

Tuscany and Umbria:

Spirit, Culture and Cuisine

September 30–October 11, 2025



Illuminated Journeys invites you to explore Tuscany and Umbria, its culture, cuisine, and spirit.

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The central seaside Italian region of Tuscany is known for being one of the most beautiful areas of the country. In addition to its rolling green hills, olive groves, vineyards, and coastal elegance, Tuscany is famous for its alluring, rustic villages which reflect the history of the region. Umbria, Tuscany's neighbor to the East, is equally rich with spiritual and cultural history. Join us as we explore the landscape, culture and cuisine of these vibrant regions.

Tuesday, September 30

Arrive in Florence (FLR) well before 1 pm to gather your luggage, go through customs, and meet our bus and driver by 1pm. After we gather, we'll make one stop as we drive south toward our countryside hotel, between Firenze and Siena. Upon arrival, you are free to take a nap or stroll the lovely area around the hotel. A group gathering before dinner will provide time to cross the pilgrimage threshold into this enchanting journey.

STAY: Vicino a Firenze e Siena **** Hotel D

Wednesday, October 1

Following breakfast at our hotel, we make our way through the vineyard-laced countryside to walk and explore a short section of the Via Sanese, the ancient pilgrimage route from Florence to Siena. Our pilgrimage takes us to the Monastery of Badia di Passignano where we will enjoy a tour with the Benedictine Monks who live, pray and work there. A short drive takes us to a rustic, family-owned winery for a tasting, tour and lunch before returning to the hotel for a group gathering and dinner.

STAY: Vicino a Firenze e Siena **** Hotel B, D

Thursday, October 2

Following breakfast at our hotel, we leave to experience one of the true delights of Tuscany, a hands-on cooking school. We prepare it, cook it and eat it at a local winery. Following lunch, we travel to the ancient hill-top city of Siena, where we will spend the next three nights. This city is famous for its cuisine. Enjoy a free evening with dinner on your own.

STAY: Siena **** Hotel B, L

Friday, October 3

Today we'll meet a local guide to explore this historically rich, culturally vibrant city. Our tour includes a morning walk, a visit to the Duomo, off-the-beaten-path sites and the famed Piazza del Campo known for its passionate horse race in the heart of the city, which takes place every July and August. Enjoy lunch on your own with a free afternoon. We gather back at the hotel for a group gathering and dinner together.

STAY: Siena **** Hotel B, D

Saturday, October 4

Today's exploration of Siena and the surrounding area includes time on your own, as well as an optional walk on the Francigena, the main medieval pilgrimage route between Canterbury and Rome. We gather back at the hotel for dinner together.

STAY: Siena **** Hotel B, D

Sunday, October 5

Following breakfast at our hotel, Brad and Rita will help you explore the history, meaning and pilgrimage sites of Saint Catherine of Siena before saying goodbye to this amazing city. We'll enjoy a drive through the Val d'Orcia, an iconic sun-soaked, Cypress-laden area of Tuscany recognizable as the backdrop for countless movies and television appearances. Our journey takes us to the highly regarded winery of Altesino for a tour, tasting and lunch featuring Brunello di Montalcino, the unique expression of Sangiovese which defines this region. Following an after lunch saunter on the Francigena, we move on to the hill-topped, medieval splendor of Montepulciano, staying at the highest point of the town where you can enjoy exquisite views of the surrounding countryside.

STAY: Montepulciano *** Hotel B, L

Monday, October 6

Today, you'll enjoy a hotel breakfast at your leisure and a relaxed morning to explore the charm of the winding streets of this ancient city before gathering as a group at a local winery for a tour, tasting and lunch. This unique winery features ancient caves, an Etruscan museum and unforgettable

Vino Nobile di Montepulciano, the world-renowned Tuscan wine produced from the local Sangiovese grape. Enjoy the evening with dinner on your own.

STAY: Montepulciano *** Hotel B, L

Tuesday, October 7 – Drive to Assisi

After enjoying breakfast at our hotel, we wind our way toward the dramatic town of Cortona to visit the richly fascinating Etruscan Museum. More recently, Cortona has become known as the adopted city of Frances Mayes, author of *Under the Tuscan Sun*. Following lunch on your own, we leave Tuscany and cross into the beautiful region of Umbria on our way to the spiritually vibrant hill-top town of Assisi. We'll gather as a group to cross the Assisi threshold at an important local site followed by dinner together at the hotel.

