



becoming
alpha

Tuscany Retreat Itinerary

—
27 — 30 OCTOBER

Business · Creativity · Wellness · La Dolce Vita



YOUR HOSTS

We can't wait to see you — to experience Tuscany together and live four days of the ultimate Italian living.

Four days of quiet, taste and meaningful company — made for women who value the finer things in life. Come as you are; leave inspired.

— *a presto*



DAY 1 · TUESDAY · 27 OCTOBER

Benvenuti in Toscana

Arrival & transfers

Rome Airport welcome, high-speed train to Tuscany, private transfer to your boutique hotel.

Opening aperitivo

Tuscan wines, prosecco and local delicacies overlooking the rolling countryside.

Opening workshop

Setting intentions & creative vision — disconnect, connect and set your goals.

Sunset stroll

Through the medieval village and vineyards at golden hour.

Welcome dinner

A multi-course Tuscan dining experience with exceptional local wines.



DAY 2 · WEDNESDAY · 28 OCTOBER

Create Among the Vineyards

Outdoor workshop

A morning of strategy, exercises and creative thinking above the vines.

Vineyard experience

Guided vineyard walk, cellar tour and premium tasting with cheese and charcuterie pairings.

Afternoon at leisure

The pool, an optional spa, or the quiet of the countryside.

Evening in a Tuscan village

Cobbled streets, artisan boutiques and village life as the sun sets.

Traditional Tuscan dinner

Seasonal regional cuisine at a carefully selected local restaurant.



DAY 3 · THURSDAY · 29 OCTOBER

Florence & Montalcino

A day in Florence

The Duomo, Giotto's Bell Tower, Palazzo Vecchio, Ponte Vecchio and elegant piazzas.

Lunch in Florence

At one of the city's renowned restaurants.

Free time

Shopping, museums or simply the city's atmosphere.

Sunset in Montalcino

Panoramic views across the Val d'Orcia from the medieval hilltop town.

Farewell dinner

The final evening together, paired with renowned Brunello di Montalcino wines.



DAY 4 · FRIDAY · 30 OCTOBER

Arrivederci Italia

Closing breakfast

Reflections, final networking and closing remarks before check-out.

Siena

A last morning among medieval towers, hilltop streets and terracotta rooftops.

Early brunch

A relaxed last taste of Tuscany before the journey home.

Departure

From there, your private transfer straight to the airport.

What's not included

Flights

Approx. €160 — Paphos to Rome and Rome to Paphos. Prices may vary in real time.

Lunch and dinner on Day 2

Lunch, and the traditional Tuscan dinner in the village.

Lunch on Day 3

Lunch in Florence.

Brunch on Day 4

The early brunch before departure.

Personal expenses

Coffees and extra drinks not included in the set menus.

Spa & venue facilities

Optional spa treatments and paid facilities at the venues.

Museums & art galleries

Entrance tickets — optional visits in Florence.

Questions? We're happy to help you plan every detail



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grazie mille

Thank you — we can't wait to share Tuscany with you. See you in October.

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