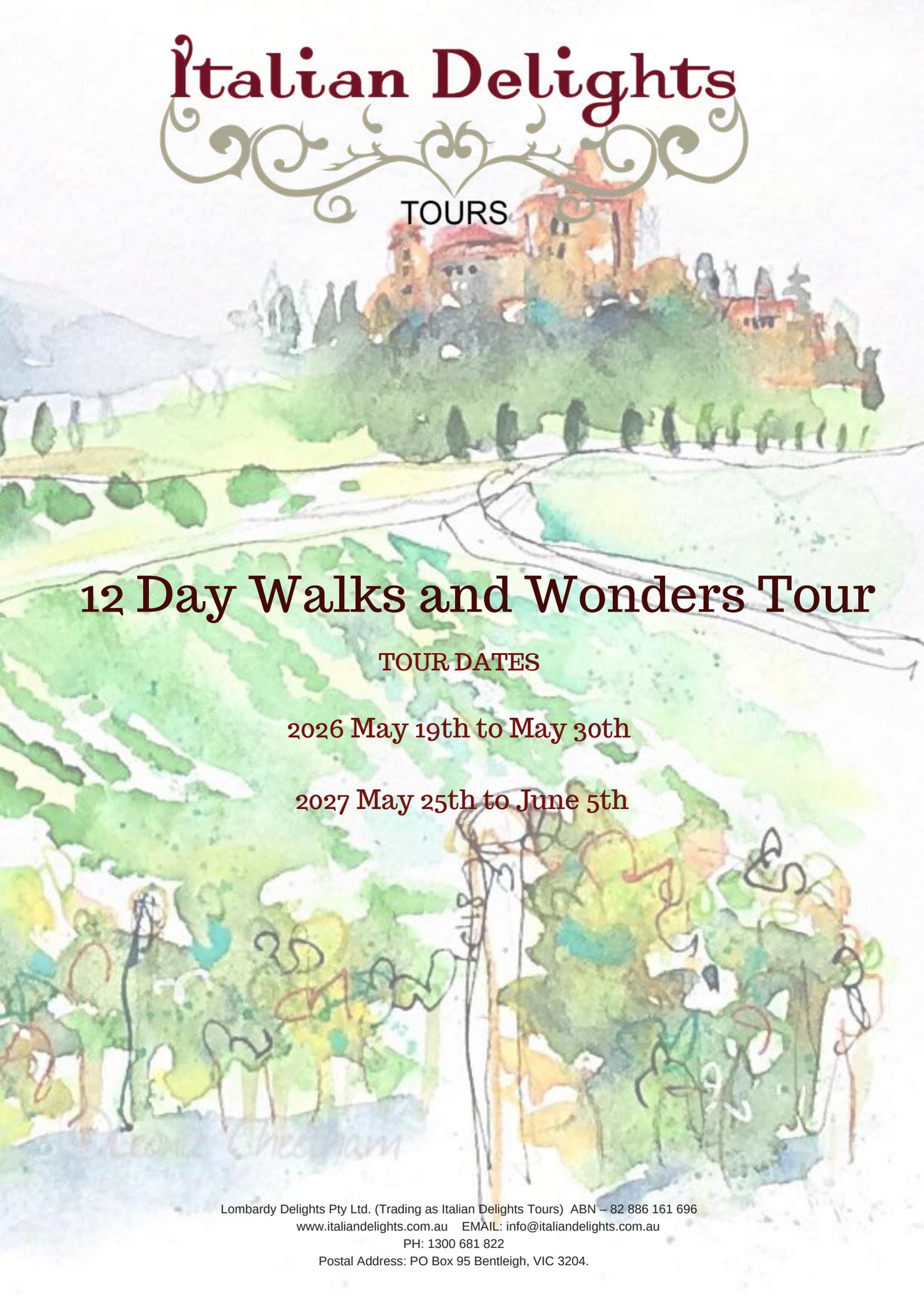


Italian Delights

TOURS

A watercolor illustration of an Italian town on a hillside. The town features red-tiled roofs and is surrounded by greenery. A winding road leads up to the town. In the foreground, there are rows of grapevines in a vineyard, with some trees and a fence. The style is soft and artistic, using various shades of green, brown, and red.

12 Day Walks and Wonders Tour

TOUR DATES

2026 May 19th to May 30th

2027 May 25th to June 5th

Lombardy Delights Pty Ltd. (Trading as Italian Delights Tours) ABN – 82 886 161 696

www.italiandelights.com.au EMAIL: info@italiandelights.com.au

PH: 1300 681 822

Postal Address: PO Box 95 Bentleigh, VIC 3204.

