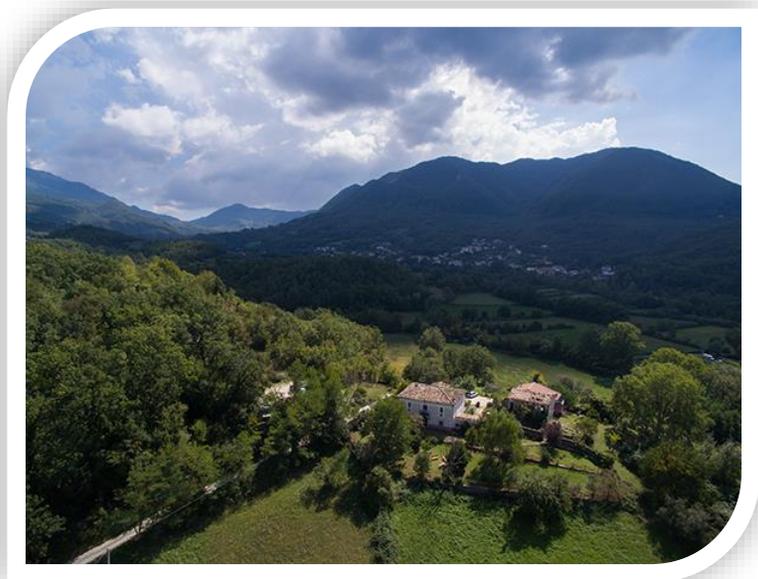


THERE'S SOMETHING YOU NEED TO KNOW ABOUT CIOCIARIA
EXPECT THE UNEXPECTED.



Ciociaria is a region that marches to the beat of its own drum. It's charming, wildly unpredictable and utterly beautiful - and almost completely undiscovered by tourists.

It is an ancient region within the Lazio region of Central Italy and doesn't officially exist on any maps. There is evidence of human settlements in the region from over 700,000 years ago and dinosaurs walked its valleys. Conquered by the Romans in around 300 BC, Ciociaria has deep roots and a rich cultural heritage from the Etruscan era. The local Italic tribes, the Ernici and Volcii, were subsumed into the Roman Empire - but their sense of joy in nature and great love of food, wine and music lives on in the hearts of all Ciociarians.

WHY WE CALLED THIS FOOD AND WINE ADVENTURE TO CIOCIARIA THE 'WILD HEART OF ITALY':

This is a tour experience like no other - we are welcomed into people's ancestral and family homes, join local vignerons and producers to wander through their heritage vineyards, orchards and farms, and eat at their tables with them. But you need to understand that this region is not set up for tourism at all. Not everything happens according to plan. Sometimes our local collaborators JUST MAKE STUFF UP ON THE DAY.

It's wild. Completely unpredictable. Utterly charming and enormously fun. Just like the Ciociarians themselves.

It's all a little bit magical.

EXPECT THE UNEXPECTED

The easiest way to understand Ciociaria is by not trying to understand it at all. Just go with the flow. They've been marching to the beat of their own drum here for thousands and thousands of years, and they are not about to change for anyone. And nor should they – part of the charm of this travel experience is living life from a new perspective and we would thoroughly recommend embracing it! This is a side of Italy that not many visitors get to see - it's the **real** Italy and brought to life by the very generous and hospitable locals that you are going to meet. Our Ciociarian friends. They will welcome you into their hearts and homes with open arms.



WILD HEART OF ITALY FACT SHEET

This is a real tour with real people, and the Ciociaria region has its own sense of time and revels in spontaneity. Our advice: let go, go with the flow and let the magic happen. You're in safe hands!



ITINERARY IS SUBJECT TO SPONTANEITY AND DAILY CHANGE

All timings of activities are indicative only. We can only guarantee bus pick up times in the morning, everything else is subject to change.

ACCOMMODATION

We stay in a series of boutique 'diffused' hotels in the Ciociaria region - which are not in line with the traditional hotel concept at all. It's uniquely Italian and means a restored ancient building or village with private rooms or apartments. It's a very unique experience. There is no restaurant, hotel bar, mini-bars in rooms or 24/7 concierge. It is possible to send out laundry, and we advise purchasing water or snacks at local stores in each village to supply your own room. All of our accommodation venues offer free wifi.

LOCAL SERVICES

Ciociaris are friendly, funny and wildly unpredictable and basically open their shops, restaurants, cafes only when they feel like it. Sometimes this means they are open until midnight on Sundays, and most often everything is closed on Mondays. In summer time they like to stay open late into the evenings, and in winter they don't really like opening much at all. On public holidays they prefer to spend time with their families.

BREAKFAST, LUNCH & DINNER

Our accommodation venues provide a daily continental breakfast of coffee, juice and pastries. This is a typical Italian breakfast.

We try our best to provide lunch by midday or 1pm, but we have had experiences where we have sat down with our local friends and not actually started eating until 2 or 3pm. That's because they are passionately sharing their vineyards, orchards, farms and produce with us – teaching us about the local wine or showing us how to make cheese. We will have snacks for you if you're feeling hungry throughout the day, but if you can hold out for lunch at a little later hour than usual trust us it's worth it.

