

LA LOCANDA WINE TOUR - ROMEO *The Tuscan Way*

Come and experience the true Tuscany at La Locanda del Prete staying in spectacular Arcidosso where Romeo Innocenti will lead you to discover the finest wine estates & sommeliers where you will learn the art of wine-food pairing (2 visits & tastings daily!). You will also experience quaint family run cellars for tastings and be immersed in the countryside of Southern Tuscany ... all at an affordable price!



ROMEO INNOCENTI



VINEYARD APPELLATIONS

*Visit "DOCG" authentic wine regions like Brunello, Chianti, Morellino etc.

Sit at our table, share our wine, and experience what we mean when we say....."La dolce vita in Toscana...!"

MEET YOUR HOSTS

La Locanda del Prete is a small Bed & Breakfast, owned and operated by the **Innocenti family** and located in Arcidosso, in the province of Grosseto, Tuscany, Italy. This is an authentic Italian country inn, a place where locals as well as visitors, gather to eat, share a glass of wine or grappa (a digestive aperitif) and chat. Often times, the mayor of Arcidosso joins us for a plate of Panzanella (bread salad) and Pollo con Pepperoni (chicken with peppers). Carlo Innocenti, the owner, master chef, and cooking instructor, has been teaching Tuscan cooking for decades as far away as Switzerland, as well as having operated several "ristoranti" throughout Tuscany.

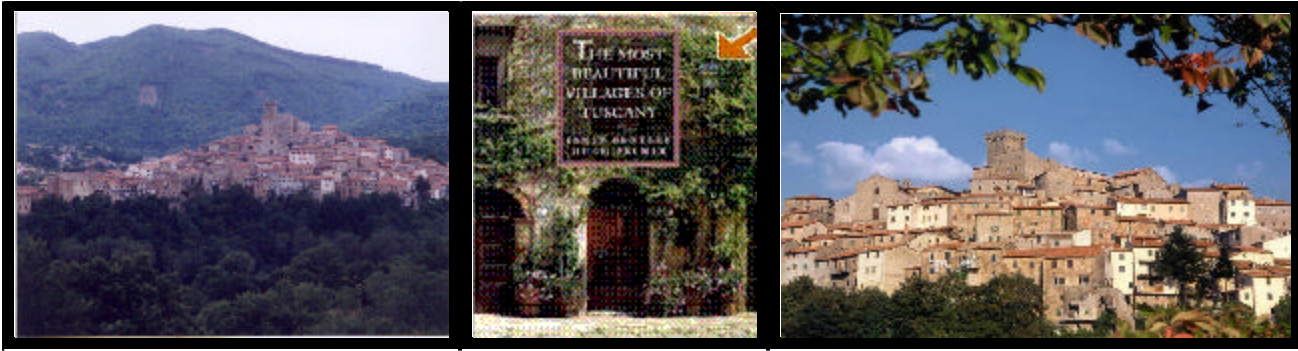
Romeo Innocenti - your host and wine leader (fluent in English), a native son of Tuscany, **sommelier in training of fine Italian wines and master chef** specializing in "*La Cucina Povera Toscana*", will accompany you on your journey along Tuscany's famous "Road of Wines" where you will discover the finest wine estates & sommeliers and learn the art of wine-food pairings (three visits and tastings daily). You will also experience quaint family run cellars for tastings and be immersed in the countryside of Southern Tuscany and also help you learn the basics of wine pairings, the "must-have knowledge" for any good host or hostess! **Meals will be planned according to the days wine selections, from antipasto right up to desserts.**

Carlo Innocenti - and his partner Pascale are the epitome of Italian hospitality; warm, kind, generous and outgoing. They make the perfect hosts for this genuine country tour. They will truly make you feel a member of our extended "*famiglia internazionale*"!



WHERE YOU WILL STAY

Arcidosso (Province of Grosseto) – On the outskirts of a small Medieval village on the slopes of Monte Amiata, the highest mountain in southern Tuscany that once was worshipped by the Etruscans. Located one hour away from the coast, 45 minutes from Siena, one and half hours from Florence, and two and a half hours north of Rome.



Arcidosso was selected as one of ["The Most Beautiful Villages in Tuscany"](#), in the famous book of the same name by James Bentley.