STAY: Assisi **** Hotel B, D

Wednesday, October 8 – Day of options with Rita and Brad around Assisi

STAY: Assisi **** Hotel B

Thursday, October 9 – Day of options with Rita and Brad around Assisi

STAY: Assisi Assisi **** Hotel B, D

Friday, October 10

After breakfast, we make the short drive to Montefalco, home to Sagrantino, the "sacramental" grape of the ages. We'll visit one of the historic, family-owned vineyards where we'll be treated to a tasting and lunch. After exploring this grape of grapes, we say goodbye to Umbria and drive to an airport hotel in Rome for our final group gathering and dinner in a relaxed and surprising family-owned restaurant.

STAY: FCO Rome airport **** Hotel B, L, D

Saturday, October 12

Breakfast provided at the hotel before an early group departure to the FCO Rome airport.

Questions?

Call Brad Berglund: 720.489.8073

Email: brad@illuminatedjourneys.com

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Tour Price:

\$4495 US per person sharing (Cost does not include transportation to and from the pilgrimage.)

Single Occupancy Supplement:
Add \$995 US to basic price

Payment schedule:

- Send your deposit as soon as possible.
- \$495 non-refundable deposit due with completed registration form.
- December 15, 2024 - \$1000 due
- April 1, 2025 - \$2000 due
- June 1, 2025 - Balance due

All payments due to:

Illuminated Journeys and mailed to:
8273 E. Davies Ave.
Centennial, CO 80112

A pre-pilgrimage travel kit will be shipped to you approximately 25 days prior to departure provided final payment has been received.

Cancellation Schedule:

- Deposit of \$495 is non-refundable.
- Cancellations after December 15, 2024, 50% non-refundable.
- Cancellations after April 1, 2025, 75% non-refundable.
- Cancellations after June 1, 2025, 100% non-refundable.

In addition, charges incurred to cancel arrangements will be added to above cancellation penalties. We strongly recommend that all our participants take out comprehensive travel insurance to avoid dispute in case of cancellation.

Refund for unused arrangements:

Unused arrangements, services or features of any tour are not refundable or exchangeable unless agreed upon prior to departure.

Tour price includes:

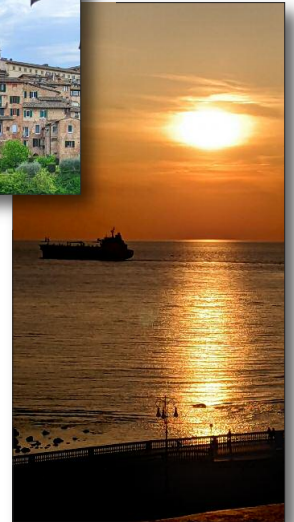
- Comfortable 4* and 3* accommodations
- Excellent regional food
- Deluxe motor coach and driver
- All scheduled sightseeing, entrance fees, and guides
- Meals as follows: Day 1 – D; Day 2 – B, D; Day 3 – B, L; Day 4 – B, D; Day 5 – B, D; Day 6 – B, L; Day 7 – B, L; Day 8 – B, D; Day 9 – B; Day 10 – B, D; Day 11 – B, L, D; Day 12 – B

(B = breakfast, L = lunch, D = Dinner)

Tour price does not include:

- Your transportation to and from this pilgrimage.
- Travel/medical insurance (strongly recommended)
- Tips for items of a personal nature (such as room service, beverages, meals, telephone and valet charges, etc.) are not included in the tour cost and are left to your own discretion.
- Group Tip for bus driver – 25 Euros per person. (suggested)
- Your transportation cost to meet the group if you arrive later than 1 PM on the stated arrival day for this tour, and miss the group departure from the airport.
- Fees for passports and visas; laundry; telephone calls; wine, liquor, mineral water; sightseeing and services other than those specifically mentioned; personal items; excess baggage; foreign airport taxes
- Some meals: Day 1 – B, L; Day 2 – L; Day 3 – D; Day 4 – L; Day 5 – L; Day 6 – D; Day 7 – D; Day 8 – L; Day 9 – L, D; Day 10 – L; Day 10 – L; Day 12 – L, D

(B= breakfast, L= lunch, D= dinner)



Illuminated Journeys Staff

Brad and Rita Berglund created *Illuminated Journeys* 25 years ago. They are experienced travel organizers, pilgrimage leaders and spiritual directors and will accompany you on this journey.

