Blowes & Stewart
TRAVEL GROUP LTD.

Wellness Getaways

Tuscany

Sept. 12-19, 2026

Florence · San Gimignano
Chianti · Siena · Rome

1 800 561 4275
bstvacations.ca info@bstvacations.ca
232 Brock Street Peterborough, ON
TICO Registration # 50025046

Our goal through the Wellness Getaways to Tuscany is to provide an opportunity to reconnect with your authentic self, surrounded by astonishing beauty and inspiring company. Give yourself permission to slow down, exhale and dream, while we eat, drink and explore. This is your week - pack away the guilt, do it only for you. Please join us.

What's Included

- 6 nights accommodation at Villa la Cappella, Montespertoli, in the heart of Chianti (www.villalacappella.net)
- 1 night accommodation in Rome historic centre (3 star hotel)
- Private luxury ground transfers (round trip from Rome Airport, one set departure time)
- All breakfasts
- 3 lunches
- 5 multi-course dinners (glass of wine included with each dinner)
- 1 cooking class (followed by dinner and wine)
- Highlights of Florence Walking Tour plus Accademia Visit (Michelangelo's David)
- Chianti & San Gimignano Wine Tour (10 plus tastings with lunch)
- Highlights of Siena Walking Tour with Duomo Visit plus Monteriggioni
- Watercolour painting workshop led by Lisa Brancatisano of This Tuscan Life
- Gratitude workshop led by the host

What's Not Included

- Airfare
- Items of a personal nature such as food and drink, unless specified in the itinerary
- Mandatory Out-of-Province Medical & Trip Interruption/Cancellation Insurance
- Optional excursions

Please reach out to your BST Vacations Travel Advisor for details.

$5,400 CAD Classic Room
$5,500 CAD Deluxe Room
$5,600 CAD Superior Room

All rates per person (double occupancy). Includes all taxes & fees.

Group limited to 12 guests per week.

Limited room category and single supplement availability.

All rooms include an option for single or twin beds.

Non-refundable deposit of $500 due at time of booking.

Balance due June 1, 2026.

Full terms and conditions of booking and travel as per Terms and Conditions found on the Blowes & Stewart Travel Group Ltd. website at www.bstvacations.ca.

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Logistics

As the group commences on Saturday, September 12th, guests from the Greater Toronto Area should depart by Friday September 11th at the latest. All ground transfers are included from Rome Fiumicino "Leonardo da Vinci" Airport (FCO); one set departure time to Villa la Cappella.

Upon arrival in Rome on Day 1, all transportation will be included in the group, up to the final transfer in Rome on Day 8 (airport arrival by 10 am or historical centre/train station drop off). All same day departing flights from Rome Airport (FCO) should be booked no earlier than 1 pm.

Blowes & Stewart Travel Group Ltd./BST Vacations can assist with flights, train reservations and any additional hotel arrangements in Rome, Venice or Florence, outside of the organized group itinerary.

The Gratitude Workshop

Each guest will be gifted a Gratitude Journal during the welcome dinner at Villa la Cappella. Guests will be asked to spend a few minutes each morning & evening with the journal, reflecting on their day. As we sip our cappuccinos each morning, guests will be able to share their entries at breakfast (only if they wish), which will help set the tone for the day. The host will facilitate group discussion (approximately 30 minutes), ensuring dialogue is positive and respectful. Participation is completely voluntary and is meant to be a subtle compliment to the overall itinerary.

Gratitude can be challenging at times, however with consistency it can have transformative effects. Studies have associated gratitude with better mood, improved sleep, decreased depression, enhanced relationships and reduced anxiety. These studies have been further supported by neuroscientific research, showing that expressing gratitude can increase the levels of dopamine, oxytocin and serotonin in the brain. These neurochemicals are associated with feelings of connection, closeness and happiness.

The final group dinner will include an opportunity to share our personal stories of what brought us to Tuscany and the insight we gained during our time together, which will carry us past this extraordinary week. The hope is that guests will leave feeling empowered to continue their daily practice of gratitude, with their time in Tuscany as inspiration.

