picturesque seaside restaurants for dinner or we return to sample another of San Miniato’s fine restaurants.

Day 6. After breakfast and the morning rowing session, we will take some time to have lunch and rest up before driving an hour to visit the uniquely beautiful walled city of Lucca, birthplace of Puccini. Later, our final dinner celebration in a very special restaurant.

Day 6. Breakfast, packing and our goodbyes. Transportation will be provided back to Florence or Pisa depending on flight and/or hotel and individual travel plans.



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. In the event an activity is cancelled, every effort will be made to reschedule or replace it with equally acceptable activities and any changes will be clearly communicated and discussed with travelers.

Participants are responsible for determining if the trip is suitable for their athletic ability, fitness level, and state of health, and advising Callisto Tours of any medical or dietary problems (such as allergies) or restrictions prior to booking a trip. Participants are responsible for informing themselves of all passport, visa, and health requirements in relation to their trip and making sure all required documents are in proper order and taken with them on their trip. Participants are responsible for checking in for flights at the correct time. Participants must also sign and submit a Release of Liability and Assumption of All Risk Form and a Personal Information Form prior to departure. Participants are required to respect the laws and customs of countries visited and follow environmental guidelines and regulations while on the trip in accordance with the direction of their guides.

Group size is limited to maximize coaching and efficiency on and off the water. It may be possible to put together your own group of rowers for the trip providing we maintain a practical group size

For available dates, pricing and further details of our Row Italy 2009 program, contact:

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