

# Tuscan Herbal Journey

with Penelope Beaudrow

May 25 through June 5, 2024

## **Our Program**

Our Tuscan Herbal Journey is set in the bucolic Tuscan countryside. We will experience Tuscany's generous and friendly people, the wild and cultivated flora, the amazing food and libation, and the ancient wisdom found throughout our Journey. Together with the powerful caring energy of our group we'll seek to create greater health and harmony in our lives. We'll learn by doing, being and experiencing rather than by 'formal class time'. We'll enjoy hikes through the countryside, visit a traditional Tuscan farm, botanical gardens and sight see in some of Italy's most beautiful countryside. Health activities will include movement and breathing exercises, enjoying fresh local cuisine, visiting a local spa and natural mineral hot springs. We'll also plan a 'Day at the Spa' with Penelope at the villa for anyone who wishes to experience hand and foot baths, facials and other of Penelope's herbal delights.

## **Climate & Dress**

The hills of Tuscany are always beautiful, but in the late springtime they are extraordinary. Springtime is generally considered Italy's most pleasant season, with days pleasantly warm to cool crisp evenings. Temperatures range between 60–75 F degrees. But as you are well aware, weather has its own creative ideas of how it wants to be. So come prepared; pack lightweight rain gear and a few articles of clothing for cool to cold weather. We'll be outdoors often; bring clothing that is easy to layer. Though the Italians are renowned for style, all clothing needed for your stay in Italy should be geared toward comfort. Comfortable well-broken in walking shoes are a must, as we have some wonderful walks/hikes planned. A bathing suit is needed for the hot mineral springs. You might wish to bring one or two

nice outfits for our visits to the cities, churches and dinners out. To enter the churches, knees and shoulders must be covered.

### **Covid19**

**All guests will be required to comply with the Italian entry requirements in place when we travel**

### **Entering Italy**

For citizens of the U.S. and Canada only a valid passport is needed to enter Italy. We are requiring full Covid vaccinations to join this adventure. Italian is the official language, of course, but English is widely spoken. The Italian language is spoken exactly as it is written. You might enjoy brushing up on a few Italian phrases. There are some good language tapes and CD's available. You can find these on line at amazon.com.

If you'd like further information on traveling in Italy contact the ***Italian National Tourist Board*** at <http://www.italiantourism.com/>

### **Currency**

You can purchase Euros at the airport in Florence when you arrive. A bank debit card at an ATM provides you the best exchange rate. ATM machines are available in all cities and towns we travel. For most purchases credit cards are readily accepted. Debit cards are also accepted for purchases, but are not as dependable. Make sure you know your pin number to use at the ATM machines. To ensure you are able to use your credit and debit cards, notify your credit card company and bank when you will be traveling in Italy.

Italy is full of regional treasures and beautiful things to purchase so plan according to your budget. We generally enjoy shopping in the local markets and shops for gifts to take home. There one finds such delicacies as delicious dried mushrooms, herbal elixirs, and an interesting array of delicacies that are generally very reasonably priced and sure to be appreciated by friends back home.

### **What to Bring**

The one basic rule of traveling is **Do Not Over Pack**. There is nothing quite as frustrating as carrying around extra baggage when traveling (or carrying

someone else's bag because they brought more than they can carry). The art to joyful traveling is traveling lightly ~ all that you need is a simple medium size suitcase and a day pack for hikes and day trips.

If you are looking for lightweight well made traveling gear, try Travel Smith: [www.travelsmith.com](http://www.travelsmith.com). Though they are certainly not inexpensive, their quality clothing and traveling gear is very well suited for lightweight travel. Remember that if you forget an item, chances are you'll find a better quality replacement in Italy.

