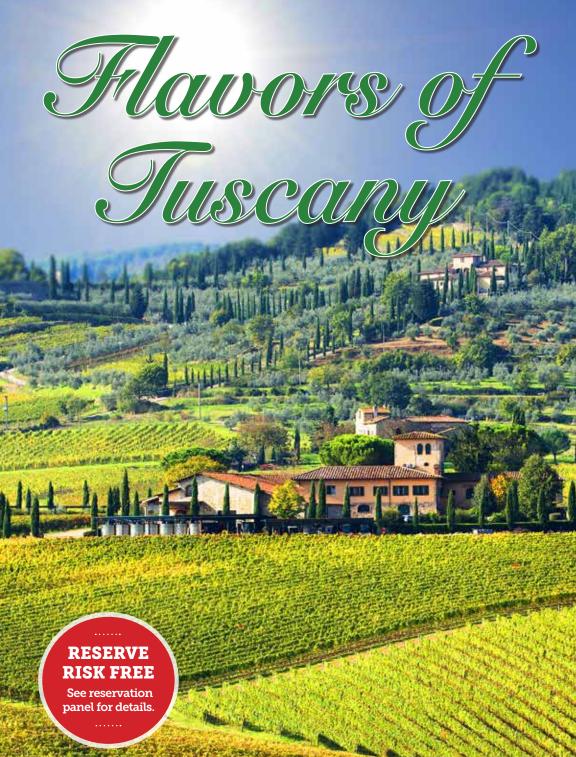


MAY 16-24, 2024 with Special Faculty Leader Jillian A. Wanik, DCN, RDN



A Cultural Journey Through Historic Sites Quaint Villages, Welcoming Wineries, and Creative Kitchens

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### Dear Alumni and Friends,

Join our small group for an intimate journey exploring Chianti's countryside a region brimming with living history, extraordinary family traditions, and an endearing farm-to-table way of life. Meander through Tuscany's colorful cities, cypress-studded hilltop towns, classic *cucinas*, and idyllic vineyards, exploring the Italian countryside that provides overwhelming inspiration for artists, chefs, and vintners alike.

Settle in for seven nights at the luxurious hillside Castello La Leccia in Castellina, featuring deluxe accommodations and exceptional views of the lush, rolling Tuscan landscape.

Each invigorating day is enriched by historical site visits, cultural activities and interactions, memorable cuisine, and festive wine tastings. Admire the Etruscan ruins and Roman center at Volterra before visiting charming San Gimignano—the Town of Fine Towers—which is completely encircled by medieval walls. Enjoy a stroll through spectacular Siena—a UNESCO World Heritage Site—with its well-preserved cityscape, celebrated Duomo, and bustling Piazza del Campo. And learn the secrets of preparing traditional Tuscan food side-by-side with chefs from Castello La Leccia.

Space is limited. With significant savings of more than \$1,000 per couple, we anticipate this tour will fill quickly, so be certain to reserve your spot today and share this brochure with family and friends who may be interested in traveling with you.

Please reserve online at uconn.orbridge.com, by calling our travel partner, Orbridge, at (866) 639-0079 or by returning the enclosed reservation form.

Sincerely, M. atta Kelly

Montique Cotton Kelly Senior Vice President for Stakeholder Engagement and Chief Operating Officer UConn Foundation

### Jillian A. Wanik, DCN, RDN

Assistant Professor in Residence I Director, Dietetic Internship Program I Dept. of Allied Health Sciences, University of Connecticut



Jillian is a Doctor of Clinical Nutrition (DCN) and a Registered Dietitian Nutritionist (RDN). She is passionate about food as medicine. The Mediterranean eating patterns and lifestyle are powerful preventative medicine that can maximize health and wellness, increase athletic performance, and play a key role in disease management and treatment. Jillian will be teaching UConn students nutrition in Florence and will join our group for several days to discuss the benefits of the Mediterranean eating pattern to increase health and longevity.

Orbridge takes seriously the responsibility to minimize our global environmental impact. Each year we plant 100,000 trees in U.S. State Forests with afforestation needs as an ongoing initiative among our evolving sustainability efforts. Learn more at orbridge.com/going-green.



# Your 9-Day Itinerary (subject to change)

Day 1: En route from U.S.

- Day 2: Arrive in Florence, Italy / Castellina (D) Welcome dinner Overnight: Castello La Leccia
- Day 3: Castello La Leccia (B,L,D) Enjoyment of accommodations with cooking class at the property, evening wine tasting and tour, plus leisure time Overnight: Castello La Leccia
- Day 4: Pienza (B,L,D) UNESCO site tour, organic farm visit Overnight: Castello La Leccia
- Day 5: Cortona (B,D) Santa Margherita church, Bramasole villa, city center, Etruscan museum. Overnight: Castello La Leccia



Day 6: Volterra / San Gimignano (B,D) Panoramic Volterra city tour, San Gimignano tower exploration, visit award-winning Gelateria Dondoli Overnight: Castello La Leccia

Day 7: Monteriggioni / Castellina in Chianti / Gaiole (B,L,D) Walled medieval village visit, Abbadia a Isola, vineyard excursion with cooking class and dinner Overnight: Castello La Leccia

### Day 8: Siena (B,D)

Guided sightseeing, Duomo, Sanctuary of Santa Caterina, Piazza del Campo, farewell dinner Overnight: Castello La Leccia

### Day 9: Florence / Depart for U.S. (B)

(B = Breakfast, L = Lunch, D = Dinner)

Activity Level: Activities are generally not very strenuous, however, this program requires individuals to have higher mobility due to many steep hills and stairs to climb in Chianti. Guests should be able to enjoy two hours or more of walking, be sure-footed on cobbled and uneven surfaces, and walk up and down stairs without assistance.