12 Day Walks and Wonders Tour

ITINERARY

LEGENDS

B-BREAKFAST L-LUNCH D-DINNER

WALKS DIFFICULTY LEVEL - EASY MODERATE DIFFICULT

Day One - Arrival: (Milan/Voghera to Piedmont/Varzi) D
Lush, Green plains to the Foothills of the Apennine mountain range.

(NO ORGANISED WALK TODAY)

You will be met by your host at Milan's Malpensa Airport between 2.30 and 3pm, or alternatively at the Voghera train station between 3.30 and 4pm. A well-appointed private, air-conditioned vehicle will transfer you to the centrally located "Locanda Le Cicale", in Jim's dad's medieval town of Varzi. Varzi's town centre is like going back in time: eight centuries of history documented in the architectural traces of its churches, towers and castle. You will have time to unwind in your room, enjoy an aperitivo, or simply explore this gorgeous little town. In the evening we will come together for our welcome dinner in Varzi.

Day Two - (Mount Penice to medieval Bobbio) B L
Mountain top walk to luminous valley floor for a well deserved lunch.

(AM WALK - DIST. 12.5-14 KMS / 2-2.5 HRS (EASY TO MODERATE DOWNHILL Country Lanes and Walking Trails)

Today begins with a scenic drive to nearby Mount Penice, where we begin our walking for the day. Initially, we will wind our way along a forest trail from the top of Mount Penice, and we'll continue our walk along quiet backroads, passing fields, forests, and a couple of small hamlets until we reach the hillside town of Santa Maria. We'll then be shuttled down to Bobbio by van for our lunch together. Our walks today offer amazing views of the vast Trebbia and Tidone Valleys, and our lunch is in Bobbio's elegant "Il Piacentino" restaurant. It's very well known for its delicious anti pasti and primi (pasta dishes). After lunch you can explore this little gem of a town. Two beautiful churches, a centuries old monastery, and a beautiful Roman Bridge full of character, are just some of the delights of Bobbio waiting to be discovered! In the evening you can simply unwind at "Locanda Le Cicale", or take a leisurely passeggiata in Varzi, where you can enjoy a gelato, coffee, or delicious glass of wine (or two!), before retiring for the evening.

Day Three - (DAY TRIP - Lake D'Orta and Villa Taranto-Lake Maggiore) B D
The Majesty of two of Italy's most beautiful lakes - Scrumptious Pizza dinner!

(NO ORGANISED WALK TODAY)

Today we visit two of Italy's most beautiful lakes - Lake D'Orta and Lake Maggiore. First up we spend a free morning and lunch in the gorgeous medieval



The 12 Day Walks and Wonders Tour costs AUD \$7,640.00 per person, twin share (AUD\$970.00 Single Supplement) and includes:

- ✓ A 12 Day stay Tuesday to Saturday
- ✓ 11 nights accommodation Twin Share or Double
- ✓ Breakfast every day except day 1
- ✓ Three evening meals and eight lunches
- ✓ All land-based transport in a private vehicle, including transfers from Malpensa Airport and Voghera train station upon arrival and departure. (See Terms and Conditions section at rear for list of tour exclusions)

12 Day Walks and Wonders Tour

ITINERARY

LEGENDS
B-BREAKFAST L-LUNCH D-DINNER
WALKS DIFFICULTY LEVEL - EASY MODERATE DIFFICULT

Day Three (Cont.)

town of Orta San Giulio on the shores of Lake D'Orta. A couple of highlights here are the little island of Isola di San Giulio, and the hillside chapels of the Sacro Monte, a UNESCO World Heritage site that offers stunning views of Lake D'Orta. Of course whilst here you can also take a leisurely lakeside passeggiata, or simply explore the narrow alleyways of this charming town. After lunch we head to the stunning gardens of Villa Taranto. Established from 1931-1940 by Scotsman Neil McEacharn, the gardens are on the edge of Lake Maggiore and offer a dazzling variety of plants and plant combinations. It is pretty much in full colour from spring to autumn, but the display in spring/early summer is particularly astonishing! Prior to our return to Le Cicale we will enjoy a delicious pizza at one of Jim and Lynette's favourite local pizzerias.

Day Four - (Varzi market and Cecima hilltops walk) B

Morning fun with the locals in Varzi and an afternoon of bucolic rolling hill views.