WHERE YOU WILL SLEEP

"La Locanda del Prete" has a magnificent view of the village of Arcidosso and its striking medieval Castle. Traditional Tuscan furnishings make this bed and breakfast quaint, cozy and quintessentially Tuscan. There are five bedrooms available at La Locanda del Prete, each with its own private bathroom. There is also satellite TV in every room and a shared internet point in a private room on the first floor. The first floor of La Locanda del Prete is where the trattoria restaurant is located. The bedrooms are located on the second floor.

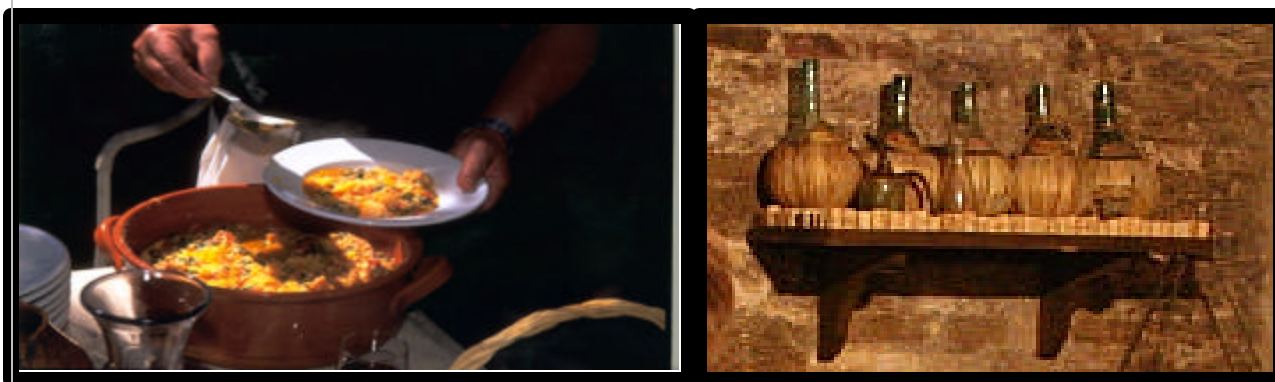


WINE TASTING IN TUSCANY, ITALY

Italy is the motherland of fine wines. **Italians** produce more varieties of **wine** than any other

nation, and **Tuscany** produces some of **the finest Italian wines**. The soil and climate is rich and ideal for growing superb **grapes** that become, with age-old **Tuscan** techniques, classic, delectable and **award winning Italian wines**. **Tuscan wines** are desired by sommeliers and connoisseurs not only in **Italy**, but throughout the world. **Tuscany** is home to several distinct **wine producing regions**, each of which creates **wines** with different personalities and flavors. We will take you on a **wine sampling tour** that will introduce you to many of the regions **fine wines**, including the **Chianti** and **Chianti Classico**, **Montepulciano**, **Montalcino**, **Pienza**, and **Pitigliano**. Romeo will educate you about pairing **Italian wines** with **Italian foods** through **wine-tastings in exclusive wine cellars**. This **wine-lovers tour** will open your eyes and palates to various **Tuscan wines**, and you will see why **Tuscany** is the leading producer of **fine Italian wines!**

Experience the deep, red **Italian wines**; smoky; enticing **Pecorino cheese**; gourmet, organic, cold pressed **olive oils**; unspoiled **vineyards** and centuries-old **olive groves**. The pure, delicious flavors of **Tuscan peasant cooking**; fish fresh from the unspoiled sea, vegetables hand-picked from the Tuscan soil every morning, **pasta hand-made** by your chef's *nonna* (grandmother). **Wine tastings** in ancient **Italian wine cellars**; the aroma of **Italian breads** baking in traditional stone ovens; meals enjoyed like a true **Italian** in **authentic Tuscan trattorias (popular restaurants)**, shopping for groceries in an outdoor market that is **hundreds of years old**. These are just some of the **exclusive cultural and culinary experiences** you will enjoy as a welcome guest at Villa Gaia.



EXCURSIONS & ITINERARY

Romeo Innocenti will take you to discover the famous Southern Tuscan wine towns of