### Repose

• With your small group, enjoy seven nights deluxe accommodations in the luxurious hilltop Castello La Leccia in Castellina featuring exceptional views of the lush, rolling Tuscan landscape.

## Explore

- Admire the Etruscan ruins and Roman center in Volterra before visiting charming San Gimignano—the *Town of Fine Towers*—which is completely encircled by medieval walls.
- Stop into the Renaissance town of Pienza, a UNESCO World Heritage Site, which sits atop a hill overlooking the Tuscan countryside.
- Discover Podere II Casale, an organic farm. Tour the grounds while learning about the owners' passion for the slow food movement, followed by a leisurely lunch.
- Take a guided tour of Cortona with free time to explore afterward.
- Wander within the walled medieval village of Monteriggioni—a city along the ancient pilgrim road of Via Francigena. Visit Abbadia a Isola and the hilltop village of Castellina in Chianti.
- Stroll Siena—another UNESCO World Heritage Site—with its well-preserved cityscape, celebrated Duomo, and bustling Piazza del Campo.

### Partake

- Learn secrets of preparing traditional Tuscan food in class with chefs from Castello La Leccia.
- Savor a cooking class and dinner at Badia a Coltibuono, a remarkable winery featured on the Netflix TV show *Salt Fat Acid Heat*.

# Insider, Interpreter, Epicure, Host

Your Orbridge Travel Director will infuse your journey with an epicure's appreciation of food and wine, a local's knowledge and pride of place, and a travel aficionado's ability to gather the beauty of all senses to your discoveries in Italy.

# What's Included

- 7 nights accommodations
- 7 breakfasts, 3 lunches, and 7 dinners served with wine
- All lessons and tastings as described in the 9-day itinerary
- Private motor coach transportation
- Luggage porterage
- Gratuities to Orbridge Travel Director, local guides, drivers, porters, and wait staff for included meals
- Group airport transfers for guests arriving and departing during the suggested times







### Your Accommodations (subject to change)

Become part of *la famiglia* as you settle into this authentic Tuscan wine estate. Sip a glass of Chianti on a sun-dappled terrace, stroll the grounds, and admire vineyards draped with Sangiovese, Merlot, and Petit Verdot grapes.

Historical sources cite La Leccia castle's ownership was divided among 16 owners for strategic purposes. Near the mid 1400s, the Ricasoli family dominated a large part of the Chianti Classico region as well as the castle.

After being modified to serve more as a villa in the 18th century, the entire property was purchased in 1920 by Giuliano Daddi, great-grandfather of the current proprietors, and subsequently was the site of heavy bombardments during WWII that destroyed part of the tower, the last medieval testimony, and devastated a wing of the villa.

Recently undergoing more than four years of careful and rigorous restoration, the castle and the surrounding garden have returned to life.

With a focus on sustainability and the environment, the original spaces remain intact but feature modern enhancements using eco-compatible materials and technologies. To warm the surroundings, wooden floors, beamed ceilings, pastel colors, and furniture were designed exclusively for the common spaces and made by Florentine craftsmen.

Each room offers climate control, desk, LCD TV, complimentary Wi-Fi, phone, safe, minibar, and en suite bathroom with a shower or tub and shower, sundries, and hairdryer.

### CATEGORIES

**Superior:** Enjoy elegant furnishings and a serene area to unwind after an enriching day of exploration (approx. 301-484 sq.ft.).

**Deluxe:** Delight in absolute refinement with beautiful views of the surrounding countryside. Each room is different from the others, but all provide modern comforts and tasteful décor (approx. 452-603 sq.ft.).











Florence is arguably the cultural capital of Europe and the showcase of Renaissance exuberance. Lovers of beauty, art, and history can extend their experience in Tuscany to embrace the treasures of this magnificent city.