(PM WALK - DIST. 11 KMS / 2.5-3HRS HRS (UNDULATING COUNTRY LANES))

Today we start off by relaxing and unwinding in the sleepy medieval town of Varzi. In the morning you can stroll through Varzi's local market and 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. 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. Today, even though the cattle are no longer there, one can still imagine what it may have been like, as older townsfolk gather and converse in their local dialects amidst the market's shoppers. Our afternoon's 3 hour walk will take us through one of the most beautiful landscapes in the Oltrepo. We commence our walk at the quaint village of Cecima, a medieval town built with the stones of the staffora river. Cecima sits on a hilltop offering views of Mount Penice, Mount Boglelio and the Staffora River. We will wind our way through rolling hills scattered with rustic farms, orchards and vineyards. This peaceful walk is enjoyed by following a small, winding road that takes us from the border of Lombardy to Piedmont.



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12 Day Walks and Wonders Tour

ITINERARY

B - BREAKFAST L - LUNCH D - DINNER
WALKS DIFFICULTY LEVEL - EASY MODERATE DIFFICULT

Day Five - (Castellaro and the "Via del Sale" / The Salt Road) B L

Follow the ancient Salt Road!

(AM & PM WALKS - TOTAL DIST. 15 KMS / 4 HRS (MODERATE TO DIFFICULT UNDULATING))

The Via del Sale or Salt Road is a famous route that was first established in the 12th century, when merchants followed it to bring precious salt and basic necessities from the Ligurian Sea to the region. The full "Via del Sale" walk is 72km long, and it takes you from Varzi to the Ligurian coastal town of Recco (near Genoa). This morning we will be doing the first 4 kilometres and climbing around 350m. We stop at the popular restaurant Primula Bianca in Castellaro for a well deserved lunch. Castellaro sits 756 meters above sea level and is a typical medieval hamlet. The houses lean against each other and the gnarly, narrow alleys reflect its bygone era. Our walk to Castellaro is a challenging and interesting one that follows the Staffora river and ascends along a rocky single track to Castellaro. The return walk descends into Varzi along a paved backroad that opens up to lovely views of the town. All up today's 15km walk takes around 4 hours return.

Day Six - (Antique market, Pietragavina and Ristorante Ra Canva) B L

Charming backroads and a legendary Sunday lunch!

(AM & PM WALKS - TOTAL DIST. 15 KMS / 3.5-4 HRS (EASY-MODERATE UNDULATING))

Sunday is a day for Italians to relax and come together with family. During the morning in Varzi there's a small, yet interesting, bric a brac/antique market. Children come out to play whilst families enjoy a pre-lunch passeggiata to chat with friends. This morning we'll take one of our favourite local walks which takes us through Jim's grandfather's town of Pietragavina, in the hills above Varzi, to the family-run restaurant of Ra Canva. On our 2 hour walk we'll pass by fields, forests, farms and small villages, whilst enjoying sweeping views of fertile farmlands and family vineyards. Ra Canva is delightful and rustic. The food is divine and everything is homemade (including their delicious bread!). Our lunch starts with an aperitif, followed by aperitivi, two first courses, two second courses and a cart of desserts. It surely is a memorable experience and you'll be glad that you've had nice walks prior to and after eating there! We'll work off our Ra Canva lunch by taking a scenic 2hr walk back to Pietragavina where we'll be driven back to Varzi.

Day Seven - Volpedo - Rivanazzano Terme - San Ponso (Walk and Spa day) B L

(AM & PM WALKS - TOTAL DIST. 20 KMS / 4.5 HRS (EASY FLAT-SLIGHTLY HILLY TERRAIN))

Today starts on the plains near the foothills of the area we're staying in. We begin with a coffee break in the charming little town of Volpedo. We'll then



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12 Day Walks and Wonders Tour

ITINERARY

B-BREAKFAST L-LUNCH D-DINNER
WALKS DIFFICULTY LEVEL - EASY MODERATE DIFFICULT

Day Seven - Volpedo to Rivanazzano / Spa Option Day (Cont.)

walk along the slightly hilly countryside on dirt and bitumen backroads to the town of Rivanazzano Terme. After a light lunch together you can explore the town of Rivernazzano or choose the optional Spa treatment for those who are keen to indulge their senses! The landscape around us in the morning is characterised by fields of corn, barley, tomatoes, lucern, and other crops - depending on the time of the year. After our free time in Rivanazzano Terme we'll take another delightful, 3-hour, 14km walk along the lower slopes of the Staffora Valley before returning to Varzi for the evening.

Day Eight - (Certosa to Pavia) B D

From the Stunning Certosa di Pavia Abbey to the youthful town of Pavia.

