



Casa vacanze Poggiosole

VAT ID: IT 066 5649 048 6

CIN: IT048 054B4 J9UA KKPA

Strada della Romita, 16

I-50028 Barberino Tavarnelle (FI)

Italia

SEE, FEEL, DISCOVER

Some folks are fine to pull up, move into one of our lodgings, and sleep late, sip coffee, then lounge on the patio or by the pool for their entire stay. But should boredom begin to set in, here are some suggestions to keep you either in motion or entertained or both:

Cooking classes

An *osteria* in nearby Tavarnelle co-owned by **Cecilia Dei** offers cooking classes of one, two or three days for up to 8 people. Cecilia can be reached at 338 60 39 356 and you can learn more about the Osteria La Gramola at www.gramola.it. We've also heard good things about **Mama Florence**, Viale Francesco Petrarca, 12, Firenze. Call 055 221138 or book at www.mamaflorence.com

Truffle hunting

Local truffle hunter **Giodi Galletti** will lead you, often with his dad and always with a dog, into a local wood in search of earthy treasures in June or July (and sometimes October). Call him at 392 12 98 465. Near Volterra, contact **Elia** at **Diacceroni Esperienze** (they offer cooking classes). <https://www.experiencetuscany.com/en/experiences/truffle-hunting/>

Horseback riding

There are many stables around here, but we don't ride. A friend of ours who does feels these three stand out from the rest (nearest first):

- **Il Paretaio** (vineyards, olive trees, nature rides... a lovely B&B too)
Strada delle Ginestre, 12 Barberino Tavarnelle
338 737 9626 www.ilparetaio.it
- **Scuola di Equitazione Micheletto** (horse show / advanced training)
via Sant'Anna, 17 San Casciano in Val di Pesa
335 594 3929 www.scuoladiequitazionemicheletto.it
- **Toscana Equitazione** (relaxed, nature rides with food)
via Pian di Pesa, 9a Montespertoli
335 318 295 www.toscanaequitazione.it

Bodywork (massage)

Once you return from your truffle hunting or riding you may want a massage. **Ciro Montella**, professional masseur and holistic practitioner, is the man to provide it. **Ciro** brings his table to your lodging and offers a choice of Shiatsu, Ayurvedic, Californian, lymph draining, foot reflexology, and myofascial postural. Call 329 226 9163 or email **Ciro** at ciro.montella33@gmail.com

Yoga and Pilates (on site)	Teresa and Elisa Loriga have been leading classes in both disciplines at their l'Elibé school in nearby San Casciano for over a decade. Both are certified Hatha, Iyengar and Pilates instructors and, with advance planning, will lead either group or individual classes here, on-site, at Poggiosole. Call 328 4708608 or visit www.elibe.it for more info.
Golf	<p>We don't golf but Giampaolo Mugnaini, the trucker who brings us water in times of drought, tells us he brings these two properties a lot more water than he brings us. So at least you know the greens will be green.</p> <ul style="list-style-type: none"> – Castelfalfi (Tuscany's largest: a 27-hole course set amongst wooded hills) www.castelfalfi.com/play – La Bagnaia Golf Resort (an 18-hole Robert Trent Jones design) www.labagnaiaresort.com
Tennis	An 8-minute drive from our front gate, two well-tended clay courts and a warm welcome await you at Circolo Tennis L'UGO , located at Strada Noce e Palazzuolo 37. Phone / WhatsApp: 353 320 7253
Studio (art) tours	Art enthusiasts and families may enjoy Bernadette Hampel's 3 ½ hour tour of local Tuscan artists. Conducted in English, German or Italian. Phone / WhatsApp: 392 311 9405 or www.studiotourtuscany.com
Hot air balloon rides	<p>Expensive but, provided you're not too afraid of heights and willing to wake up at dawn, spectacular. Flights typically last between 45 and 75 minutes. Advance planning and reservations are essential:</p> <ul style="list-style-type: none"> – Idea Balloon (meet at the "balloonport" at the end of Strada del Cerro) 055 09 82 059 www.balloonintuscany.com – Balloon Rides Tuscany (meet at the Hotel Calzaiuolo in Calzaiuolo) 335 645 4036 or 055 824 9120 www.tuscanyballooning.com
eBike rental	Check out YEP Bike in San Casciano, about 8km from Poggiosole. They rent (and sell) bikes, arrange tours, and do repairs. Call 391 760 3991 or Phone / WhatsApp: 339 131 3510 or www.yep-bike.com
A Florence oddity...	Florence offers a bewildering assortment of sights. This quirky private garden with a commanding view of the city is not on many people's lists. Reservations required. www.edvgarden.com
...and a lovely hike along the Elsa river: natural pools and a waterfall!	Secluded and shady, the Sentierelsa winds amongst the milky blue waters of the Elsa river. These are not hot springs, so perfect for a dip in warmer weather. Bring good walking shoes, a bathing suit and a packed lunch. Arrive early and don't miss the Diborrato waterfall, 15 meters high! More info at www.visitcolledivaldelsa.com/en/elsa-river-trail-sentierelsa/