

# Italian Delights

TOURS

## 15 Day Fine Food Wine and Wonders Tour

DATES

2024 May 16th to 30th

PRIVATE /TAILORED TOURS FOR GROUPS OF 4 OR MORE ALSO AVAILABLE

# 15 Day Fine Food Wine and Wonders Tour

## ITINERARY

### PROVIDED MEALS LEGEND B-BREAKFAST L-LUNCH D-DINNER

**Day One - (Arrival Day and La Valtellina - Apple orchards, vineyards and beautiful mountains as far as the eye can see!) D**  
Voghera/Malpensa - Varenna - La Valtellina

You will be met by Jim at the Voghera train station between 11 and 11.30am, or alternatively at Milan's Malpensa Airport between 12.30 and 1pm. We then head up to the area in the northern most part of Lombardy known as La Valtellina. Spectacularly located in a very picturesque valley, La Valtellina shares the border with Switzerland. Along the way guests will have a break in the charming town of Varenna, on the eastern shore of Lake Como. We then head to the Valtellina, where our cosy farmhouse awaits us! After our arrival, and once you have settled in, you have the opportunity to relax amidst the apple orchards and vineyards at our residence, the "Al Vecchio Torchio (The Old Wine Press)". Tonight's dinner is at the "Al Vecchio Torchio".

**Day Two - ("Il Trenino Rosso", St Moritz, Livigno and Casalinga Cooking Class - "I Pizzocheri") B D**  
St Moritz, Switzerland - Livigno - Cooking Class

Today is a very special day indeed. Don't forget your passports because early this morning you will depart from Tirano on the Trenino Rosso for a day out in the Swiss Alps! Enjoy the magnificent views of the mountains as the "little red train" meanders through a multitude of valleys and passes, and climbs up to a height of 2252 meters above sea level! It is truly one of the most spectacular train rides that exists today. Spend a couple of hours in St Moritz enjoying the lakeside ambience that this classic Swiss mountain resort has to offer, and we then move on to the scenic Italian tax free town of Livigno, where you can buy sunglasses watches and a whole range of items at pretty good prices! After our day out we spend the evening at Al Vecchio Torchio with the establishment's chef, Vittorio, as we learn and help him to prepare our evening's dinner, the famous local dish - Pizzocheri (a tasty pasta dish unique to this area comprised of Grano Saraceno (Buck Wheat) pasta, potatoes, and a hearty mix of cabbage, sage, butter and the local Casera cheese. We will later enjoy the fruits of our labour over a relaxing evening's meal once all the hard work in the kitchen is done!



THE ITALIAN DELIGHTS Fine Food, Wine and Wonders Tour costs AUD \$7,950.00 per person, twin share, (AUD\$800.00 Single Supplement ) and includes:

- A 15 Day stay Saturday to Saturday
- 14 nights accommodation Twin Share or Double
- Breakfast every day
- Four evening meals and seven lunches
- One cooking lesson/demonstration
- Lake Como Ferry Crossing
- Trenino Rosso train ticket
- All land-based transport in a private vehicle, including transfers to Malpensa Airport and Voghera train station (See Terms and Conditions section at rear for list of tour exclusions)

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**Day Three - (Tirano and Sondrio) B L**  
Tirano - Sondrio - Al Vecchio Torchio

Today is our last full day in the beautiful Valtellina. In the mid morning we will be visiting the rustic town of Tirano. The morning is free here, but our suggestion would be to visit the lovely Palazzo Salis, with its highly decorated rooms and lovely garden. For our provided lunch we will be dining in a restaurant located in the old town. After lunch we will have a rest at Al Vecchio Torchio, before moving on to Sondrio, an elegant nearby provincial city. After this excursion we return to Al Vecchio Torchio for a free evening in preparation for our day out on Lake Como tomorrow.

**Day Four - (Lake Como Day) B**  
Lake Como - Menaggio, Bellagio and the Majesty of Italy's most beautiful lake! (Private Lake Tour also available)

Today we once again visit Lake Como, one of the most beautiful lakes in Europe and a place described by the poet Percy Shelley, as "surpassing in beauty everything I have ever seen hitherto". Amongst the famous people to grace the shores of the lake, both past and present, are George Clooney, Gianni Versace and Pliny the Younger in the first century AD! The day is spent in the Triangolo Lariano, or the central section of the lake in the towns of Menaggio and Bellagio, where, after your ferry crossing, you can enjoy a free lunch in one of the many eateries in Bellagio beside the Lake. We return to Al Vecchio Torchio for a free evening.