(WALK - DIST. 6.5 KMS / 1.30 HRS (EASY FLAT TERRAIN COUNTRY ROADS))

Day eight begins with a visit to a truly hidden Italian gem! The Certosa di Pavia is a stunning fourteenth-century monastery hidden deep in the countryside between the cities of Milan and Pavia. After our tour of the Certosa, we enjoy an easy walk through the ancient Visconti hunting grounds. Following the Vernavola river, we pass birch, cherry, ash, hazel, English oak, poplars, and willows, to name but a few of the beautiful trees along our path. After our morning walk, we'll continue to Pavia, where you'll have free time for lunch and the chance to explore the city at your leisure. The elegant university city of Pavia, once the capital of Lombardy, is situated on the banks of the Ticino River. Dinner will be in Varzi this evening.

Day Nine - (Abbey of Sant'Alberto di Butrio to Varzi) B L

Picnic in the grounds of the serene Abbey of Sant'Alberto and panoramic walk into Varzi.

(WALK - DIST. 10.5 KMS / 2.25 HRS (UPHILL, UNDULATING & DOWNHILL COUNTRY ROADS))

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, 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, a cave-dwelling hermit-turned Saint who cured their mute son. There is also a curious tomb located here that is said to have been a temporary resting place for the body of an English King! The morning begins with an uphill walk to the Abbey along quiet country roads and through chestnut forests. After the abbey visit, we enjoy a picnic together in the grounds of the abbey.



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- ✓ Breakfast every day except day 1
- ✓ Four evening meals and seven lunches
- ✓ All land-based transport in a private vehicle, including transfers from Malpensa Airport and Voghera train station upon arrival and departure. (See Terms and Conditions section at rear for list of tour exclusions)

12 Day Walks and Wonders Tour

ITINERARY (CONT.)

B-BREAKFAST L-LUNCH D-DINNER
WALKS DIFFICULTY LEVEL - EASY MODERATE DIFFICULT

Day Nine - (Abbey of Sant'Alberto di Butrio to Varzi) Cont.

From here, beginning at the Oramala Castle, we will wind our way along a quiet country back road to the town of Varzi. This delightful downhill walk offers panoramic views over the Staffora and Nizza valleys, and family orchards and vineyards.

Day Ten - (Camogli - Punta Chiappa walk) B L

A day out at the Ligurian seaside!!

(AM & PM WALKS - TOTAL DIST. 8.5 KMS / 2.5-3hrs HRS (DOWN AN UNDULATING WALKING TRAIL AND UP A PAVED WALKWAY WITH STEPS))

Today we're heading to the seaside! Our day starts with a drive to San Rocco, which sits high above Camogli. Camogli is very close to the beginning point of the ancient salt road that also passes through Varzi. It is a very popular town for Italian holidaymakers during summer and is also a place where one can enjoy a sumptuous slice of cheese focaccia, more commonly known as Focaccia di Recco (named after a neighbouring town). We arrive at San Rocco in the morning, in time to walk a spectacular trail down the hillside that offers stunning views of the beautiful sea below. We then catch a ferry to Camogli, where lunch is at a local restaurant there. After lunch we walk back up some steep terrain (mainly spaced apart steps) to San Rocco before heading back to Varzi.

Day Eleven - (Castello di Luzzano winery, Santa Maria Della Versa) B L D
Oltrepo Pavese/Colline Piacentini Wine regions

(PM WALK - TOTAL DIST. 11 KMS / 2.5 HRS (MODERATE UNDULATING))

Today begins with a scenic drive to Castello di Luzzano, an historical winery situated in the midst of a stunning natural landscape that straddles the border of the Oltrepo Pavese (Lombardy) and Colline Piacentini (Emilia Romagna) wine regions. The beautiful Piacentini hills are famous for their D.O.C. wines. Here we will have a cellar tour, wine tasting and lunch at the winery's restaurant. After our slow lunch we will set off on the final walk for the tour, an 11km walk that will take us through the vine-clad hills back to the town of Santa Maria Della Versa, which is the heart of sparkling wine in this area. This evening we will have a celebratory farewell dinner at Le Cicale.

Day Twelve - (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 the Oltrepo Pavese. 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

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 wine 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 TV, fridge, food warmers, ensuite, air conditioning and views of the medieval town and the main square of Varzi. Wifi is 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 started Italian Delights tours in 2008, and utilise 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.

Contact us now at info@italiandelights.com.au for your unique and intimate Italian tour experience. We guarantee you won't be disappointed!

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 , 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

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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 EMAIL: info@italiandelights.com.au

Ph: 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 7 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 10%, 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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