This group has been designed specifically to celebrate putting yourself first (at least for one glorious week), which for many is the ultimate luxury.

Having time to fully immerse into thoughtfully curated experiences, savouring a gourmet meal at your own pace, crawling into a luxurious hotel bed after a day of exploring historical cobblestone streets - these elevated moments will slowly begin to refuel your soul (and help to reclaim a part of yourself that you may have lost along the way). Combining these experiences with supportive, like-minded company - the results can be magical.

Why Tuscany?

Frances Mayes' book **Under the Tuscan Sun** and film of the same name has been a continuous source of inspiration over the years. The message that resonates is taking a leap of faith and building the framework for the life you want - and letting go of the fear that may be holding you back.

The thought of driving through rolling hills lined with cypress trees (and perhaps buying a villa along the way), instantly brings calm to stress and anxiety.

Why not romanticize your life? Life is short - live it to the fullest, without regrets.

Tuscany has always felt like a destination for oneself. The charm of medieval hill towns, joyful days spent exploring and tranquil nights over a relaxed meal, while enjoying a glass of local wine. A perfect setting for a solo trip or an intimate group getaway, with the ultimate goal of feeling rejuvenated and ready to tackle the next chapter.

Electronic Visa Waivers to visit Europe

The European Union will be introducing an electronic visa waiver system by 2026; the EU is set to announce the start date by the end of 2025. Although no precise date has been set, we would prefer to advise you in advance of this requirement.

Travellers from countries to the EU that do not currently have to apply for a Schengen visa will still need to apply online and pay a small fee for a visa waiver via the new European Travel Information and Authorization System (ETIAS). More information can be found at www.etiasvisa.com.

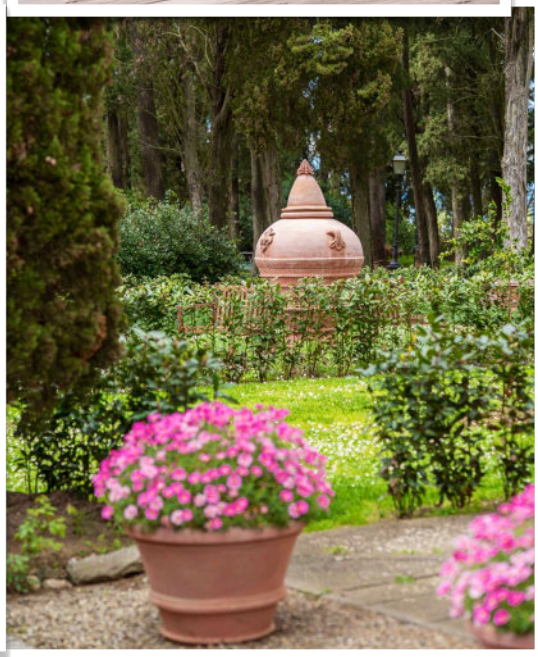
Where you'll stay & our hosts at Villa la Cappella

Born and raised in Canada to Italian immigrants, Paola and Anthony knew one day they wanted to spend their future enjoying the slower pace of life in Italy.

Opportunity came knocking during Covid, when they took a leap of faith and purchased Villa la Cappella, sight unseen.

Today, Paola and Anthony now run Villa la Cappella as an elegant Tuscan relais in the Chianti countryside, welcoming each guest as a special member of their family.

We have no doubt guests will be charmed by their unique blend of down to earth Canadian hospitality and Italian warmth. Villa la Cappella is a true gem.



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Itinerary

Day 1: Welcome to Tuscany!

The group will be transported by private luxury transfer from Rome airport to Villa la Cappella, our home base in Tuscany for the next six nights.

While we await the official start of the group, feel free to unwind and relax at the villa's pool after the long journey.

In the evening, guests will meet for an aperitif on the terrace as we introduce ourselves and get to know each other. Afterwards, we will commence our first group event, a multi-course dinner highlighting Tuscany's authentic cuisine.

Each guest will receive a special welcome gift from the host upon arrival, which will set the tone for this transformative week.