**Day Five - (Lake Maggiore and Piedmont) B**  
Stresa - Monferrato, Piedmont

Today we depart La Valtellina to begin the next leg of our tour - Piedmont. Before we reach our lodging, which is deep in the heart of Piedmont's wine country, we break for a free lunch in the gorgeous lakeside town of Stresa, on the shores of Lake Maggiore. After lunch we head off to the classic wine region of Piedmont for our next few days together where a host of gastronomic delights await us! Upon arrival at our charming lodging, La Quercia Rossa in Moncalvo, guests will have the opportunity to enjoy a free and very relaxing evening.



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**Day Six - ("Eataly" the home of Italian Gourmet food and Turin - The King's capital) B D**

Eataly - Turin (optional walking tour) - Moncalvo

Today we pay a visit to a truly inspirational monument to the Slow Food movement in Italy and around the world- Eataly. The overriding aim of Eataly is to quash the myth that quality products need to be expensive and hence available to only a limited circle of privileged people. Eataly offers the best cottage-industry products at sustainable prices by dealing directly with the producers. Its main aim is to increase the awareness of consumers so that we can choose high quality products and pay particular attention to the source and processing of raw materials. Guests will have a free lunch at one of Eataly's 8 different restaurants before departing for an early afternoon visit to central Turin, where the majesty of Italy's first capital city (after its unification in 1861) awaits us! An optional walking tour of Turin is also available to guests, and our provided evening meal will be enjoyed either in Moncalvo or at La Quercia Rossa.

**Day Seven - (Barolo, Barbaresco and the beautiful Langhe Region!) B L**  
Barbaresco Winery visit & tasting - Langhe lunch - Barolo township (PM - Optional Truffle hunt)

Today begins with a mid morning visit to a local Barbaresco winery, where there will be a lovely selection of wines on offer! After the tasting, lunch will be enjoyed either in the Langhe countryside or in Alba. After lunch we visit the charming village of Barolo, the home of the similarly named wine, arguably Italy's most famous wine, made from the local nebbiolo grape variety. Today guests also have the option of partaking in an optional truffle hunt in Moncalvo upon your return to our lodging!



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**Day Eight - (Transition and Rest and Relax Day) B D**  
Varzi

Today we leave La Quercia Rossa to head to my father's home town of Varzi where we spend our last 8 days of the tour together. Relax and pack your clothes away in the wardrobes because you won't be leaving here until Day 15 of the tour! In the evening we meet up for an aperitivo before heading off for dinner at a local eatery with a menu composed of both national and local dishes.

**Day Nine - (Local market, Winery Resort and Shopping Extravaganza Day!) B L**  
Varzi - Piedmont (Serravalle/Walk and Villa Sparina Winery-Gavi)

Today we start off by exploring the local Varzi market where we have the opportunity to see the delicious produce on offer, along with an interesting assortment of other wares. The market or "mercato" was traditionally a cattle and produce market, and cattle farmers from the surrounding hills would congregate once a week, not only to trade in their produce, but also to meet with their friends and fellow farmers.

Mid morning we take you to the beautiful Villa Sparina resort where we will explore a centuries old Piedmont wine cellar, which houses international award-winning wines. After the cellar tour we will dine at "La Gallina", its delightful Michelin starred restaurant which offers glorious views over the vineyards.

For a taste of something different you have the opportunity shop at the contemporary designer shopping village in nearby Serravalle della Scrivia (there's an optional country walk if you don't want to shop). At Serravalle you can literally "shop till you drop" in an outlet containing a magnificent array of famous Italian brands, including of course the iconic Prada and Dolce & Gabbana.

**Day Ten - (Classic Architecture Day) B L**  
Pavia - Certosa di Pavia

We begin the day in the classy university city of Pavia, once the capital of



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Lombardy, which is located on the banks of the Ticino river. After our morning stroll we enjoy lunch together at one of Pavia's traditional restaurants for a sample of the local fare. After lunch we head to another hidden gem of Italy, the Certosa di Pavia, a stunning fourteenth Century monastery hidden deep in the countryside between the cities of Milan and Pavia. After our visit to this stunning piece of Italian history we return for a free late afternoon/evening in Varzi.