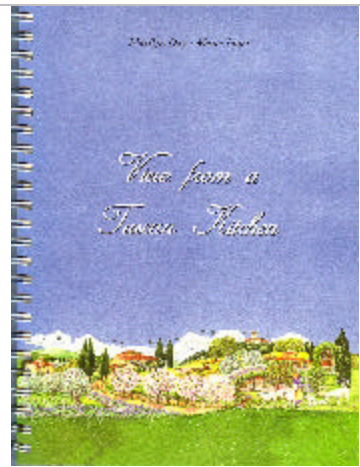
Montalcino (Brunello wine & great **shopping for ceramics**), Montepulciano (Vino Nobile di Montepulciano), the seaside Maremma region with pure San Giovese wine tasting "in **purezza**" (in its purest form) specifically – Morellino di Scansano, the "colli Senesi" (the hills of Siena) with classic Chianti Antinori reds and a day dedicated to the lesser-known Tuscan seaside white wine known as "Ansonica di Monte Argentario." You will be following the "Strada del Vino" (the celebrated 'Road of Wine' that is recognized by the Region of Tuscany Authority & Governing Body). You will be visiting and tasting wines in the smaller family owned wine cellars of these different towns daily with one tasting late morning and the other in the afternoon.

The wine map above (next to Romeo) shows the different wine production geographic "zones" with the appellations of "DOC" and "DOCG". These are areas defined by the Tuscan region as being authentic for the making of certain wine types. DOCG stands for "**Di Origine Controllata Garantita**" which means of controlled and guaranteed origin. In other words, the Italian government in Tuscany inspects and monitors all of the wine production awarding labels only to those who pass the test. You will experience the following wine zones: 1. **Vino Nobile di Montepulciano** (red – Sangiovese whose dominant form is "Prugnolo Gentile") 2. **Morellino di Scansano** (red – Sangiovese...almost a "low-key" Brunello, the next Super Tuscan blend) 3. **Chianti** (red – Sangiovese blend with Malsavia white grape) 4. **Brunello di Montalcino** (red – pure biggest & boldest Sangiovese) 5. **Ansonica di Monte Argentario** (white – made from very tasty Sicilian white grape, better than Trebbiano).



"I left my heart on a hill in Toscana ... Believe me when I tell you, on behalf of all of us, that we have never had a more wonderful trip in our lives. We have all traveled a great deal to many places but Arcidosso, by far, is the best! We never wanted to leave."

GAYLE DEJULIO - ATLANTA,GA



All guests receive this beautiful recipe book "View from a Tuscan Kitchen" and a Tuscan Way apron.

VACATION OPTIONS

We created two exciting packages for you:

[1 Week Vacation](#)

[1/2 Week Vacation](#)

THE ONE WEEK TRIP INCLUDES:

- 6 nights accommodations at La Locanda del Prete, outside the small village of Arcidosso, province of Grosseto.
- All breakfasts and dinners as indicated in the itinerary.
- Small groups: 4 to 12 people.
- 10 wine tastings as indicated in the itinerary
- Daily guided excursions to the enchanting towns of Montepulciano & Montalcino and (home of the VINO Nobile & Brunello wines); Scansano (known for Morellino wine), the hills of Siena (where you will visit the Chianti wine region) and the delightful seaside village of Monte Argentario (Ansonica wine tasting).
- All transportation (including transfers to and from Grosseto).

SAMPLE ITINERARY:

- **DAY 1 (Sun) – Transfer from Grosseto and arrival to Arcidosso**
We will meet you in Grosseto which is easily accessible from Rome or Florence. Upon arrival at the Grosseto train station, you will be accompanied by car or van to the village of Arcidosso and then welcomed at La Locanda del Prete B&B. After settling in, your host and chef, Carlo will show you around and explain the week's program! Then you can either relax in the garden or take a walk through the enchanting streets of Arcidosso. For dinner you will enjoy a Tuscan meal prepared by Carlo.
- **DAY 2 (Mon) - Montepulciano**
Visit the magnificent town of Montepulciano with architectural masterpieces by Rossellini, and then enjoy its wines including Nobile di Montepulciano at 2 private wine cellars (late morning and afternoon) for tastings. Lunch will be in a local trattoria with Romeo who will discuss all wines in detail and teach "wine-pairing" (how to match these local wines with different foods). Dinner at La Locanda del Prete.
- **DAY 3 (Tue) - Morellino di Scansano**
You will go a tour through the region known as "La Maremma" which is known for its Etruscan culture and proximity to the stunning seaside of Southern Tuscany. There will be a late morning wine tasting in a quaint private wine cellar followed by lunch at a local trattoria. During lunch Romeo will talk about wine-food pairing. Later in the afternoon, there will be a second wine tasting at a family run winery. Dinner at La Locanda del Prete.
- **DAY 4 (Wed) - The hills of Siena and the Chianti**
Heading North towards the heart of Tuscany, Chianti will be the days focus. Again, there will be a total of two distinct wine tastings at different locations. Starting with a warm-up tasting at a smaller unique wine cellar, you will then enjoy lunch at a local trattoria. Afterwards, you will proceed for a tasting featuring the best of Chianti Antinori - perhaps Tuscany's most celebrated wine & wine family. Dinner at La Locanda del Prete.
- **DAY 5 (Thrs) - Montalcino**
Romeo will take you to this very special Brunello wine town where he was married. It is a

stunning classic Tuscan fortress town with a striking castle. The tastings of the day (two total) will center on the granddaddy of them all, Brunello, as well as, the "Rosso di Montalcino". Lunch will feature a multi-course Tuscan meal at a local trattoria. Dinner at La Locanda del Prete.