Meals included: Dinner

Day 2: Florence

After breakfast, guests will head out by private luxury transfer to Florence and will enjoy a walking tour lead by a local guide, who will navigate us through the city's secret gems and cobblestone alleyways. We will see Florence's most treasured corners along the way, including the Duomo, the Ponte Vecchio and Piazzale Michelangelo. We will learn interesting facts and hear about local legends, as we admire the open air museum that is Florence.

After the morning walking tour, guests will have time to enjoy lunch at leisure. Group reservations will be available at a highly rated local trattoria.

After lunch, guests will head over to the Accademia Gallery to admire Michelangelo's David, along with many other notable masterpieces of the Renaissance.

Following the guided portion of our tour, guests will have free time to explore the city as they choose (and perhaps enjoy the first of many gelatos). The host will be heading over to Vivoli for an affogato with anyone who would like to join!

After a full day of exploring, guests will head back to the villa to rest and unwind before our group dinner.

Meals included: Breakfast, Dinner

Itinerary

Day 3: Cooking Class at Villa la Cappella

After a slow morning and an abundant breakfast, guests will have free time to relax poolside and explore the surrounding area.

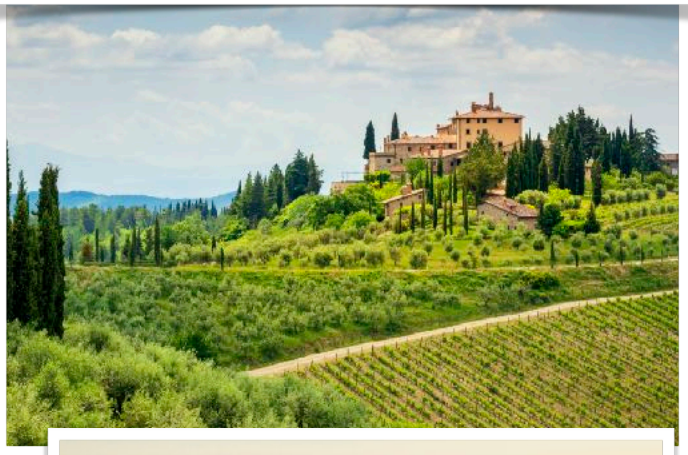
Optional excursions will be available to further explore the surrounding Tuscan hill towns (such as Montepulciano and Pienza). E-bike rental can be arranged for an additional fee.

In the evening, guests will learn how to prepare a traditional Tuscan meal with Chefs Paola and Giovanna, followed by dinner (of our own creation) and wine.

Meals included: Breakfast, Light Lunch, Dinner

Day 4: Chianti & San Gimignano Wine Tour

Today guests will be transported to historic winery in the Chianti Classico region. Relax overlooking the rolling hills while enjoying the perfect wine pairing.



Midday, we will head to San Gimignano, a UNESCO World Heritage Site famous for its skyline of medieval towers. Guests will stroll the charming cobblestone streets, making time for the best gelato in Tuscany!

Early afternoon, we will head to a renowned winery in San Gimignano, where we will enjoy a classic Tuscan lunch with top tier wine pairings.

After a full day of exploring, guests will head back to the villa to rest and unwind before our group dinner.

Meals included: Breakfast, Lunch, Dinner

Day 5: Watercolour painting workshop at Villa la Cappella

Today guests will enjoy a watercolour painting workshop hosted by Lisa Brancatisano of This Tuscan Life, using the surrounding countryside as inspiration. Lisa is an exceptionally talented illustrator and watercolour artist, who will take us through this calming and mindful activity, paired with a glass of wine if you wish.

Following the watercolour workshop, guests will enjoy a light lunch and will have the remainder of the day to relax onsite at the villa or head off property for an optional excursion.

The group will come together at sunset for another memorable dinner.