**Day Eleven - (Fine Dining and Natural Beauty Day) B L**  
Bobbio - Medieval Town, Roman Bridge, Ancient Monastery, Beautiful Scenery

Today begins with a scenic drive through the stunning countryside of the Staffora and Trebbia Valleys in Southern Lombardy and Emilia Romagna respectively. After crossing the Monte Penice pass we head down to the charming medieval town of Bobbio, in the Emilia Romagna region. Lunch is in the town's most elegant restaurant - "Il Piacentino", which is well known for its delicious anti pasti and "primi". Afterwards you get the chance to explore this little gem of a town. Two beautiful churches, a fourteen hundred year old monastery and a beautiful Roman Bridge that is full of character, are just some of the delights of Bobbio waiting to be discovered!

In the evening you can simply unwind at Le Cicale or take a leisurely passeggiata around Varzi, where you can enjoy a gelato, coffee, or delicious glass of wine (or two!), before retiring for the evening.

**Day Twelve - (Walk, Picnic and Pamper Day) B L**  
Abbey of San Alberto Di Butrio and Salice Terme/ Nazzano Optional Walk.

This morning we explore the Abbey of San Alberto di Butrio, a place that exudes spirituality and serenity. It is a medieval gem nestled in a green,



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lush landscape high in the hills above the Staffora Valley. The Abbey was built nearly a thousand years ago by the noble Malaspina family, for San Alberto, the cave-dwelling hermit-turned Saint who cured their mute son. There is also a most curious tomb located here that is said to have been a temporary resting place for the body of an English King! After our abbey visit we enjoy a delightful picnic together in the surrounding countryside, and after this there is an optional afternoon visit to the nearby town of Salice Terme, which is historically famous for its thermal springs and health spas. Over the years it has been frequented by luminaries such as Julius Caesar, who rested and bathed here on his way back from battle in Gaul. Here you can experience the spa pools and salt room, enjoying the benefits of its healthy sulphurous water. If you don't want to have a swim at Salice Terme, you can choose to take a delightful walk in the surrounding countryside. The evening is free and will be spent in Varzi.

**Day Thirteen - (Fashion and Style Day- Optional Walking tour with Da Vinci's Last Supper Fresco visit) B**  
Milan

Today we have a free day in Milan, the capital of the region of Lombardy and arguably the fashion capital of the world! After being dropped off in the morning guests will have the whole day to explore the varied and interesting sights of this unique city. There is also a walking tour with a visit to Leonardo Da Vinci's Last Supper fresco on offer for today. Several interesting itineraries will also be available to guests, depending on whether one is keen on shopping, art or food. Regardless of your desires we will help you to make the most out of your day!

After our day out the the late afternoon/evening is free in Varzi.

**Day Fourteen - (Wining and Dining Day) B L**  
Visit to Medieval Town and Castle - Winery Visits - Farewell Lunch!

Today we spend the morning in the hills of the Oltrepo Pavese, a wine production region that is home to almost 500 producers and some very drinkable vino! However, first we visit the quaint township of Zavatarello, where an imposing, centuries old castle is perched right above the town. In the mid morning we move on to an artisan and family- run winery called Ca Del Ge, which is situated 300 metres above sea level and on the 45th parallel. The owners, Sara, Stefania and Carlo Padroghi, are passionate about their



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business, and their pride and joy is their "Passito" - a sweet, still wine made from either Moscato (Muscat) or Croatina grapes. After our morning winery visit we head to a nearby winery resort for our farewell lunch. Here we sample some delicious local wine accompanied by local dishes in an inspirational setting that will have you wishing you never need to leave! After lunch we return to Varzi for a relaxing afternoon and evening to prepare for tomorrow's departure.

**Day Fifteen - (Farewell Day) B**

Departure for Milan Malpensa Airport and Voghera train station - End of Tour

Today we say farewell to the lush rolling hills of Southern Piedmont and Lombardy. After breakfast, you will be taken either to Milan's Malpensa Airport, or the train station at Voghera. Alternatively you can make your own arrangements for your onward journey.



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# Tour Accommodation

## Al Vecchio Torchio and La Quercia Rossa



For the first seven days of our Fine Food, Wine and Wonders Tour we stay four nights in La Valtellina at the very cosy agriturismo, Al Vecchio Torchio, and we then spend three nights at the charming family-run “La Quercia Rossa” in Monferrato, Piedmont. Both of these establishments are very tasteful and they typify our desire for our guests to experience a slice of the real Italy.