- **DAY 6 (Fri) - Mediterranean Seaside - Ansonica di Monte Argentario**

For your last day, you will get to experience the finest seaside villages Tuscany has to offer (Porto S. Stefano, Porto Ercole & Talamone). The seafood cuisine here is delicious to the point that no words can describe. Naturally, after yesterday's red wine tastings, today's accompanying seafood wines shall be white. Perhaps try a Vernaccia, Greco del Tufo or let Romeo make his on-the-spot finest recommendation. The one wine you will certainly be tasting (two tastings total) is known as "Ansonica di Monte Argentario". Many wealthy Italians, especially the super wealthy, crave hideaways, and this is for them. Exactly 150 km north of Rome, Argentario is an Italian version of the American Martha's Vineyard, but with better food and older money. Just three small strips of land, one of them a 7-km-long nature preserve, connect the 6,000-hectare mountain to the mainland. Spain controlled Monte Argentario in the 16th century and built an imposing series of stone fortresses and lookout towers along the Mediterranean water. Some of them have been converted into classy homes and apartments: solid dwellings for a solid crowd. Dinner at La Locanda del Prete.

- **DAY 7 (Sat) - Departure**

Transfer to Grosseto.

DATES & PRICES - 2007 SCHEDULE

*Dates not listed may be available on request. Scheduled dates are sometimes flexible and subject to change.

[Please inquire regarding any dates.](#) Blackout dates are not possible.

SUNDAY TO SATURDAY		SUN TO FRI	SATURDAY TO FRIDAY				
CASA INNOCENTI	LA LOCANDA	BAGNO VIGNONI	VILLA CASTELLETTI	VILLA GAIA	VILLA POGGIARELLO	ROSE WINDS	VILLA SIEVE
JANUARY							
Jan 7-13	Jan 7-13	Jan 7-12	Jan 20-26	Jan 6-12	Jan 6-12	Jan 6-12	
Jan 14-20	Jan 14-20	Jan 14-19		Jan 13-19	Jan 13-19	Jan 13-19	
Jan 21-27	Jan 21-27	Jan 21-26		Jan 20-26	Jan 20-26	Jan 20-26	
Jan 28-Feb 3	Jan 28-Feb 3	Jan 28-Feb 2		Jan 27-Feb 2	Jan 27-Feb 2	Jan 27-Feb 2	
FEBRUARY							
Feb 4-10	Feb 4-10	Feb 4-9	Feb 10-16	Feb 3-9	Feb 3-9	Feb 3-9	
Feb 11-17	Feb 11-17	Feb 11-16		Feb 10-16	Feb 10-16	Feb 10-16	
Feb 18-24	Feb 18-24	Feb 18-23		Feb 17-23	Feb 17-23	Feb 17-23	
Feb 25-Mar 3	Feb 25-Mar 3	Feb 25-Mar 2		Feb 24-Mar 2	Feb 24-Mar 2	Feb 24-Mar 2	
MARCH							
Mar 4-10	Mar 4-10	Mar 4-9	Mar 24-30	Mar 3-9	Mar 3-9	Mar 3-9	Mar 3-9
Mar 11-17	Mar 11-17	Mar 11-16		Mar 10-16	Mar 10-16	Mar 10-16	Mar 10-16
Mar 18-24	Mar 18-24	Mar 18-23		Mar 17-23	Mar 17-23	Mar 17-23	Mar 17-23