Meals included: Breakfast, Light Lunch, Dinner

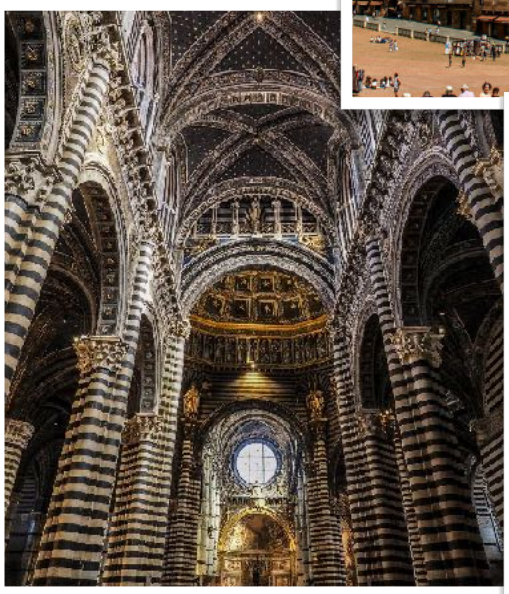
Itinerary

Day 6: Siena & Monteriggioni

After breakfast, guests will depart Villa la Cappella by private luxury van and head to Siena, one of the most beautiful cities in Tuscany (and a UNESCO World Heritage site).

Together with a local guide, we will visit all the highlights of the city, including Piazza del Campo, home of the annual Palio horse races, along with the Duomo.

The Siena Duomo is an architectural masterpiece and one of the most stunning cathedrals in Europe, with its distinctive striped walls and ornate marble floors. Please note shorts and tank tops are not permitted in the Duomo.



After free time for lunch in Siena, the group will head to Monteriggioni, to stroll along the medieval walls surrounding the city.

After heading back to the villa, guests will have time to unwind poolside before another incredible group dinner.

Meals included: Breakfast, Dinner

Day 7: Rome

On our final full day of the tour, guests will depart Villa la Cappella and head to Rome, where we will check into a 3 star hotel in the heart of the historic centre. Guests will have free time to explore Rome as they choose.

The final group dinner will be held at a small trattoria favoured by locals for authentic Roman cuisine.

As the sun sets on an incredible week, we will share inspirational stories and toast to our time together, filled with personal self care and the start of lifelong friendships.

Meals included: Breakfast

Day 8: Rome Airport

After an early breakfast and our final goodbyes, guests will be transferred by private luxury van to the airport or they can continue to explore independently. Same day flights departing Rome Airport (FCO) should be booked no earlier than 1 pm.

Meals included: Breakfast

Frequently Asked Questions

Is Out-of-Province Medical and Trip Interruption/Cancellation Insurance mandatory?

Yes - it is in your best interest to obtain comprehensive medical and trip interruption/cancellation insurance, to protect yourself and your trip investment. Things happen - it's best to have peace of mind. Manulife travel insurance can be purchased through **Blowes & Stewart Travel Group Ltd./BST Vacations.**

What if I am a solo traveller? Will I fit into the group?

Absolutely! Many of our guests join solo; this getaway is designed to create a welcoming, inclusive atmosphere where everyone feels like part of the group. Whether you come with a friend or on your own, you'll be supported by a host who fosters connection and community right from day one. It's a perfect opportunity to meet like-minded travellers, share experiences and perhaps even form lasting friendships.

What is the role of the host?

In additional to facilitating the gratitude workshop, the host will ensure the details and logistics of the itinerary run seamlessly throughout the week, from the welcome night to the departure morning. The host will be fully available for individual support to ensure each guest has the best possible experience.

Is there an age requirement for the group?

We firmly believe that age is just a number. The group is open to all adults who love food, wine, culture, community and have a positive, open mindset.

What is the fitness level required?

Please be prepared for lots of walking (on an incline at times through cobblestone streets); you will definitely get your steps in and work off all the delicious food we will consume. You should be able to lift your own luggage and have no significant mobility issues.

Can you accommodate dietary restrictions?

We will ensure any dietary restrictions are addressed in the meals built into the getaway. As for the odd meal not part of the overall costs, we will ensure selected restaurants can accommodate dietary restrictions.

What should I pack?

The group dinners will be smart casual. As the group date is mid September, we would suggest layers in case days are hot and evenings are cooler. Villa la Cappella has a lovely pool; pack a bathing suit.

Comfortable walking shoes are a must! As we will be moving through two accommodations throughout the week in luxury vans, a carry-on bag and one personal item would be ideal.