## Locanda Le Cicale

Locanda Le Cicale, which was recently renovated, is situated in the Piazza della Fiera, in the medieval town of Varzi. The Inn sits in the heart of the town, with beautiful accommodation upstairs, and a bar, restaurant and gelateria downstairs. The rooms are furnished in the rural style of the 1900s. Each room, also reachable by the elevator of the lobby, is equipped with a TV, fridge, food warmers, ensuite, air conditioning and views of the medieval town and the main square of Varzi. Wifi is also available throughout La Locanda Le Cicale.



# Guest Testimonials

When you want a delightfully delicious and marvellous introduction to Italian living, this is it! Out of the way meandering through country lanes and unusual, historic towns provide adventure and surprises. Heartily, deliciously recommended. Lynn, Sydney, AUS.

"I can absolutely recommend Italian Delights tours! Every day of our tour was different, fun and interesting with full days exploring hidden delights. Sue - Sydney, AUS.

"Our Italian Delights tour was a great opportunity to have an "inside" look into local Italian life and really explore Italy. The tour was intimate, and the hosts were very caring, attentive, punctual and knowledgeable. They always went the extra mile to ensure that our tour was memorable. Great driving too!" Anthony - Canberra, AUS.

For the travellers who enjoy to experience good food wine and friendly people, this is the tour for you. Maree, Melbourne, AUS.

For my first experience as a single traveller in Europe your tour provided everything and more than my expectations. Locations- absolute delightful tour guide! -The weather (perfect), accommodation - and lengths of travel and free time were well planned. I have expressed to all my family and friends my recommendation for Italian Delights. Rosie, Vic, AUS.

"The best parts of my Italian Delights tour were the lovely countryside, wineries, and some very good food!" Barbara - NSW, AUS .

A wonderful experience and varied tour. Great hosts and a friendly small group. Ready to book next tour. Margaret, VIC. AUS.

We would say in all of our travels this must be the tour that offers the most diverse experiences! Tony and Sue, WA, AUS.

I would recommend Italian Delights Tours to anyone wanting to see the other parts of Italy unspoiled by tourists. Perfect! Leonie, Melbourne, AUS.

Our guide's attention to detail and desire to help out when we had a problem was exceptional. Graham, Melbourne, AUS.

# Owners of Italian Delights Tours



Lynette and Jim Romagnesi

Jim and Lynette are passionate travellers and both have proud Italian backgrounds. They have an extremely close affinity with Italy, after having lived there with their children for 2 years from 2005. Put simply Lynette and Jim love all things Italian! They have developed Italian Delights tours over the past 10 years or so, based on their sound knowledge of what intrepid small group travellers (both singles and couples) are looking for in their guided Italian experiences. On the top of Jim and Lynette's priority list for prospective guests is ensuring that their small group tours are exactly that - genuine small group tours! Italian Delights Tours have a maximum group size of 14 guests and the average group size is between 5-7 guests. Within a small group guests are able to blend into local life better and as a result really feel immersed in the Italian life and culture. Also and most importantly, in our small groups guests are very well looked after from the first point of contact to our final goodbye. All guests really need to do whilst on tour is relax and enjoy their experiences!

Italian Delights Tours provide guests with a genuine, intimate and informal experience of Italy, covering its culture, food, wine, and stunning natural and man made landscapes. All accommodation and eateries are handpicked by Jim and Lynette and are nearly all family-run small businesses, where the proprietors take pride in their work, because their business is often a legacy that has been passed down over numerous generations. There is no packing and unpacking of bags every day, or even every second day. All of the stays on all tours are three nights or longer. There are very few early morning starts and we tend to take guests out to provided lunches, hence late evenings are rare on our tours also.

Italian Delights Tours aren't like the usual tours where guests march around following the guide with the coloured flag at every stop they make. Our experiences allow guests to explore hidden places in their own time, and importantly also at their pace. We have developed itineraries for independent exploration of towns, and we offer optional guided tours on certain days of the tours for those seeking more detailed information about some of the fascinating places that we visit.

