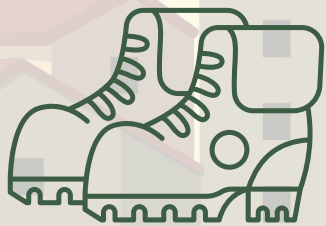
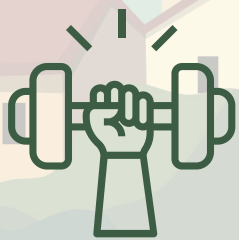


# 2026 HIIT & HIKE TUSCANY

September 27 - October 3, 2026  
HIIT, ADVENTURE, WELLNESS



ACTIVITY  
LEVEL:

7/5



## FEATURING:

Daily HIIT and yoga

Hiking in Siena, Montevarchi, and a local abbey

Morning market shopping in Montevarchi

Thermal waters day trip

Tuscan wine tasting and cocktail night

Beautiful accommodations (with air conditioning  
and ensuite bathroom)

Room rates: \$2,575 per person (double occupancy)  
or \$3,250 (single occupancy)

All meals included

**DAILY HIIT &  
YOGA WITH  
ROBYN & MOLLY**



**BOOK NOW**

[www.healiumhotyoga.com/retreats](http://www.healiumhotyoga.com/retreats)



[instructor@healiumhotyoga.com](mailto:instructor@healiumhotyoga.com)



# 2026 HIIT & HIKE TUSCANY



## INCLUDED

Daily HIIT and yoga with Robyn & Molly  
Hiking in Siena, Montevarchi, and a local abbey  
Morning market shopping in Montevarchi  
Thermal waters day trip  
Tuscan wine tasting and cocktail night  
6 nights, 7 days accommodations  
All meals included  
Ground transport to and from all included excursions  
Ground transport shuttle to and from the retreat center via the  
Montevarchi-Terranuova train station pick up / drop off

## EXCLUDED

Airfare to and from Italy\*  
Trainfare to Montevarchi-Terranuova\*  
Optional add ons (massage services, activities during free time)  
Travel insurance HIGHLY recommended (especially for health insurance)  
Additional alcohol outside of wine tasting and cocktail night  
Personal items / souvenirs  
Gratuity

\*The retreat center is located in Montegonzi, in the region of Tuscany (45 min. south of Florence, 2 hours south of Bologna, 2 hours east of Pisa, 3 hours north of Rome). The closest airport is in Florence (FLR). There are many ways of reaching the retreat center. If you are interested in traveling before or after the retreat, around Europe or other parts of Italy, this is a great time to do that! There are a few train paths to take depending on your port of entry. Your pre-travel communications will include more details. Reach out to us for help on coordinating your travel plans and flights.