



Cultura Italiana Arezzo

ITALIAN LANGUAGE SCHOOL

LANGUAGE AND TREKKING

BASIC COURSE: 1 or 2 weeks (it is also possible to do only one week)

LEVEL OF KNOWLEDGE OF THE LANGUAGE: da from beginner to advanced

MINIMUM NUMBER OF PARTICIPANTS: 1

STARTING DATE: every Monday. The course takes place throughout the year

PROGRAM 2 WEEK-COURSE::

Intensive Language course from Monday to Friday

4 half day excursions

2 whole day excursions

PROGRAM 1° WEEK:

*** MONDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level

AFTERNOON: Free

*** TUESDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level

AFTERNOON:

Chiusi della Verna and Santuario:

It is not easy to adequately describe the beauty and wonder of La Verna (located at 1130m) where nature, art and religious devotion have combined to create this mystical place. It was here on the mountain that St Francis of Assisi received the stigmata in September 1224, a miracle that may have been foretold by the sudden appearance of strange, deep fractures in the surrounding rocks.

We will explore some of these during our visit – on our own trip to the centre of the Earth!

Afterwards, there is another surprise in store – Michelangelo's Capella Sistina!

(2 hours, 5 km, 330m , Level E)

Transfer time/distance from Arezzo to Chiusi della Verna: 1 hour/50km

*** WEDNESDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level

AFTERNOON: Free

*** THURSDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level

AFTERNOON:

Circular Walk to the Pieve and Castello of Romena:

A circular walk full of historical interest that also leads you through some of the Casentino's most beautiful landscape. Prepare to be amazed by spectacular views of the pretty medieval village of Poppi. We begin by following the gentle course of the river Arno for a few kilometres. Not far from its source here, the Arno is much smaller than in Florence. We then head upwards to explore the tranquil Pieve alla Romena, one of the most striking examples of Tuscan Romanesque architecture. Another ascent brings us to our next stop at the Castello di Romena. This ancient castle is alive with memories of fascinating literary figures from Dante Alighiero to D'Annunzio. We will then make our way to the Borgo alla Collina, before a gentle descent back to the starting point.

(h 3 - km 12 - m 330)

*** FRIDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level

AFTERNOON: Free

***SATURDAY:**

ONE DAY OUTING:

Visit to Val d'Orica, Bagno Vignoni and San Quirico d'Orica

The Via Francigena is the focus of this circular walk. We follow it for the first part of our excursion with a gentle climb to the ancient fortress of Vignoni Alto. From here, you can see Monte Amiata in the south with all the surrounding ancient villages spread out in an incredible panorama. As we descend, we come across one of the most beautiful squares in Italy: an enormous pool of thermal water encircled by ancient buildings. We then follow the Orcia up to the ridge where more spectacular views are waiting to be discovered; this time to the north and the picturesque town of Montalcino. Then we head by car to our final stop, the hilltop town of San Quirico d'Orcia.

Note that there will be an extra charge for bathing in the pool at Bagno Vignoni

(h 4 - km 12 - m 400)

PROGRAM 2° WEEK:

*** MONDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level
AFTERNOON: Free

*** TUESDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level
AFTERNOON:

Cortona and the Eremo Le Celle:

This itinerary showcases medieval art and religious faith. The peace and tranquility of the Eremo Le Celle, inextricably linked with St Francis of Assisi, and the beauty of the lively and picturesque town of Cortona are the highlights of this Tuscan excursion. Our starting point is at the impressive Etruscan walls surrounding the town. We take a winding path down towards the Franciscan hermitage, enjoying wonderful views and hidden points of interest along the way. After exploring this beautifully constructed stone and brick building, our next stop is back in Cortona to visit the Basilica di Santa Margherita towering protectively over the town. Later, we will lose ourselves in the tantalising streets and squares of Cortona.

(3 hours, 10 km, 400m, Level E).

*** WEDNESDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level
AFTERNOON: Free

*** THURSDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level
AFTERNOON:

Monteaperti Circular Walk:

We will set out on foot from the small village of Monteaperti. During this gentle walk, you will discover the story of the Guelph and Ghibellini, of Siena and Florence. Who could imagine that this small area in the Sienese hills had once been the scene of one of Italy's most epic medieval battles? On 4 September 1260, the armies of the two Tuscan cities clashed, not far from the river Arbia. Dante Alighiero recalled that the river turned red. You will feel the striking contrast between today's tranquil landscape with the bell towers of Siena in the background, and the violence that once took place.

(h 3,30 - km 11 - m 250)

*** FRIDAY:**

MORNING: intensive course (Corsi intensivi) in classes with students of the same level
AFTERNOON: Free

***SATURDAY:**

ONE DAY EXCURSION:

Montepulciano and Montefollonico Circular Walk

Our final excursion offers a wonderful combination of art, history and scenic views. We will leave from the Church of Santa Maria delle Grazie, just outside Montepulciano. From here, we head into the countryside with its sprawling vineyards and fields. Our destination is the valley between Montepulciano and the small village of Montefollonico which can be clearly seen during the first part of the walk. Montefollonico is like a lovely surprise; a charming place that is hard not to fall in love with. But just as beguiling is the path to Montepulciano with its panoramic views, leading straight to the heart of the beautiful, ancient town.

(h 5 - km 17 - m 650)

PRICE OF THE COURSE - 1 WEEK:

1 person: € 600

2 people: € 438 p.p.

3 people: € 378 p.p.

4 people: € 348 p. p.

5 or more people: prices on request

PRICE OF THE COURSE - 2 WEEKS:

1 person: € 1160

2 people: € 836 p.p.

3 people: € 716 p.p.

4 people: € 656 p. p.

5 or more people: prices on request

THE COST INCLUDES:

- intensive course of Italian language and culture (1 or 2 weeks)
- Services provided by local guides escorting the tours

THE OVERALL COST DOES NOT INCLUDE:

- Motorway tolls, parking fees or entry fees to places of interest

Please note:

- **Transfer by own car**
- **Although most walking routes are suitable for everyone, some do comprise uphill sections so students should ensure that they have the appropriate level of fitness needed for these treks.**
- **Activities programmes will be modified in case of bad weather.**