**The following items are essential:**

- \* Comfortable hiking shoes are a must (be sure these are well broken in as we will be walking often)
- \* Clothing for warm to cool weather. Italians are exceptionally well dressed. You may wish to bring a nice outfit for visits to churches (dress codes are strict in churches, sleeves on dresses, shirts, no shorts or mini-dresses), restaurants, and to the city, and but otherwise, pack for casual comfort. Keep layers in mind when packing. And fabric that washes easily and is quick to dry.
- \* Rain gear ~ we highly recommend bringing rain gear; rain jacket, hat, and small umbrella.
- \* Sweat pants/shirt or other comfortable clothing to wear while doing yoga, dance and movement exercises.
- \* Personal toiletries including sunscreen.
- \* Small day pack is a must.
- \* Water bottle.
- \* Small herbal first aid kit (I will be packing along a group size kit). Travel in Italy is not beset with health difficulties as in some of the countries we venture to. Health care here is comparable to what one would find in the U.S.

**Your Facilitators**

**Penelope Beudrow, RH** ~ Penelope Beudrow is a Registered Herbalist who has devoted the past 25 years to helping others foster deep and resilient connections with the living intelligence of the natural world and the regenerative, healing forces of plants and the medicine they carry. She is deeply engaged in the field of herbal education, including in depth work with The Ginkgo Tree Herbal Course, Back To Your Roots Herbal Retreat, and The

Association for the Advancement of Restorative Medicine and The Ginkgo Tree Herbal Course. Penelope is deeply concerned with regenerative ecology as an integral component of the health and well being of the earth and all of its inhabitants. She works diligently to reintroduce a wide variety of native, at risk and endangered plants at her sanctuary and farmstead and is engaged in significant re-wilding efforts.

**Dr. Richard Liebmann** ~ Naturopathic Physician, former Executive Director of United Plant Savers and co-founder of Lokahi Garden Sanctuary, Richard has traveled extensively in Italy and has a deep love of the Tuscany countryside.

**Natalie Young** ~ Dancer extraordinaire, Pilates/Yoga teacher, co-founder of Lokahi Garden Sanctuary, certified massage therapist and Lomi-Lomi body worker (ancient Hawaiian healing massage), and gifted group facilitator.

*Stay together \* Go Light \* Learn the flowers ~ Gary Snyder*

### **Program Begins & Ends**

Our program begins at 2 pm. on May 25, 2024. When planning your flight, arrange to fly into and out of Florence. Arrange your flight to arrive before 12 noon on May 25th in time for our pick up service to the Villa. On the last morning, June 5th we have a 3 hour drive from the GranDuca Hotel in the mountains to the Florence airport and plan to arrive at the airport at 12 noon. Please plan your departure accordingly. If staying in Florence before or after the trip, the Hotel Vasari Palace (<http://www.hotelvasari.com>) is reasonably priced, close to the train station and centrally located. We have stayed there and enjoyed it.

### **Where to Meet in Florence on May 25th**

We'll provide a pick up service from Florence Airport to Villa Certano. We will pick you up at the curbside between 11 am – 12:00 noon. The airport in Florence is small and easy to find your way around in. Pick up your luggage and wait for us curbside. *Please be sure we have your flight itinerary at least six weeks before departure date.*

**If arriving after 12 noon to Florence**, you'll have to provide your own transportation to Villa Certano. Directions to Certano will be provided to

those participants needing them. If, for any reason, you arrive in Florence past the pick up time, you can easily take the train/bus to the main train station in Siena, then taxi to the Villa. We will also be emailing you Richard's Italian cell phone number before our departure. The address of Villa Certano is 53010 Costalpino Siena. The telephone number at the villa is 0577 349108.

*“For Tuscans the connection between l’orto ~ the garden ~ and the table is direct and strong”*

### **Arriving Early and or Staying Afterwards**

We suggest arriving at least a couple of days before our adventure begins. This will give you time to adjust to the new time zone. Florence is a charming ancient city worthwhile exploring. We recommend staying at the Vasari Palace Hotel. Some enjoy flying into Rome and exploring this unique city. A fast train can be taken from Rome to Florence the morning of May 28th. Similarly exploring Italy after our time together is a great way to experience more of what Italy has to offer. Richard is happy to assist in planning these add ons. [Richardliebmann@gmail.com](mailto:Richardliebmann@gmail.com) or 808 987 7501

### **The Keys to Successful Travel**

*Travel lightly* ~ you are not traveling for people to see you

*Travel expectantly* ~ every place you visit is a surprise package to be opened. Untie the strings with an expectation of high adventure

*Travel humbly* ~ visit people and places with reverence and respect for their traditions and way of life.

