



Italy Vegan Food Adventure

Overview & Itinerary

Start	Venice, Italy
Finish	Rome, Italy
Destination	Italy
Style	Original
Theme	Food
Code	ZMZV
Trip rating	5
Validity	01 Jan 2020 to 31 Dec 2020



Is this trip right for you?

- Veganism is about more than just food, of course. It's an entire movement, a shift away from animal products generally. Being the sustainable-minded bunch we are, we'd love to offer trips that visit vegan hotels and use only vegan alternatives to products such as leather, but the logistics of doing so make it impossible at this stage. Perhaps we can offer this one day! But for now, the focus of our vegan trips is of the epicurean kind – quality, local, authentic vegan cuisine done by those who do it best, in some of the most incredible places around the world.
- We've put a lot of research into putting this new trip together. However, that doesn't mean it will run perfectly. In fact, because it's a new itinerary we expect a few bumps along the way. In our experience, a little detour here and there can make things more interesting if you approach the adventure with flexibility and an open mind.
- Anyone who has an interest in local vegan cuisine is welcome on our Vegan Food Adventures.

Physical rating



Joining point

Kosher House Giardino Dei Melograni
Campo del Ghetto Nuovo, 2873
Cannaregio
Venice
ITALY
Phone: +39 0418226131

Joining point description

Kosher House Giardino Dei Melograni overlooks Venice's Ghetto and its canals. It offers air-conditioned rooms with free Wi-Fi, TV, a safe and a minibar. Some rooms offer canal views, others overlook Campo del Ghetto Nuovo Square. The hotel is the only kosher residence of the city, ideally located in one of the oldest and best preserved Jewish ghettos in Europe. It is within walking distance to all the most important tourist and cultural sites, but away from the crowded streets. Please note that reception closes at 8pm. Should you anticipate a later arrival than 8pm please make sure you let your travel agent know so the hotel can be informed and arrangements for a late check-in can be made. In case of delays please phone the hotel directly on the above number in advance.

Joining point instructions

At Venice Marco Polo Airport (airport code VCE) taxis are readily available. Alternatively the best way to get to the city is the ATVO (blue) bus which takes around 20 minutes to Piazzale Roma. From Treviso Airport (airport code TSF) you can also catch an ATVO (blue) bus to Piazzale Roma. The journey time will be around 75 minutes. As traffic can't enter the narrow alleyways of the old town taxis will also terminate at Piazzale Roma. By train you will arrive at Venice's Santa Lucia railway station. There are frequent direct trains from Milan and other parts of Italy, so arriving by rail into Venice is a feasible alternative to flying. For train schedules and tickets please consult the Italian national rail operator's website trenitalia.com.

From Piazzale Roma walk across the arching pedestrian bridge across the Grand Canal, with the water bus dock on your left. Once you have crossed the bridge continue walking straight alongside the canal, past Santa Lucia railway station. The name of the street becomes Lista di Spagna and veers away from the canal. Once at Piazza San Geremia, cross the square diagonally and exit it at the far left corner. Cross another bridge, then turn left immediately along Canale di Cannaregio. After 30 meters turn right into a tiny alleyway through a tunnel (to the right of GamGam restaurant). This is Calle Ghetto Vecchio. Continue straight, then diagonally across another small square, across another bridge, after which you will find yourself in Campo del Ghetto Nuovo Square. The hotel is right in front of you. The entrance to the hotel is through the little garden on the right. This walk should take approximately 15 minutes. If you prefer not to walk you can take the vaporetto (public water bus) line 42 or 52 from the water bus stop at Piazzale Roma or in front of the train station and get off at Guglie. From the water bus stop walk along Canale die Cannaregio (with the canal to your right) then turn left into a tiny alleyway through a tunnel (to the right of GamGam restaurant), then follow the instructions as per above.

Pre booked arrival transfer from Venice Marco Polo Airport (airport code VCE): Your transfer driver will be waiting in the arrivals hall, holding a board with the Peregrine Logo or your name. In case of flight cancellations, changes, if you experience severe delays at immigration, baggage collection or customs, or if you are not able to find the driver please contact the transfer operator's phone number: +39 3334 112 840 or +39 3382 044 390.