## REGISTRATION FORM

I/We would like to participate in the Italian Delights Tour(s) below (Please insert both the name and date of the tour(s) you are interested in participating in below. For commencement dates please see front page of this brochure or our web site)

Tour Name(s):

Tour Start Date(s):

Please acknowledge that you have read and accepted the terms and conditions of our tours (found earlier in this document and at ( <https://www.italiandelights.com.au/terms-and-conditions-for-our-italian-> ) by signing the acceptance below (one person can sign on behalf of all passengers listed in the guests details section. Dated / / .

\*Payment details will be forwarded to guests upon receipt of this completed and signed registration form. Please Email completed forms to [info@italiandelights.com.au](mailto:info@italiandelights.com.au) , or post a printed copy to PO Box 95, Bentleigh, VIC 3204. Please note that due to the very small group sizes on our tours, allocations will be given to early bookings and deposits received.

### GUEST DETAILS

#### GUEST ONE:

#### GUEST TWO:

Title: Mr/Mrs/Ms/Miss/Dr,Other .....  
Surname: .....  
Given Names: .....  
Date of Birth: .....  
Special Dietary Requirements .....  
Address No. Street .....  
Suburb: .....  
State: ..... Postcode .....

Phone: B/H ..... A/H .....

Mobile: .....

Email: .....

(Please print Clearly)

Emergency Contact Person: .....

Phone Contact: B/H ..... A/H .....

Are you celebrating Anything special during the tour? .....

Where did you find out about us? .....

Lombardy Delights Pty Ltd. (Trading as Italian Delights Tours) ABN - 82 886 161 696  
[www.italiandelights.com.au](http://www.italiandelights.com.au) EMAIL: [info@italiandelights.com.au](mailto:info@italiandelights.com.au)  
PH: OS-+613 9018 6624 / AUS-1300 681 822  
Postal Address: PO Box 95 Bentleigh, VIC 3204.

# Italian Delights' Tours Terms and Conditions

## EXCLUSIONS FROM ALL TOURS

- Airfares
- Everything mentioned in specific tour itineraries as being an option/optional/excluded.
- Items of personal nature, phone calls, passport and Visas (if applicable), laundry or tips.
- Personal transport, excess baggage, security and government taxes, travel insurance.
- Meals not specifically mentioned in itinerary or which are referred to as "free lunches or dinners".
- Entry fees to all places either mentioned or not mentioned in itinerary.
- Optional excursions or activities that may be offered which are not included in the tour price.
- All personal expenditure

## GROUP SIZES, PRICES, DEPOSITS, AND PAYMENTS

Maximum group size 14 guests - average size is 5-6 guests and tour groups rarely exceed 8 guests. This ensures that your comfort and enjoyment are our top priority. Tours and Tour Prices/Tariffs are subject to change.

These terms and conditions may also be revised by Italian Delights Tours from time to time. If you have booked on a tour with us we will notify you by email of the updated terms and conditions and we will publish the updated terms and conditions on our website.

## ADVERTISED TOURS

Prices shown are per person, double occupancy. The deposit is \$250, or as listed on the tour registration form. This deposit is required before a booking can be confirmed by us. Payment instructions will be sent after we have received the Booking Confirmation and Guest Details form. No booking will be reserved until the prescribed deposit is received. Balance of the payment will be due 3 calendar months prior to the commencement date of the first tour date booked (30 days after Booking Confirmation Date if the date of the tour you are hoping to participate in is less than 90 days after the Booking Confirmation Date, and upon booking if tour commences within 30 days of booking date). Payment instructions will be sent to you after we have received your Booking Confirmation and Guest Details form. After your deposit has been received, we will send you an invoice with the due date for the balance of payment. Should your final payment fail to reach us by the date specified on your invoice, we reserve the right to cancel your booking without refund.

## PRIVATE TOURS

Italian Delights Tours reserves the right to develop specific Payment Terms and Conditions for each individual private tour. Private tour guests will be made aware of these specific conditions prior to paying their deposits. Prices for our Private Tours are always dependent upon the number of guests on tour. If guests in a private group withdraw from a tour at any stage prior to making their full payment, Italian Delights Tours reserves the right to increase the per person price of the tour for all remaining group members, to reflect the additional costs associated with conducting a tour with a smaller group than was initially agreed upon.

## CANCELLATIONS AND TOUR CREDITS

### CANCELLATION BY YOU

If you cancel your tour reservation for any reason at any stage, your deposit is non-refundable. If cancelling more than 60 days before the tour starting date 60% of your total tour cost will be refundable.