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BST Escorted Group Terms & Conditions

(These Terms & Conditions do not apply to Charters. Separate Terms & Conditions apply.)

Please carefully review the Terms & Conditions outlined below. Any reservation made with BST constitutes a binding agreement signifying your acceptance of, and your agreement to follow, these Terms & Conditions, and to be bound by them.

To process your reservation, we will need your personal information including your name, address, telephone number, email address, passport number, date of birth, citizenship and information you have disclosed regarding health, medical, dietary, mobility and other special requirements. BST will require a copy of your valid passport at time of deposit.

Deposit and Final Payment

Deposit is due at time of booking to secure your reservation. The deposit amount due is $500.

The final payment deadline is due in our office on or before the date included on your invoice.

All payments once received are non-refundable. Please refer to insurance sections below.

Please make cheques payable to Blowes and Stewart Travel. We also accept in-office cash / debit payments, or Visa, Mastercard and American Express credit cards. E-transfers may be sent to pgraham@bstvacations.ca.

Completion of the electronic credit card authorization form or the PDF credit card authorization form commits you to your reservation and the charges on your credit card.

The Company reserves the right to cancel a reservation if payment has not been received by the specified due date.

Final Travel details will be issued 2 weeks prior to departure.

Not Included in the Trip Cost

All quoted trip costs do not include items of a personal nature such as but not limited to: medical insurance, cancellation/interruption insurance, alcoholic beverages, gratuities, phone calls, airline baggage fees where applicable and meals that are not included or listed in the itinerary.

Escorted Group Cancellation Policy

All escorted groups require a minimum number of passengers to travel. Should minimum numbers not been reached, the Company has the right to cancel the tour with a full refund to the passengers booked. Refund will be processed in manner received. Tours unable to operate due to Travel Advisory, acts of God, Terrorism or any other event and no fault of BST, will be subject to cancellation charges as listed above.

BST highly recommends the purchase of cancellation/interruption insurance for all trips. BST will not be held responsible for loss of monies due to cancellation/ changes.

Medical insurance is mandatory for all trips outside of the Province of Ontario. If client has out of province medical insurance with a separate insurance provider, BST must be advised of insurance company name, policy number & company contact information prior to trip commencement.

Persons leaving the tour during operation will not receive a refund of unused services and all costs of returning to the point of embarkation will be borne by the client.

For additional information on packages/plans offered, please visit https://www.igoinsured.com/Direct/ManulifeGlobal.aspx?ag=STEWPET&lang=E

Global Pandemic

Customer acknowledges the risks related to the spread of infectious or contagious diseases. It remains the customer's responsibility to take the necessary precautions applicable to any health hazards, including but not limited to a Global Pandemic. To ensure the safety of all guests and employees, suppliers may have mandatory safety protocols in place, and the availability of their services and facilities may be impacted.

Customer agrees to follow all current and future regulations/protocols set forth for safety in compliance with government policies at your own expense.

BST is not responsible for any fees for, or associated with, mandatory government testing in destination or for returning to Canada, quarantine or expenses relating to any Global Pandemic or similar.

If additional insurance protection is declined, it remains the customer's responsibility to verify if their travel insurance policy covers a Global Pandemic.

BST will not be held liable should customers be denied boarding due to insufficient proof of a negative Global Pandemic test prior to departure, or displaying symptoms of a Global Pandemic upon check in.

No monies will be refunded to customers who have been denied boarding or refunded at port of entry.

All prices listed are per person in Canadian Dollars unless otherwise noted. Pricing is based on supplier cost, currency exchange rates and conditions in effect at the time of brochure printing. Final payment may fluctuate based on changes to the currency exchange at that time. Should there be a pricing increase, a maximum of 7% of base cost, may be applied, or to the taxes and/or government imposed fees, fuel surcharges or additional airline fees before final payment, these increased charges will be levied to the customer and applied to the final invoice. No additional surcharges may be applied after the trip is paid in full. All trips may be subject to change in situations beyond our control.

