



## FOOD and WINE TOUR

4 Days / 3 Nights

A food and wine itinerary, to taste old-time cooking and recipes, expertly prepared by local chefs, and superb wines by world-wide famous producers who have chosen our land.



### First Day

#### FOLLONICA “Local Production Chain”

Arrival in Follonica. Welcome and check-in at the chosen accommodation facilities. Meeting with the guide and presentation of the tour program. Beginning of the tour with a guided visit of Follonica, a charming town overlooking the homonymous Gulf. Visit to the Magma Museum, to discover the origins of the town and to taste products of an ancient grain production chain. Dinner in a typical restaurant to taste delicious seafood from our Gulf. Overnight stay.



### Second Day

#### The “DESIGN CELLAR” of ROCCA DI FRASSINELLO

Breakfast, meeting with the guide and departure to Rocca di Frassinello. Visit to the Etruscan site of San Germano, suggestive walk through the vineyard to reach the Cellar. Guided visit of the Cellar, ending with a taste of local cheese and cold cuts. In the afternoon, return to Follonica for a cooking class in a local restaurant to learn the preparation of tortelli. Dinner and overnight stay.



**Third Day  
IN THE FOOTSTEPS OF GUIDORICCIO – ROCCA DI  
MONTEMASSI**

Breakfast. Departure to the village of Montemassi and visit to its ancient Castle. Visit to the Cellar of the winery Rocca di Montemassi. Walking through the wine farm, you will see Maremman caws, horses and, in the end, the inside of the Cellar. Lunch with wine tasting. In the afternoon, visit to an oil mill and tasting of the so-called “Gold of Maremma”, a special olive oil produced by ancient methods. Return to Follonica. Light dinner and ice cream on the seaside.



**Fourth Day  
FOLLONICA and FAREWELL**

Breakfast, free time for a relaxing walk and shopping. Farewell and departure.