If cancelling more than 30 days, but less than 60 days before the tour starting date, 50% of your total tour cost is refundable for physician documented emergency medical reasons or for police documented cases of accident, flood, fire, or crime. If cancelling less than 30 days from the tour start date, a cancellation fee equal to 100% of the tour cost will apply. We do not provide refunds for: non-medical personal problems; air carrier delays or cancellations; inability to obtain passports; business problems or emergencies; etc. You are required to purchase your own travel insurance to cover cancellation coverage, airline tickets, trip delay, lost luggage, or any potential medical expenses.

If you cancel your tour reservation but wish to put any amounts paid towards a later tour, you will be offered a Tour Credit provided a minimum of 3 months' notice of the cancellation has been provided (for rebooking, see 'TOUR CREDITS' section below).

### CANCELLATION BY US

Italian Delights Tours reserves the right to cancel tours at any time for any reason such as lack of guest numbers or a Force Majeure Event.

If we cancel your tour, you can choose to:

- receive a Tour Credit towards rebooking on another tour; or
- receive a full refund.

However, if we have had to cancel your tour due to a Force Majeure Event, your refund will be less any costs we are unable to recover.

## TOUR CREDITS

If you receive a Tour Credit, you will be able to transfer the Tour Credit towards another tour conducted by Italian Delights Tours in the following 14 months from the start date of your original tour, provided the rebooked tour is a Confirmed Departure.

Please note that all tour prices are subject to a fluctuating AUD/EUR exchange rate, which may cause increases to the tour costs for the rebooked tour. If the rebooked tour is a more expensive tour, guests will need to pay the difference in price between the Tour Credit and the price of the rebooked tour.

If you decide to cancel your booking rather than use your Tour Credits towards another tour, standard cancellation fees (as set out in the 'CANCELLATION BY YOU' section) will apply.

## IMPORTANT ARRIVALS/DEPARTURES INFORMATION

It is your responsibility to take note and enquire with us about the time we arrive at our arrival (pick up) and departure (drop off) points, prior to the beginning / after the end of our tours. This should be done prior to you making any flight or train bookings so that it is clearly understood that the arrangements will fit in with our times. Your train should arrive at least half an hour prior to the designated pick up time, and your flight should arrive at least two hours prior to the pick-up time. Upon your departure from the tour your train should leave no less than an hour after our intended arrival, and your international flight should leave no less than 3 hours after our arrival times (2 hours for Italian domestic flights and Europe-bound flights).

# Italian Delights' Tours Terms and Conditions (Cont.)

## LUGGAGE

Guests are allowed one medium-sized suitcase and one small carry-on bag per person. If you exceed this limit there may not be space in the vehicle(s) to transport your excess luggage and it will be at your own expense to have it transported throughout the tour. We suggest that you bring a day pack for carrying water, guidebooks, jacket, rain gear, etc.

## HOW PHYSICALLY FIT DO YOU HAVE TO BE?

### ESCORTED SMALL GROUP TOURS

Our escorted tours are not athletic events. To comfortably complete them you should be able to do some moderate walks over hills and be able to climb a number of stairs. We will also be doing a lot of walking in the towns we visit. If you are planning an escorted tour with us it wouldn't hurt to prepare yourself by starting a moderate walking program at least 2 months before the tour.

### WALKING TOURS

Our walking tours are suitable for any active person, but there is no question that your enjoyment of the holiday will be hugely increased by some pre-trip preparation. Preparing yourself well will help ensure that you won't be distracted by physical or mental fatigue, and the risks of repetitive strains and injuries will also be greatly reduced.

#### Our Suggestions:

**Go Walking** - It seems obvious but to do some walks of similar length to those you will be doing on the tour, in the weeks leading up to it, is a big advantage. Build up gradually, so that you start with shorter ones and work up to longer distances.

**Wear in your walking shoes** - One of the biggest mistakes you can make is to arrive on the tour with a brand-new pair of boots.

**Wear them in!** Your feet are of utmost importance, so make sure you have professional advice about fitting your walking boots and buy good quality socks which wick away moisture. If necessary, wear two pairs of socks to reduce the risk of blistering and do a bit of toe-nail management too!

**Aerobic Exercise** - Not everyone is a gym member but any exercise which helps to build cardio strength is an advantage, such as cycling, swimming, squash or football. Think of a few simple lifestyle changes like using steps instead of the lift or escalators and walk up and down the stairs a few extra times each day.