IMPORTANT NOTE

Please note that reception at Kosher House will close at 8pm. Should you anticipate a later arrival than 8pm please make sure you let your booking agent know so the hotel can be informed and arrangements for a late check-in can be made. In case of delays please phone the hotel directly on their number listed above.

Problems and emergency contact information

GENERAL ISSUES ON YOUR TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In the case of a genuine crisis or emergency, please contact our local office:

Intrepid's Local Operator: +49 867 791 866 57

Itinerary

 **Expand All**

Day 1: Venice

Welcome to legendary, romantic Venice. It's a town literally sinking under the weight of its iconic sights. Your adventure starts with a 6 pm welcome meeting, but if you're arriving early there's plenty to see and do. The best way to enjoy your free time and explore is by foot, taking in all the famous sights – the Grand Canal, the Rialto Bridge, Doge's Palace (the ruler of Venice), the Piazza San Marco with its golden Basilica, and of course, the evocative Bridge of Sighs. And then there's the food. Like everywhere in Italy, magical things are done in Venice with simple, elemental ingredients – be it olive oil and bread, a sumptuous funghi pappardelle or an after-dinner espresso or sorbet. Vegans will have no trouble finding a delicious repast in this town. Remember, 'senza latte' (no milk) will be your go-to phrase when in the gelateria! After the welcome meeting, head out for an included dinner with your fellow travellers at La Tecia Vegana. It's Venice's first first all-vegan restaurant – modern but with that old-school white-tablecloth Italian touch, and set in a beautiful old brick building. It prides itself not only on vegan food but organic ingredients too.

Accommodation

- Hotel (1 night)

Meals Included

- Dinner

Day 2: Venice

It's an early start today as you head to the markets. First, walking down to the canals, watch farmers unload their produce from the canal boats, ready to be sold at Venice's famous Rialto markets. It's a tradition that's more than 1000 years old. Your leader will give you an orientation walk through the city, which includes a coffee stop in the Jewish quarter and an explanation of the differences and similarities between the kosher and the vegan/vegetarian cooking. There'll be a taste of vegan Jewish cookies and coffee while here. Your afternoon and evening are then free, and your leader can suggest quality vegan friendly restaurants to visit. Buon appetito!

Accommodation

- Hotel (1 night)

Included Activities

- Venice Orientation Walk
- Venice - Local Market Visit

Optional Activities

- Ca' Rezzonico Museum of Eighteenth Century Art - EUR10
- Doge's Palace and Bridge of Sighs - EUR20
- Guggenheim Museum - EUR15
- Museum of St Mark's Basilica - EUR5
- St Mark's Campanile - EUR8
- St Mark's Basilica Treasury - EUR5

- Accademia Gallery - EUR15
- Venezia Ca' d'Oro - EUR14
- Venice San Giorgio Bell Tower - EUR6

Meals Included

- Breakfast

Day 3: Bologna

Rise and shine for your morning train to Bologna. We'll be early to arrive at the hotel, but luggage can be stored there. Start off with a leader-led orientation walk so you can get your bearings, taking in Bologna's pleasant atmosphere. It's a town characterised by medieval architecture, an exuberant intellectual culture (it's a major university town) and perhaps most famously its amazing food. In the afternoon, take a short train ride to Modena to visit Acetaia di Giorgio, a traditional balsamic vinegar producer. Tour through the premises and partake in a tasting of their exquisite balsamic vinegar, which is naturally vegan friendly. The evening is yours to seek out some dinner. There's no shortage of options, so ask your leader for their favourite vegan-friendly spot.

Accommodation

- Hotel (1 night)

Included Activities

- Modena - Acetaia Visit
- Bologna - Orientation Walk

Meals Included

- Breakfast

Day 4: Bologna

Today it's time to try your hand at vegan Italian cooking. A market visit is included to seek out fresh produce and local ingredients. It kicks off at around 9 am, with the market visit first, followed by the cooking class in which a professional chef with a rich knowledge of nutrition will school you in inventive vegan twists on Bolognese classics. Afterwards is lunch itself, a feast of your own creations. The afternoon and evening are once again free.