Mar 25-31	Mar 25-31	Mar 25-30		Mar 24-30	Mar 24-30	Mar 24-30	Mar 24-30
				Mar 31-Apr 6	Mar 31-Apr 6	Mar 31-Apr 6	Mar 31-Apr 6
APRIL							
Apr 1-7	Apr 1-7	Apr 1-6					
(EASTER)							
Apr 8-14	Apr 8-14		Apr 7-13	Apr 7-13	Apr 7-13	Apr 7-13	Apr 7-13
Apr 15-21	Apr 15-21	Apr 15-20	Apr 14-20	Apr 14-20	Apr 14-20	Apr 14-20	Apr 14-20
Apr 22-28	Apr 22-28		Apr 21-27	Apr 21-27	Apr 21-27	Apr 21-27	Apr 21-27
Apr 29-May 5	Apr 29-May 5		Apr 28-May 4	Apr 28-May 4	Apr 28-May 4	Apr 28-May 4	Apr 28-May 4
MAY							
May 6-12	May 6-12	May 6-11	May 5-11	May 5-11	May 5-11	May 5-11	May 5-11
May 13-19	May 13-19	May 13-18	May 12-18	May 12-18	May 12-18	May 12-18	May 12-18
May 20-26	May 20-26	May 20-25	May 19-25	May 19-25	May 19-25	May 19-25	May 19-25
May 27-Jun 2	May 27-Jun 2	May 27-Jun 1	May 26-Jun 1	May 26-Jun 1	May 26-Jun 1	May 26-Jun 1	May 26-Jun 1
JUNE							
Jun 3-9	Jun 3-9	Jun 3-8	Jun 2-8	Jun 2-8	Jun 2-8	Jun 2-8	Jun 2-8
Jun 10-16	Jun 10-16	Jun 10-15	Jun 9-15	Jun 9-15	Jun 9-15	Jun 9-15	Jun 9-15
Jun 17-23	Jun 17-23	Jun 17-22	Jun 16-22	Jun 16-22	Jun 16-22	Jun 16-22	Jun 16-22
Jun 24-30	Jun 24-30	Jun 24-29	Jun 23-29	Jun 23-29	Jun 23-29	Jun 23-29	Jun 23-29
			Jun 30-6	Jun 30-6	Jun 30-6	Jun 30-6	Jun 30-6
JULY							
Jul 1-7	Jul 1-7	Jul 1-6	Jul 7-13	Jul 7-13		Jul 7-13	Jul 7-13
Jul 8-14	Jul 8-14	Jul 8-13	Jul 14-20	Jul 14-20		Jul 14-20	Jul 14-20
Jul 15-21	Jul 15-21	Jul 15-20	Jul 21-27	Jul 21-27		Jul 21-27	Jul 21-27
Jul 22-28	Jul 22-28	Jul 22-27	Jul 28-Aug 3	Jul 28-Aug 3		Jul 28-Aug 3	Jul 28-Aug 3
		Jul 29-Aug 3					
AUGUST							
	Aug 5-11	Aug 5-10	Aug 4-10	Aug 4-10		Aug 4-10	Aug 4-10
	Aug 19-25	Aug 12-17	Aug 11-17	Aug 11-17		Aug 11-17	Aug 11-17
	Aug 19-25	Aug 19-24	Aug 18-24	Aug 18-24		Aug 18-24	Aug 18-24
Aug 26-Sep 1	Aug 26-Sep 1	Aug 26-31	Aug 25-31	Aug 25-31		Aug 25-31	Aug 25-31
SEPTEMBER							
Sep 2-8	Sep 2-8	Sep 2-7	Sep 1-7	Sep 1-7		Sep 1-7	Sep 1-7
Sep 9-15	Sep 9-15	Sep 9-14	Sep 8-14	Sep 8-14		Sep 8-14	Sep 8-14
Sep 16-22	Sep 16-22	Sep 16-21	Sep 15-21	Sep 15-21	Sep 15-21	Sep 15-21	Sep 15-21
Sep 23-29	Sep 23-29	Sep 23-28	Sep 22-28	Sep 22-28	Sep 22-28	Sep 22-28	Sep 22-28
Sep 30-6	Sep 30-6	Sep 30-5	Sep 30-Oct 9	Sep 29-Oct 5	Sep 29-Oct 5	Sep 29-Oct 5	Sep 29-Oct 5
OCTOBER							
Oct 7-13	Oct 7-13	Oct 7-12		Oct 6-12	Oct 6-12	Oct 6-12	Oct 6-12
Oct 14-20	Oct 14-20	Oct 14-19	Oct 13-19	Oct 13-19	Oct 13-19	Oct 13-19	Oct 13-19