**Mix up the Terrain** - Even though most of our walks are on quiet country paved roads, when you're out walking practise on different terrain if possible, and don't limit your preparation to hiking on pavements and flat tracks or trails. Including some steeper ascents and descents will start to build strength and stony or rocky surfaces will give your knees and ankles some practice and help to improve your balance. Practise with your day pack also. You will only be carrying a small day pack, but your neck and shoulders can feel stiff if those muscles are not accustomed to this activity. Once again build up gradually and start light, adding extra weight to the pack as you gain in strength.

**Water and snacks** - In your training preparation for our walking tours remember water and hydration when walking and fuel up on nutrient-rich snacks such as nuts, dried fruits, oat bars or plain chocolate. We will be carrying spare snacks for the group on our walks, and we also remind guests to fill up with water at every opportunity.

**Health niggles** - If you are aware of any strains or pains during your preparation period it is sensible to see a physiotherapist before you leave home, as early intervention is the key to getting better. They can assess your posture and movement and give specific activities to meet your needs.

## SPECIAL REQUIREMENTS

Please advise us of any special requirements such as Special Meals, Medical Requirements etc, as soon as possible.

If you get motion sickness easily, it is advisable to bring with you motion sickness pills, as we will be travelling along hilly and mountainous roads at times.

## LIMITATION OF LIABILITY

To the maximum extent permitted by law (including the Australian Consumer Law), we will not be liable for any loss (whether direct, indirect or consequential), delay or deferment, or death, injury, or damage to any person or property arising from a Force Majeure Event or due to an act or omission of any person (whether negligent or otherwise), including third party providers over whom we have no direct control.

Where an applicable law provides that our liability cannot be excluded (including the consumer guarantees under the Australian Consumer Law) our liability is limited to the remedies required of us under the applicable law.

## PERMISSION FOR PHOTOS AND VIDEOS OF GUESTS

You agree that our Tour Directors or Representatives may take photographs and films of you while you are on holiday and that these may be used in our Group brochures and/or advertising or publicity material without obtaining any further consent or payment in respect of such photographs and/or films.

## GUEST CONDUCT

Italian Delights Tours reserves the right to accept, reject, or not retain any person as a guest whose condition or general deportment impedes the operation of the tour or, in the opinion of the tour manager, affects the rights and enjoyment of other guests. A guest not retained on tour shall have no cause for complaint or refund and shall bear any and all extra expenses that ensue.

Each guest indemnifies and holds harmless Italian Delights Tours from any claim, cost, demand, liability or damage (including legal costs, professional costs and other expenses on an indemnity basis) incurred by Italian Delights Tours arising out of or in connection with (but not limited to):

- a. any breach of these terms and conditions by the guest;
- b. any breach of the terms and conditions of any third party providers to Italian Delights Tours; or
- c. any injury, death, damage or loss sustained due to any act or omission of the guest.

# Italian Delights' Tours Terms and Conditions (Cont.)

## TOUR CHANGES

All information contained in this document is, to the best of our knowledge, correct. However, we reserve the right to make changes in accommodations, group composition, visits, and itineraries at any time, should it become necessary or desirable. Delays or itinerary changes caused by a Force Majeure Event are beyond our control and we are not obliged to pay guests compensation.

## DEFINITIONS

"Australian Consumer Law" means the uniform consumer protection law set out in Schedule 2 of the Competition and Consumer Act 2010 (Cth).

"Confirmed Departure" means a tour departure that has been confirmed by Italian Delights Tours at its discretion, subject to confirmation of guest numbers.

"guest", "you" and "your" means guests who have booked a tour with Italian Delights Tours.

"Force Majeure Event" means anything affecting a party outside of that party's reasonable control, including but not limited to fire, storm or other extreme weather event, flood, earthquake, epidemic, war, invasion, terrorism, civil commotion, blockade or embargo, labour dispute, labour shortage, failure or delay in transportation or supply, or any law, order, proclamation, regulation, ordinance, demand, requisition or requirement or any other act of any government authority.

"Italian Delights Tours", "we" or "us" means Lombardy Delights Pty Ltd (ACN 122 218 400) in its own capacity and as trustee for the Lombardy Delights Trust (trading as Italian Delights Tours), and its officers, employees, agents and contractors.

"Tour Credit" means an amount of credit equal to the dollar (\$) value of the amount you have paid to Italian Delights Tours.



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