### Post-Tour Itinerary (subject to change)

Day 9: Depart Castellina / Arrive in

Florence (L)

Guided walking tour with art historian: Piazza della Signoria, the Duomo and Ponte Vecchio; local culinary market tasting tour to sample a delicious assortment of breads, cheeses, salumi, crostini, balsamic vinegars, sweets, and seasonal specialties—paired with glass of Chianti; afternoon artisanal tour and boat excursion on the Arno Overnight: Hotel De La Ville

### Day 10: Florence (B)

Historic walking tour: Baptistery of San Giovanni, Uffizi Gallery Overnight: Hotel De La Ville

# What's Included

- Two nights accommodations at Hotel De La Ville or similar, with breakfast each morning
- Guided art history and cultural tour, plus a panoramic walking tour of Florence's historical highlights
- Local market experience and tasting, featuring three courses and a glass of wine
- Visit to artisanal leathermaker and jewelry workshops
- Private boat tour on the Arno River
- Admission to the Uffizi Gallery
- Luggage porterage
- Gratuities to local guide, drivers, and porters
- Airport transfers for guests departing during the suggested times



Day 11: Florence / Depart for U.S. (B)

Flavors of Tuscany	Category Superior	Standard Rate	Special Rate* \$5,495
MAY 16-24, 2024	Deluxe		\$6,995
Florence Post-Tour: May 24-26, 2024	Single (Superior		
······	Flor	rence Post-Tour Standard Rate	
Pasanya hu Cradit Card	Double	\$1,799	\$1,595
Reserve by Credit Card: Online: uconn.orbridge.com	Single	\$2,199	\$1,995
Phone: (866) 639-0079			
Fax: <b>(206) 452-5655</b>			
<u>Reserve by Check:</u> Made payable to <b>Orbridge, LLC</b> Mail to: Orbridge, P.O. Box 1376 Poulsbo, WA 98370			
GUEST INFORMATION:			
Guest #1 Name (Title/Salutation):			
Email:	(	Class Year: _	
Home Phone: Alt. Pho	one:		
Address:			
City:		Zip	
Guest #2 Name (Title/Salutation):			
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Check ACH (Automated Clearing House) AsterCard/Visa			
Card #:	Exp. Date:	CV	V:
Name (as printed on card):			
Billing Address (if different from above):			
City:	State:	Zip:	
CATEGORY SELECTION & DEPOSIT:			
Category Preference: 1st choice	2nd choice		
# guests joining program (\$850/person) +			
# guests joining post-tour (\$500/person) = TOTAL D	EPOSIT: \$		
I/we have read, understand, and agree to the full Terms & Conditions at terms. Acknowledgement at orbridge.com/wellness; and I/we agree that Orbridge, Ll above and/or take my/our deposit for this program.			lit card
Signature:	Date:		
Reservations, Deposits and Final Payment. To secure your reservation, deposits a per person per program and \$500 per person for any pre/post-tour. Orbridge acc card. Final payment is due 90 days prior to the departure date. Reservations mad time of registration. If final payment is not received by Orbridge by the final payme in its sole discretion with no right of refund. CST#2098750-40 WST#602828994	epts payment by ch de after the final pay	eck, ACH, wire ment due date	or major credit are due at the
<b>Reservation Grace Period.</b> Reservations made 121+ days prior to the departure reservation date ("Grace Period") for a full refund. Notice of cancellation must be date of receipt will be used for the effective date.	e date may be canc e received in writing	elled within 30 during the Gra	days from the ce Period. The
<b>Reservation Cancellations and Refunds.</b> Notice of cancellation must be submitt be used for the effective date. If the cancellation notice is received after the Gra departure date, all monies paid will be refunded less an administrative fee of \$35 person for a pre/post-tour; (b) 90-76 days prior to the departure date, a 25% cance balance will be refunded; (c) 75-61 days prior to the departure date, a 50% cance balance will be refunded; (d) 60-46 days prior to the departure date, a 75% cance balance will be refunded; (e) within 45 days prior to the departure date, a 100% (a 100% cancellation fee applies to all non-refundable airfare. Refunds, if any, will b written notice.	ace Period (if applica 50 per person for the ellation fee for the fu ellation fee for the fu ellation fee for the fu cancellation fee for t	ble): (a) 91+ da e main program III cost of the pr II cost of the pr II cost of the pr the full cost of t	ays prior to the n and \$200 per rogram and the rogram and the rogram and the the program. A
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*Special group rate; limited offer. Rates are per person based on double occupancy except where included. Single availability limited. **Place your deposit on or before the specified date, and one ship after receipt of final payment. Where prohibited by state law (including, but not limited to AR, D obligations (IL, MA, MD, NH, NJ, NY, PA, SD, TX, VA, VT), guests will receive alternative specialty it handled by an independent third party.	noted as Single, in U.S. Orbridge Wine Gift per E, KY, MS, OK, RI, UT) or	dollars. Airfare not room reserved wil by retailer licensing	t II g

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MAY 16-24, 2024

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The Foundation shall not be responsible for alteration in the itinerary as deemed necessary for carrying out the tour and the right is reserved to change the itinerary or trip features at any time and for any reason, with or without notice. The right is also reserved to decline to accept or to retain any person as a member of the tour should such person's health, actions or general deportment impede the operation of the tour or the rights or welfare of the other participants. No refund will be made for the unused portion of any tour. By paying the deposit or participating in this travel program applicants and participants accept in full all of the terms and contitions set forth herein and on the torur operator's website at www.orbirdge.com.

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