Accommodation

- Hotel (1 night)

Included Activities

- Bologna - Vegan Cooking Class & Market Visit

Optional Activities

- Bologna - Eataly World - Free

Meals Included

- Breakfast
- Lunch

Day 5: San Gimignano

Board a train to Florence (approximately 30 minutes), followed by a train to Certaldo (approximately 50 minutes). From there, take a private transfer to San Gimignano, where a guided walk through the I Pini agriturismo gives you an overview of some local vegan produce. Enjoy a vegan and biodynamic wine and food tasting, sampling some bespoke organic varietals. Afterwards, for dinner, tuck into a home-cooked vegan feast. We'll be staying in the villa attached to the I Pini agriturismo – a dedicated vegan abode in a gorgeous setting overlooking the hills. True to the ethos of the people behind this local gem, the walls of the villa are made of chalk, and the floor is made from cocchiopesto (organic screed). This may make it sound quite rustic, but you'll be delighted at the atmosphere of this space, both inside and out.

Accommodation

- Agriturismo (Farmstay) (1 night)

Included Activities

- Agriturismo - Wine Tour and Tasting

Meals Included

- Breakfast
- Dinner

Day 6: San Gimignano

Take a scenic walk from the agriturismo into town, which will take between 30 minutes and 2 hours, depending on the conditions and the route we take. The agriturismo is located about a short distance from the town centre. Once in town, enjoy a visit to the Vernaccia Wine Museum, which gives a great overview of San Gimignano's famous wines and the history behind them. As well as interactive exhibits, there's also a tasting area with a superb sweeping view of the surrounding land. Please note: not all wines on offer at the Wine Museum are vegan. Your leader will be able to help point out which wines are available for you to taste. You'll also visit, in the town square, an award winning gelateria, an institution which has been the world champion of gelato twice. See what

the fuss is all about and enjoy a taste of vegan sorbet ice cream done by the true experts. Afterwards, it's back to the villa to relax, unwind, and soak up your idyllic surrounds.

Accommodation

- Agriturismo (Farmstay) (1 night)

Included Activities

- San Gimignano - Orientation Walk and Town Tour
- San Gimignano - Wine Museum

Meals Included

- Breakfast

Day 7: Rome

Travelling by private transport and by train, make your way to Rome (approximately 4 hours). Settle in and get your bearings with an afternoon orientation walk with your leader. This evening, head out for a farewell dinner at il Margutta, a vegetarian spot that's been doing their thing for three decades – and doing it very well. They offer a variety of vegan dishes; on top of that, if you see an entree you love which happens to contain cheese or eggs, the chef will be happy to swap out ingredients to make it vegan-friendly.

Included Activities

- Rome - Orientation Walk

Meals Included

- Breakfast
- Dinner

Day 8: Rome

Your adventure comes to an end this morning, with no further activities planned.

Optional Activities

- Colosseum, Roman Forum and Palatine Hill - EUR16
- Vatican Museum - EUR16
- Pantheon - EUR2

- Venezia Palace - EUR5

Meals Included

There are no meals included on this day.

Finishing point

Hotel Stella
Via Castelfidardo 51
Rome
ITALY
Phone: +39 064441078

Finishing point description

Hotel Stella, a former 19th century mansion, is centrally located near Termini Station (Rome's main railway station) and the biggest park in Rome, Villa Borghese. All rooms have private facilities, air conditioning, room safe, TV and hairdrier.

Finishing point instructions

If you are making your own way to the airport the hotel will be able to help book you an airport shuttle or taxi. Please ask at reception. Alternatively, Hotel Stella is approximately 10 minutes walk away from Roma Termini, the main railway station, from where there are trains and/or buses to both of Rome's airports.

Pre booked departure transfer to Rome Fiumicino (airport code FCO) and Rome Ciampino (airport code CIA) airports: You will be collected at the hotel reception 3 hours before your flight departure time. In case of flight cancellations, changes or if you are not able to find the driver, please contact the transfer operator directly: +39 335 568 5666.

Itinerary disclaimer

ITINERARY CHANGES:

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you print and review a final copy prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays or other factors, further changes may be necessary to your itinerary once in country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any changes once on tour.