Oct 14-20	Oct 14-20	Oct 14-17	Oct 13-17	Oct 13-17	Oct 13-17	Oct 13-17	Oct 13-17
Oct 21-27	Oct 21-27	Oct 21-26	Oct 20-26	Oct 20-26	Oct 20-26	Oct 20-26	Oct 20-26
(OLIVE HARVEST)							
Oct 28-Nov 3	Oct 28-Nov 3	Oct 28-2	Oct 27-2	Oct 27-2	Oct 27-2	Oct 27-2	Oct 27-2
NOVEMBER							
Nov 4-10	Nov 4-10	Nov 4-9	Nov 3-9	Nov 3-9	Nov 3-9	Nov 3-9	Nov 3-9
Nov 11-17	Nov 11-17	Nov 11-16	Nov 10-16	Nov 10-16	Nov 10-16	Nov 10-16	Nov 10-16
Nov 18-24	Nov 18-24	Nov 18-23	Nov 17-23	Nov 17-23	Nov 17-23	Nov 17-23	Nov 17-23
Nov 25-Dec 1	Nov 25-Dec 1	Nov 25-30	Nov 24-30	Nov 24-30	Nov 24-30	Nov 24-30	Nov 24-30
DECEMBER							
Dec 2-8	Dec 2-8	Dec 2-7	Dec 1-7	Dec 1-7	Dec 1-7	Dec 1-7	
Dec 9-15	Dec 9-15	Dec 9-14	Dec 8-14	Dec 8-14	Dec 8-14	Dec 8-14	
Dec 16-22	Dec 16-22	Dec 16-21	Dec 15-21	Dec 15-21	Dec 15-21	Dec 15-21	
Dec 23-29	Dec 23-29	Dec 23-28	Dec 22-28	Dec 22-28	Dec 22-28	Dec 22-28	

* Note: Our half-week vacations run from Sunday to Wednesday.

Please Note: There is some flexibility with regards to dates. Please inquiry with us.

2007 PRICES

*Note: prices shown are double occupancy rates. There is a \$300 Single Occupancy Surcharge

* Important Note: Different options make it possible for you to choose a package which fits your interests, schedule and budget! We aim to make it possible for anybody to experience the enchanting magic of these experiences!

LA LOCANDA COOKING & WINE PRICES

1 Week: \$2290
5 Night: \$1910
4 Night: \$1530
½ Week: \$1150

TRADITIONAL TUSCAN RECIPES

Mussels Grate'

Ingredients (for 6 people)

- *50 gram*1 & ½ kilo (about 3.3 pounds) of mussels
- * (about 1.76 ounces) of parsley
- *4 cloves of garlic
- *200 grams (about 7 ounces) of dried bread
- *6 tablespoons of **Italian olive oil**
(Preferably Tuscan olive oil!)
- *30 grams (about 1 ounce) of bread crumbs
- *Red hot crushed pepper
- *Salt



Preparation

Clean the mussels, boil them until they open up (about 3 minutes) and then drain them keeping one cup of the water. Chop in very small pieces the 4 cloves of garlic and the parsley. Soak the dried bread for 5 minutes. Squeeze out the water and add some **olive oil** to the bread. Put half of the shells of the mussels on some baking tins. Turn on the oven to broil. Fill in the shells with the bread mixture. Sprinkle the bread crumbs on the mussels. Cover the baking tins with a little water of the mussels and then put them in the hot oven. Cook for about 15 minutes. Serve on platters with fresh sliced lemons.

Fusilli con Zucchini

Ingredients (Serves 6)

- *600 grams fusilli pasta
- *5 medium sized zucchini, thinly sliced
- *4 cloves garlic, minced
- *5 tbsp extra-virgin olive oil (preferably Tuscan!)
- *1 handful fresh basil, chopped
- *salt and fresh ground pepper (to taste)
- *freshly grated Parmesan cheese (to taste)



Method

In a large frying pan, gently saute the garlic in the olive oil on medium heat. After a few moments, add the zucchini. Increase temp to high, add salt to taste and cook until zucchini is tender. Add about half the chopped basil, mixing well. Meanwhile, in a large pot, boil water for pasta, bring to a

rolling boil, add some salt and the pasta. Cook uncovered until "al dente" Drain pasta and add to the zucchini, turning heat back to medium. Stir well, coating the pasta with the zucchini sauce, add the remaining basil, some freshly ground black pepper, and a few tablespoons of the grated Parmesan. Serve while hot!



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2829 Bird Avenue, Suite 5, PMB 242, Coconut Grove, Florida 33133 USA
Tel: 800-766-2390 or 305-598-8368 Fax: 305-598-8369, Email: inquire@tuscanway.com