

# THE MASTERPLAN EXPERIENCE

# ITALY VIA FRANCIGENA

4-11 OCTOBER 2024

LUCCA TO SIENA

Join Shannah Kennedy and Colleen Callander on a what is known as the best walking in Italy and possibly the whole of Europe on the 133km, 8 day walk on the special section of the Via Francigena, the famous historical pilgrimage to the Eternal city of Rome. A special opportunity for those who love to walk, learn, network and take time out to reflect, recharge and reset.



This 8 day transformative walking experience takes us along Tuscan hills, tasting plates of pasta, Chianti wine, visiting castles and cathedrals taking in the towns of Lucca, San Gimignano and Siena with a coach and mentor by your side. A truly spectacular and cultural experience.

## Daily educational sessions:

- ✓ Daily journaling
- ✓ Personal coaching whilst walking
- ✓ Daily educational sessions
- ✓ Reestablish your 3 year vision, goals and new habit plan
- ✓ Experience the application of daily rituals & practices to create lasting change

WALK THE WORLD WITH US



SELF AWARENESS



SELF LEADERSHIP



SELF MANAGEMENT

# Detailed Itinerary

Walking 8 days, 133km we walk the most beautiful section of the Via Francigena – Lucca to Siena. With every small and large town along the route a breathtaking experience we fall in love castles and cathedrals that have been built on hilltops with their fortifications still preserved. Food and wine are a big part of this journey along with taking time to really work on connecting back with ourselves and journaling the whole experience.

## Trip Overview

|                     |   |
|---------------------|---|
| <b>DATE:</b>        | 4 -11 October 2024  |
| <b>TRIP LENGTH:</b> | 8 days  |
| <b>TRIP GRADE:</b>  | Moderate  |
| <b>GROUP SIZE:</b>  | 2 x hosts (Shannah & Colleen)<br>1 x guide<br>12 x participants |
| <b>PRICE:</b>       | \$6,600 per person<br>*Twin share accommodation only            |

-  **Day 1 | Arrive in Lucca (welcome dinner)**
-  **Day 2 | Lucca - Altopascio | 19km**
-  **Day 3 | Altopascio - San Miniato | 29km**
-  **Day 4 | San Miniato - Gambassi Terme | 24km**
-  **Day 5 | Gambassi Terme - San Gimignano | 14km**
-  **Day 6 | San Gimignano - Monteriggioni | 31km**
-  **Day 7 | Monteriggioni - Siena | 21km**
-  **Day 8 | Finish in Siena**

*(Itinerary subject to modification)*





# Inclusions

- 7 nights accommodation, all carefully selected to enhance your Italian walking experience
- Private en-suite facilities
- Daily luggage transfers from hotel to hotel (1 x 20kg bag unless indicated otherwise)
- Daily breakfast
- All evening meals (including alcoholic and non alcoholic beverages)
- Luggage identification tags
- Pilgrims passport
- Emergency contact details and 24/7 local on-the-ground support

## About Us

Shannah Kennedy is a high performance master planner and one of Australia's foremost strategic life coaches with 20yrs experience in the role, she works to transform her clients' careers, mental health, wellbeing and life plans. She is the author of Global best seller 'The Life Plan – Simple Strategies for a Meaningful Life' and 'Plan B – How to Navigate and Embrace Change'.

Colleen Callander is an award-winning CEO and an inspiration to leaders of all generations. Colleen is the former CEO of two of Australia's iconic fashion brands Sportsgirl and Sussan, where she was at the helm for 13 years. Colleen is a highly respected influential leader with a wealth of knowledge and a proven track record in building brands and establishing winning cultures. She is the author of 'Leader by Design'.

## Optional Inclusions

- Private vehicle transfers to the trip's starting point
- Additional night's accommodation before or after trip (please advise at time of booking)

## Not Included

- Flights
- Travel to trip's starting point
- Transfers not already outlined in detailed trip itinerary
- Lunches

## How to Book

Please contact Glenyce Johnson  
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