OPTIONAL ACTIVITIES:

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers.

<http://www.intrepidtravel.com/feedback/>

Essential Trip Information

Important notes

A single supplement is available on this trip with exception of Days 5-6 (San Gimignano). If a single room becomes available at check-in for these nights, there may be the option for you to upgrade to a single room by paying the surcharge locally for these nights.

Passport and visas

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

EUROPEAN COUNTRIES ON THIS TRIP (EXCLUDING RUSSIA, UKRAINE, TURKEY):

Australia: No - Not required

Belgium: No - Not required

Canada: No - Not required

Germany: No - Not required

Ireland: No - Not required
Netherlands: No - Not required
New Zealand: No - Not required
South Africa: Yes - in advance
Switzerland: No - Not required
UK: No - Not required
USA: No - Not required

Medical and health information

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained at the locations on this trip. Please ensure that you are adequately prepared.

Food and dietary requirements

Animal product free options are available for all included meals and we are able to make efforts to accommodate other dietary requirements. However, while do our best to ensure complete vegan eating and cooking on these itineraries, we cannot make an 100% guarantee – it is also up to the individual traveller, especially when it comes to their personal definition of veganism. While we have done our research and briefed our teams, you'll be travelling in countries where veganism may be new to the local people and efforts to prevent cross-contamination may not be as diligent as in your home country. We make best efforts to ensure meal preparation and utensils are careful of this and you will have your local leader to translate during group time, but if you're really worried, this trip might not be for you. If you are willing to pack your patience, due diligence and some humour, you'll fit right in! For more information on our Vegan trip range, please see the full list of FAQ on our Vegan adventures home page.

Meals & Beverages:

Please refer to the inclusions section for the included meals and food activities. Beverages (alcoholic and non-alcoholic) are not included with meals unless specified or part of a beverage tasting activity.

Accommodation

Hotel (5 nights), Farmstay (2 nights)

OCCASIONAL ALTERNATIVE ACCOMMODATION

The style of accommodation indicated in the day-to-day itinerary is a guideline. On rare occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our usual accommodation. A similar standard of accommodation will be used in these instances.

TWIN SHARE / MULTI SHARE BASIS

Accommodation on this trip is on a twin/multishare basis. Please note there may be times where facilities will be shared rather than ensuite and rare occasions when you share a room with passengers travelling on a different Intrepid trip than your own.

CHECK-IN TIME

Throughout the trip we request that our hotels prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination.

PRE/POST TRIP ACCOMMODATION

If you've purchased pre-trip or post-trip accommodation (subject to availability), you may be required to change rooms from your trip accommodation for these extra nights.

Transport

Train, Metro, Private vehicle, Bus

TRANSPORT IN EUROPE

Half the fun of travel is the travelling itself, that's why we like to travel the local way – whether that means mingling with commuters on a train in Spain, cycling past a historic chateau in France, or encountering the world's most extravagant public transport system on the Moscow Metro. In Europe, you are guaranteed to travel by genuine local public transport wherever possible, which puts you right in the centre of the action.

Money matters

SPENDING MONEY:

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not included, drinks, shopping, optional activities and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

The Euro (EUR) is the official currency in the following destinations: Andorra, Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Kosovo, Latvia, Lithuania, Luxembourg, Malta, Montenegro, the Netherlands, Portugal, Slovakia, Slovenia, Spain. All other European countries still have their own national currencies.

The most convenient and cheapest way to acquire money is via an Automated Teller Machine (ATM) or Bancomat as they are often referred to. Check with your bank in advance concerning the suitability of your account / card overseas and any international fees that will be applied.

You can obtain local currencies easily at airports and major train stations, but be sure to bring some extra emergency cash in a major currency that can be exchanged if the ATMs are not functioning.

When leaving home don't forget your PIN and make sure you know the telephone number for cancelling your card if it is stolen. Keep this in a safe place.

Credit cards are not always accepted in stores and restaurants. While travelling we recommend you carry some cash to pay for restaurant bills and other services. Change can be difficult to obtain so throughout the day, try to gain as many small denominations as you can.