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Reservation Confirmation Form

Please print this page and mail completed form with your deposit made payable to:

Illuminated Journeys
8273 E. Davies Ave.
Centennial, CO 80112

If you have questions about the tour itinerary, contact Brad Berglund:

Phone: 720-489-8073
E-mail: brad@illuminatedjourneys.com

Please reserve _____ space(s) for *Tuscany Umbria Pilgrimage*.

A check for a non-refundable deposit of \$495 per person is enclosed.

I understand payment #1 of \$1000 is due December 15, 2024

(Cancellation policy is outlined on “cost” page.)

Participant 1 _____
(Name as it appears on your passport)

Participant 2 _____
(Name as it appears on your passport)

Address _____

City _____

State _____ Zip: _____

Cell Phone 1 () _____

Cell Phone 2 () _____

Email 1 _____

Email 2 _____

Tour cost:

___ Tour Price PP: \$4495 US (sharing twin/double room)

___ Single Occupancy Supplement: \$995 US to basic price

Note: *Transportation to and from Italy is not included in this pilgrimage.*

Please check one of the following:

___ Sharing (___ I have a roommate ___ I need a roommate.
If no roommate is available, single supplement applies.)

___ Single

Declaration: I/We have read, understand and accept the Fine Print section. I further understand and accept that Brad and/or Rita Berglund, and Illuminated Journeys are not responsible for the specific incidents mentioned in this *Fine Print* section.

Signature _____

Signature _____

Date _____

The Fine Print - *Tuscany/Umbria 2025*

Accessibility: This pilgrimage is designed for you to experience the hill towns of Tuscany and Umbria. We will walk up and down ancient stone stairs and spend time walking the ancient pilgrimage routes that crisscross Tuscany and Umbria. In the weeks before we go, it will be important for you to prepare by walking as much as you can. This pilgrimage is not designed for those with limited mobility.

Group size: Because this pilgrimage is limited to 20 participants, we recommend sending your deposit early to ensure a place. Payment #1 of \$1000 is due December 15, 2024.

Responsibility: Illuminated Journeys, Inc, 8273 East Davies Avenue, Centennial, CO 80112-1889 is not responsible for any personal injury, property damage or other loss you may suffer or incur on this tour arising from acts or failure to act on the part of any Air Carrier, Public Transport Company, Hotel, Car Rental Company, sub-contractor or other person or organization, whether or not such air carrier, public transport company, hotel, car rental company, subcontractor or other person or organization is rendering any of the services or accommodations offered or supplied on the tour. All tickets, coupons and orders are furnished and issued subject, in all respects to the foregoing and to any and all terms and conditions under which the transportation and other services and accommodation provided thereby are offered and supplied. Illuminated Journeys, Inc accepts no responsibility for losses or expenses due to delay or changes in schedules, sickness, weather, strikes, war, quarantine or other causes. All such losses or expenses will be borne by the passengers. Baggage is at owner's risk throughout the tour unless insured. Small articles, (coats, wraps, umbrellas, etc.) are entirely in the care of the passengers. The right is reserved to decline or accept or return any person as a member of any tour or to cancel or alter the tour.

Accommodation: Land arrangements will be provided as described in each tour. The right is reserved to substitute hotels and sightseeing features listed herein for accommodations and/or sites in similar categories.

Baggage: Airline baggage allowance and fee structure is unique to each airline. You are responsible for those fees. We encourage you to fit everything into one bag and one carry on.

Children: Children (under 13 years of age cannot be accommodated on escorted tours) are charged the full adult fare and must be accompanied by an adult.

No Smoking: Smoking is not allowed on the escorted tours while on board the motorcoach. Frequent and rest stops will be made at which time there will be an opportunity to smoke.

Currency Exchange: All prices in this program are shown in U.S. Dollars and are based on currency exchange rates existing on October 31, 2023. Prices are per person based on two people sharing a room. Any devaluation or revaluation of currencies may affect the printed prices. Illuminated Journeys, Inc. reserves the right to alter prices at any time prior to your departure and without prior notice if, in this opinion, circumstances so warrant.

Insurance: (highly recommended) Information regarding travel insurance will be made available to all participants. Travel insurance covers losses in the event of cancellation of the tour, loss or damage to baggage, and medical expenses in the event of accident, injury or illness. Its most valuable feature is coverage for “medical evacuation” in the event that you need special travel arrangements or assistance to return home.