BST Escorted Group Terms & Conditions (continued)

When travelling outside of Canada all Canadian passengers require a valid passport. If travelling with a foreign passport (not Canadian) BST must be advised at time of booking so we can advise accordingly. Most countries require passports to be valid for 6 months beyond the expected return date.

Some countries may also have visa requirements for entry. Any fees to obtain visas or additional travel documentation that may be required are the responsibility of the traveler. Entry into another country cannot be guaranteed and is at the sole discretion of the local authorities. BST takes no responsibility for a customer being denied entry into another country. Cancellation charges and any additional fees will be at the customer's expense.

It is the passenger's responsibility to obtain information, and to have in their possession, all the required documentation to travel (such as passports, visa where applicable, etc.) required by the relevant governmental authorities, for themselves and passengers in their care. Note that the documents required for the outbound portion of your travel may differ from those required for the return.

BST is not responsible for any missing or inappropriate documents. Failure to have proper travel documents will result in denied boarding and automatic cancellation of your reservation without refund.

BST accepts any passengers that have a disability, intellectual or physical condition providing they are able to care for themselves during the trip which includes boarding the plane/bus on their own; participating in any included tours/sightseeing without assistance; the ability to understand meeting points/times and the ability to care for their own documents. BST will accept any passenger who's intellectual or physical condition is such as to render him/her incapable of caring for him/herself without assistance, provided that he/she is accompanied by an attendant (at an additional cost) who is responsible for the passenger en route and with the care of such attendant, he/she will not require attention or assistance beyond that which is usually provided by BST tour escort. Some destinations may not be suitable for physical mobility issues.

Baggage restrictions vary by airline and destination. Specific details will be provided with your final travel documents.

Please ensure that you have secured baggage tags to your luggage prior to arriving at the airport, train station or boarding the coach.

Please note that you are responsible for carrying your own luggage and are responsible for the safety and security of your luggage at all times. BST will not assume liability for loss, theft or damage due to breakage, fire, water, or theft, during transport on the plane, coach, train or at hotel. Ask your agent for details of Baggage and Personal Effects Insurance coverage.

Airline seating requests are taken into consideration and sent to each airline if applicable. Additional charges apply for premium seating on aircraft. Specific seating on coaches or trains cannot be guaranteed. BST will try to accommodate all requests.

BST reserves the right to decline any person as a member of the trip at any time before or during the trip should such person's presence be considered detrimental to the interest, comfort, and enjoyment of the other members. Persons leaving the trip after commencement will not receive a refund of unused services and all costs of returning to the point of embarkation will be borne by the client.

When travelling outside of Ontario, please note local customs may differ and conditions of travel may not be the same as home.

Clients not travelling on full itinerary as outlined assume full responsibility for any cancellation penalties or fees incurred due to cancellation or alteration to itinerary in any way.

Our Role

In offering travel arrangements for sale, BST acts solely as the organizer of the tours and responsible for making all reservations as outlined. BST cannot be held responsible for supplier errors or omissions. We do not maintain any control over the personnel, equipment or operations of any supplier and we assume no responsibility for, and shall not be expected or required to pay for any financial loss, personal injury, other loss, accident, delay, inconvenience or irregularity which you may experience either by reason of (1) non-performance by any supplier for whatever reason (2) wrongful causes, negligent or unauthorized acts or omissions on the part of any supplier or its employees or on the part of any other party not under the control of BST (3) any defect, breakdown or other failure of any aircraft, train, bus, automobile, accommodation, ship or other equipment or instrumentality operated and owned or otherwise used by a supplier or (4) BST is not liable for any loss, damage, injury or death resulting from circumstances beyond its direct control such as unexpected weather conditions, civil unrest, acts of God, force Majeure or any other unforeseen circumstances.

Photos Posted to our Website and Social Media

On occasion, your BST representative will be taking photos of group members participating in various activities. These photos may be posted on our social media outlets. If for any reason you do not wish to have your photo taken and published, please advise your tour manager on Day 1 of your journey. This clause indicates your permission to use photos and eliminates all photo waivers used in the past. BST prohibits participants from publishing to social media any proprietary documents pertaining to our trips.