*Travel with an open mind* ~ leave your prejudices at home.

*Travel with curiosity* ~ it is not how far you go, but how deeply you go that mines the gold of experience

### **Helpful Resources**

#### **Travel Guides:**

It's always handy to have one or two travel guides on hand. They often explain the local history, insights into the culture, etc. Helpful hint: you might

want to photocopy pages of the places we are visiting, rather than bringing the whole books. I found the following quite good resources:

Fromner's Tuscany & Umbria (Macmillan, NY 1998)

Fodor's Florence, Tuscany & Umbria (Fodor's Travel Publications, 1999)

Tuscany, Umbria and the Marches (Globe Pequot Press, 1998)

On the Road Around Northern Italy (Thomas Cook Touring Handbook, 1998)

**Reflections on the Tuscany Countryside/Florence & Surrounding Areas by modern writers:**

*Within Tuscany; Reflections on a Time & Place* by Matthew Spender (Viking)

*Under the Tuscan Sun; At Home in Italy* by Frances Mayes (Broadway Books)

*A Valley in Italy; The Many Seasons of a Villa in Umbria* by Lisa ST. Aubin de Teran (Harper Collins)

*Florence, Biography of a City* by Christopher Hibberts (W.W. Norton, 1993)

**Some classic works that give insight into Italy and the Italian culture:**

*The Merchant of Prato* by Iris Origo (D. R. Godine, 1986)

*Italian Hours* by Henry James (William Morrow)

*Etruscan Places* by D.H. Lawrence (Penguin)

*The Italians* by Luigi Barzini (Atheneum, 1964)

*Italian Days* by Barbara Grizzuti Harrison (Ticknor & Fields)

**Other books of interest:**

*Gardens of Tuscany* by Ethne Clark (Weidenfeld & Nicolson; this book is out of print. Let me know if you locate it)

*Pocket Book to Italian Wines* by Burton Anderson (Little Brown)

*Savoring Tuscany; Recipes & Reflections on Tuscan Cooking* by Lori De Mori (Time Life Books). Sara Elizabeth, one of our travelers on our last Tuscany adventure, sent me this book for my birthday present. It's a rich feast of 'recipes and reflections', as much an introduction to Tuscany as a recipe book....

*Art And Architecture Florence* by Rolf Wirtz (Koneman Books) this comprehensive guide of all major places of interest.

*The Wildest Place on Earth, Italian Gardens and the Invention of Wilderness* by John Hanson Mitchell.

*Daily Life of the Etruscans* by Jacques Heurgon

**Are you a video buff?** The idyllic scenery of central Italy is often filmed. You'll recognize it most recently in *The English Patient* (1996), Kenneth Branagh's *Much Ado About Nothing* (1993), Bertolucci's *Stealing Beauty* (1996); Merchant/Ivy's *Room with a View* (1986); Charles Sturbridge *Where Angels Fear to Tread* (1991). *Under The Tuscan Sun* (2003); *Life IS Beautiful* (1997) and most recently *My Italian Secret* by Oren Jacoby.

*The Tiger and the Snow*, a movie by Italian Director Roberto Begnini. Not as good as *Life is Beautiful*, his original film, but still lovely to see and its very Italian, even though its about Baghdad!

*Best of Youth*. A wonderful six hour epic video of the life of one Italian Family. Its really quite wonderful if you've got six hours to spare! English Subtitles.

*The Golden Door*; about southern Italy, but still fabulous.