Dinner in regional Italy is generally from 8pm. In fact, that's early. Most Italian families will go out for dinner around 9pm during the week, and 10pm is common on weekends. This is because regional Italians all have four hours off in the middle of the day. They work from 8am to 12pm, rest between 12-4pm, and continue working from 4pm – 7pm from Monday to Saturday. Sunday is the only full day free, and many Italians celebrate with a long Sunday lunch. We are usually not able to make restaurant bookings before 8pm – the kitchens are not ready! However, if we are close friends with the restaurant owners we are sometimes able to make earlier bookings for 7 - 7.30pm.

If you can't stand the thought of not eating at a set time every day, this tour isn't for you.

TRAVEL AND MEDICAL INSURANCE

All guests are required to have appropriate cover and to bring print outs of documents with them in case of emergencies. You are required to supply a copy of your travel and medical insurance to participate on the tour.

HEALTH ISSUES

The mountaintop villages of Ciociaria involve a lot of walking, on cobblestones, and sometimes steep hills. If mobility is an issue, please let us know in advance. This may not be the tour for you. Please also advise us of any physical or mental health issues in advance. We have a doctor, pharmacy and hospital available however please note that for existing conditions it is up to you to manage your own medication and diet. We are happy to assist where we can, but we can't restructure an entire tour around one individual's needs.

DIETARY ISSUES

For dietary requirements, please be aware that in regional Italy there are no gluten-free options (just steer clear of pasta, bread and cakes) and milk comes in one flavor – milk. There is no soy, low-fat, skinny, half-strength anything available at bars, cafes or restaurants, however we can take you to the corner store to purchase your own for your room.

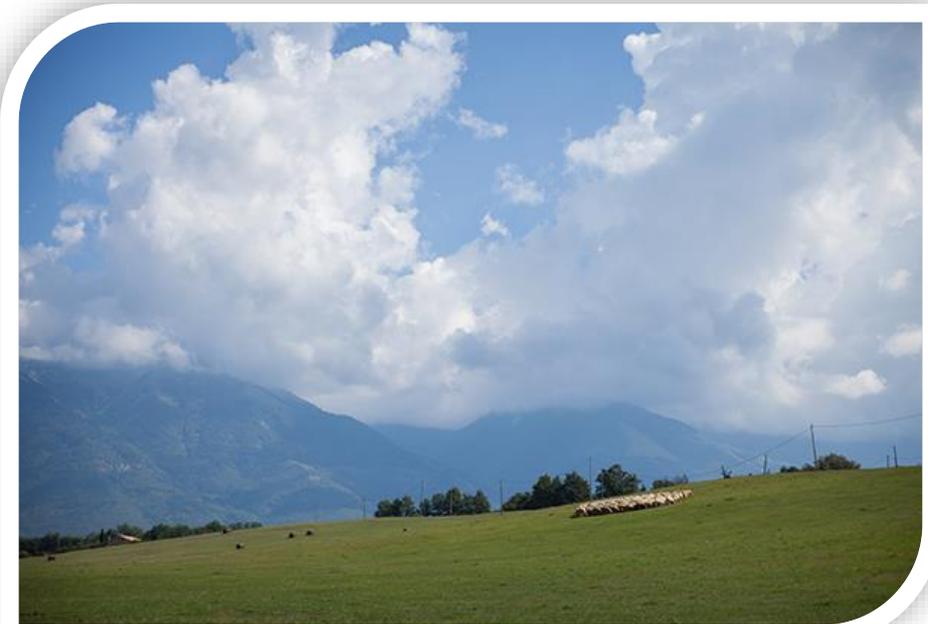
BUS

We have to be careful with our itineraries to ensure our bus driver is only working for 12 hours a day. The Ciociaria region is very mountainous and this is for safety reasons to ensure we look after our driver. All of our drivers are locals and have excellent knowledge of the region. They also like to come up with ideas for the itinerary on the day – like we said, prepare for spontaneity!

AND FINALLY...

Sometimes things may not go quite as planned in our travel itineraries, despite how carefully we have planned them. Things may change on the day, we may have to reschedule or we may even have to come up with completely new ideas. That's Ciociaria. Wild, unpredictable, enormously FUN! We know the region well and are supported by our many Ciociarian friends here, and it is quite possible for us to create something from the unexpected that is even better than expected. Trust us that we will make sure this will be an experience of a lifetime for you, you are in good hands with us.

Our Wild Heart of Italy food and wine cultural adventure to Ciociaria is wild and beautiful. Much like the region itself. It is a tour designed for anyone seeking to get off the beaten track and immerse themselves in a truly authentic local experience of regional Italy. It's an experience for seekers of the extraordinary.



OUR ETHOS

We host small, sustainable group tours to Ciociaria of between 6 and maximum 12 guests. Some of our tours are maximum 8 guests. This is a region unopened to mass tourism and we aim to keep it that way, to preserve the region's charm and authenticity for visitors. We hold our tours during low seasons, so by joining us you are supporting the well-being of the local Ciociarian communities we visit. Our immersive food and wine cultural experiences have been designed for fellow travellers with soul. We ask our guests to tread lightly, travel joyfully, act kindly and explore mindfully on our Wild Heart of Italy adventures throughout Ciociaria. Grazie mille, a thousand times thank you. **Paolo & Kelly, Silver Compass Tours.**