

## Walking and Talking one week program Lucca

20 hrs/week group course + 4 excursions + private and public transportation.

Language lessons (20 hrs/week) are from Monday to Friday, 9.15 to 13.00 with a coffee break (20') around 11.00.

Price of the course: **€ 670**

Special price for one additional week: Italian Language and Culture **€180**

The program is designed for those who love walking and combines the Italian Language and Culture Course in the morning with outdoor afternoon activities to discover the countless features of the Tuscan landscape. Even in the limited space of an afternoon, the peculiar geographical position of Lucca offers the opportunity to experience a hidden and lesser known but fascinating area of the region, off the beaten tracks.

### An example of afternoon program

#### **Monday La città: An urban walk "The City from the Walls"**

This walk will help you get to know Lucca and the surrounding areas from the viewpoint of the Renaissance walls that encircles the city. The impressive green belt surrounding the historical center proposes a special way to admire the ever-changing scenery of the beautiful view of hills in the distance, or the city below with its unique charm of an ancient history and a modern daily life.



**Tuesday La collina: A walk through the olive groves and vineyards** that surround the historical homes of the old nobility of Lucca. When you think about Tuscany, you probably visualize medieval villages, old churches, green cypress-lined roads and even hidden corners, set within a picturesque landscape of green fields, vineyards, silvery-green olive trees and rolling down hills. Well the good news is that it genuinely exists!

#### **Wednesday Il mare: A walk down by the sea**



This walk starts in the Natural Park along the beautiful tuscan coastline where you will walk through the shaded paths snaking through copses of oak, alder, pine and junipers trees and explore the moorlands and the dunes, before finally reaching the sandy beaches of the Tyrrhenian Sea.

**Thursday La montagna: A walk through the mountains.** This walk will take you through the mountains north of Lucca, known as Garfagnana, the "green lungs of Tuscany." From the peaks you can enjoy amazing views that range from the Apenines and the Apuan Alps, to the gentle rolling hills and the medieval villages.

**Friday Free afternoon to enjoy the city**