### **Lodging Information**

Villa Certano 53010 Costalpino Siena. Tel +39 0577 349108

Domus Laetitia Monastery Viale Giovanni XXIII n.2 06081 Assisi Phone +39 075812792

Granduca Lodge Via Centro, 3 - Campigna Tel +39 0543 980051

### **Additional Resources**

Maps of Italy--Go to the site [www.goplanet.com](http://www.goplanet.com) to get terrific maps of Italy. Map Easy's Guide to Florence is a good one and it will walk you to all of the best sites. You can also email to [info@mapeasy.com](mailto:info@mapeasy.com) or phone 631.537.6213

Online Weather Reports for Italy

<http://www.theweathernetwork.com/weather/cities/intl/Pages/ITXX0028.htm>

### **TRAVEL INFORMATION**

**Please Email this Information as Soon as You Know Your Travel Itinerary**

We'll need your travel plans **at least six weeks** before our departure so we have adequate time to make arrangements to pick you up in the correct place. Thanks so much!

Email to Richard Liebmann at [richardliebmann@gmail.com](mailto:richardliebmann@gmail.com) or mail it to PO Box 32 Hawi, Hi 96719

**Please include a copy of your flight itinerary with all of the pertinent information (airlines, flight #, day/time of arrival/departure). It's easiest for us if you just email us a copy of your original flight itinerary so we have all of the necessary data.** Also please include whether you wish us to pick you up at the train station or airport or if you plan to get yourself to Villa Certano.

### **Trip Cost Includes**

The cost of the Tuscan Herbal Adventure is \$3,800 USD and includes most meals, double occupancy lodging, all instruction and material fees, all entrance fees, and transportation within Italy. We have a few single room upgrades available. Please contact Richard for details. Not included in the trip: airfare to Italy, spa treatments (optional) and items of a personal nature such as phone calls, tips, and laundry. We've also elected to leave a few meals (three to four) to the individual so that participants have the option to choose where & what they wish to eat on some of our excursions.

### **BALANCE DUE/Cancellation and Refund Policy**

Registration for Tuscan Herbal Journey is \$3,800 USD and includes 12 days and 11 nights lodging, double occupancy lodging (please inquire for single rate), most meals (3-4 meals will be 'on your own') transportation within Italy, including pick up and drop off at the Florence airport, entrance fees, activities and instruction. During our stay at Villa Certano there will be up to 4 people sharing a bathroom.

A \$300 USD non-refundable payment is required to confirm your participation. The next payment of \$1800 USD is due by September 1, 2023, and the final payment of \$1700 USD is due by February 15, 2024. All Deposits/Payments are neither refundable nor transferable. We strongly recommend purchasing trip insurance in case you need to cancel for a medical reason.



Make checks payable to Lokahi Garden Sanctuary and mail to Lokahi Garden Sanctuary PO Box 32, Hawi, HI 96719 Questions: call Richard at (808) 987.7501 or email him at [richardliebmann@gmail.com](mailto:richardliebmann@gmail.com). You can also pay via paypal. Please add 3% to all payments and send to richardliebmann@gmail.com.

Please complete and return the Questionnaire and Waiver to Richard Liebmann PO Box 32 Hawi, HI 96719 or email it to richardliebmann@gmail.com

**Please Note:** The price relationship of the US and Canadian dollar to the Euro is very volatile. We always do all we can to keep the trip cost the same without compromising the quality of it. However, if at the time of our trip the US dollar has a significant drop in value in relation to the Euro we may have to add an additional \$100 - \$150 US to cover the costs of the trip. We are sorry for this and will keep you informed.

### **Travel Insurance**

It is highly recommended that you get travel insurance when traveling to foreign countries. We suggest you check out [www.travelexinsurance.com](http://www.travelexinsurance.com). Purchasing travel insurance is recommended in case you get sick and must cancel the journey, or experience loss or injury while traveling. **Since all payments are nonrefundable and nontransferable travel insurance protects you, if you must cancel for a medical reason.**

### **Optional Activity:**

#### **Spa Treatments at the San Giovanni Terme**

This spa offers many incredible treatments. Please visit the following website for details on treatments offered: <https://www.termesangiovanni.it/en/spa-wellbeing/treatments>. On the right hand side of this web page it lists the many different categories of treatments from massage to emotional, to beauty. If you are interested please email me as soon as possible with what type of treatment you are interested in. The cost is approximately 100 Euros.