You might be advised to take some of your money as travellers' cheques from a major financial institute. Travellers' cheques have security advantages, however please be aware that the exchange rates may not be favourable and that it is difficult to change Travellers' cheques in most countries. Be particularly aware that after hours money exchanges and hotel receptions carry high commissions- sometimes up to 20%.

For money safety we recommend that you carry your cash and credit cards in a secure money belt or pouch concealed under your clothes.

TIPPING

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. The following amounts are per person suggestions based on local considerations and feedback from our past travellers: In local markets and basic restaurants and cafes - round your bill up to the nearest €1. In more up-market restaurants we suggest 5% to 10% of your bill. Throughout your trip you may at times have a local guide in addition to your tour leader. We suggest €2-€3 per day for local guides. You may also have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group, however we suggest €1-€2 per day for drivers. You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline €4-€5 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service. In total, we recommend you budget approx €5-€10 per day of your trip to cover tipping.

BUDGET:

Please budget for additional meals and expenses while on your trip. We suggest EUR 250.00 for meals not included on this trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less.

All departure taxes should be included in your international flight ticket.

CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

Packing

PACKING

On this trip you must pack as lightly as possible because you will be expected to carry your own bag and although you won't be required to walk long distances with your luggage (max 30 minutes), we strongly recommend keeping the weight under 10kg / 22lb. Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps to accommodate the cobbled streets, uneven surfaces, stairs and steps you are lightly to encounter while carrying your luggage. You'll also need a day pack/bag to carry water and a camera etc for day trips. You can find Intrepid's Ultimate Packing List on our website. It should be used as a guide only and isn't intended to be a complete packing list.

<https://www.intrepidtravel.com/packing-list>

Group Leader

All Intrepid group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. You can expect your Intrepid Food Adventures group leader to be passionate about the local food scene and keen to share their insider knowledge on the best authentic local food and drink experiences throughout your trip.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

VENICE GONDOLAS

Please note, life jackets are not provided on Gondolas in Venice.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking, and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. Your group leader has the right to remove any member of the group for breaking any of these rules, with no right of refund.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SINGLE TRAVELLERS:

Our group trips are designed for shared accommodation and don't involve a compulsory single supplement. Single travellers share with people of the same gender in accommodation ranging from twin to multishare. Some of our itineraries have accommodation booked on a mixed gender share basis and where applicable this will be specified in our Essential Trip Information. On a selection of our trips, you have the option to pay a single supplement to ensure that you have your own accommodation (where available). Please note that this only applies to accommodation during the tour - pre-trip and post-trip accommodation will be booked on a single room basis.

A Single Supplement is available on this trip, please ask your booking agent for more information.

The price of the Single Supplement doesn't include the following nights where single rooms may not be available. If a single room becomes available at check-in for these nights, there may be the option to upgrade to a single room and pay the surcharge locally for those nights:

Days 3 - 4: San Gimignano

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

DRESS CODE

In general, there are few dress restrictions in Europe. Note when visiting churches, monasteries or other religious sites modest dress is required - shorts or skimpy tops may not be permitted, for both men and women.

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

All donations to The Intrepid Foundation are matched by Intrepid Group dollar for dollar (up to AU\$10,000 per donor and AU\$500,000 in total each financial year, excluding emergency appeals). And because Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>

PECORA NERA

If you are spending additional time travelling around Italy and visiting Lucca, then we recommend the Pecora Nera (The Black Sheep) restaurant. It is taking positive action for the inclusion of disabled persons both socially and in the workplace, favouring the diffusion of a different image of disability - one from which the potential of the individual person emerges, and is given value. The project aims to facilitate an experience that can be recreated in other restaurants and commercial activities in the region. Pecora Nera employs disabled or differently-abled people as waiting staff and cooks. Simple strategies are employed to help them in these roles:

- Checklist-style copies of the menus are used by the waiting staff so they can tick the appropriate box rather than having to write individual items down
- Tables do not have numbers, they each have a different and brightly-coloured carved wooden figure on them to help the staff distinguish between the tables.

Intrepid proudly supports this restaurant, and we encourage travellers to dine here.