































THE FOUR SEASONS WEEK EXPERIENCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 AM					MORNING JOG WITH OUR MANAGERS 		RUNNING 
7.30 AM							CARICATURE 
8.00 AM			CONDITIONING AT THE GYM € 20 per person 	YOGA AT THE GYM € 20 per person 			GYMNASTIC 
8.30 AM							CULTURAL 
9.00 AM							FOOD&BEVERAGE 
9.30 AM		HAVE A SKETCHED PORTRAIT Il Palagio Terrace 				HAVE A SKETCHED PORTRAIT Magnolia Terrace 	KIDS ACTIVITIES 
10.00 AM			FRESCO PAINTING IN OUR GARDEN € 130 per person 				HEALTHY DRINKS CORNER Tree Pool Bar 
10.30 AM						ORTI DIPINTI TOUR 	
11.00 AM							
11.30 AM							
12.00 AM							
12.30 AM							
1.00 PM							
1.30 PM							
2.00 PM							
2.30 PM	HISTORICAL TOUR OF THE HOTEL 			HISTORICAL TOUR OF THE HOTEL 		HISTORICAL TOUR OF THE HOTEL 	
3.00 PM					ENGLISH CEMETERY'S TOUR 		
3.30 PM							
4.00 PM							
4.30 PM	KIDS COOKING CLASS! 	"DESSERT COCKTAIL" CLASS Atrium Bar 	CREATIVE ART WORKS	NEGRONI COCKTAIL CLASS Atrium Bar 	KIDS COOKING CLASS! 	EXTRA VIRGIN OLIVE OIL EXPERIENCE Il Palagio Restaurant 	CREATIVE ART WORKS 
5.00 PM							
5.30 PM							
6.00 PM		ARE YOU A KEEN PHOTOGRAPHER? 					
6.30 PM							
7.00 PM	COCKTAIL WITH OUR MANAGERS Tree Pool Bar & Deck 		AFTERNOON JOG WITH OUR MANAGERS 	PILATES AT THE GYM € 20 per person 	MARTINI TASTING Martini Garden Bar 		
7.30 PM							
8.00 PM							

JOG WITH OUR MANAGERS

Jogging through the streets of Florence is a must-do for those who like to keep fit during their vacation. Meet the Managers at the gym at 7am or 7pm for a quick briefing before heading out.

Reservations required at ext. 4290 (Concierge) - Minimum notice 24 hours

HAVE A SKETCHED PORTRAIT

Take home a very personal souvenir of your Florentine sojourn - a portrait of yourself in our Hotel! The artist awaits you on the Palagio Terrace (on Tuesday) or the Magnolia Terrace (on Saturday).

No reservations required

CONDITIONING AT THE GYM

Start your day with a specific training which helps you to increase your resistance, speed and strength.

Reservations required at ext.4630 (Spa) - Maximum number of participants 4 - Price: € 20 per person - Minimum notice 24 hours

YOGA AT THE GYM

Start your day with a yoga lesson! Just go to the gym and meet your personal trainer for a lesson based on precise posture, breathing techniques and meditation.

Reservations required at ext.4630 (Spa) - Maximum number of participants 4 - Price: € 20 per person - Minimum notice 24 hours

PILATES AT OUR GYM

Pilates is the art of controlled movement and aids in muscular development, flexibility, strength and builds up physical endurance.

Reservations required at ext.4630 (Spa) - Maximum number of participants 4 - Price: € 20 per person - Minimum notice 24 hours

HISTORICAL TOUR OF THE HOTEL

Discover the beauty and the mysteries behind the walls of the Palazzo della Gherardesca. After this trip to the 15th century, move forward in time to the early 18th century for a detailed visit of the enchanting "La Villa" and the botanical garden.

Reservations required at ext. 4290 (Concierge)

FRESCO PAINTING IN OUR GARDEN

Experience a professional approach to the real Florentine art of painting in our beautiful garden under the shadow of our centuries-old trees.

Reservations required at ext. 4290 (Concierge) - Minimum notice 48 hours

VISIT THE HISTORICAL ENGLISH CEMETERY

Sister Julia will take you through this historical cemetery where you can see the tombs of, amongst others, the poetess Elizabeth Barrett Browning and William Shakespeares' last descendants.

Reservations required at ext. 4290 (Concierge) - Minimum notice 48 hours

TAKE AN EXPLANATORY TOUR OF THE ORGANIC "ORTI DIPINTI" VEGETABLE GARDEN

Across the road from the Hotel you will find an organic vegetable garden where the head gardener will take explain to you the various herbs and vegetables grown in the most natural way.

Reservations required at ext. 4290 (Concierge) - Minimum notice 48 hours

"DESSERT COCKTAIL" CLASS - ATRIUM BAR

Not a dessert on a plate but in a cocktail class!

Our creative barmen have transformed the most famous Italian desserts into delicious cocktails. Come, try and taste!

Reservations required at ext. 4470 (Atrium Bar). Minimum notice 12 hours

"MARTINI TASTING" - MARTINI GARDEN BAR AT LA VILLA

Martini & Rossi is the most well-known brand for an aperitivo representing the Italian Lifestyle.

The different types of Vermouth Martini and several original recipes will be explained by our expert, to relive the Italian experience at your own home!

Reservations required at ext. 4470 (Atrium Bar). Minimum notice 12 hours

"NEGRONI COCKTAIL CLASS" - ATRIUM BAR

From Florence the story and the original Negroni cocktail recipe, interpreted by our bartenders. We offer a taste of a selection of different Negroni Cocktails in honour of Conte Camillo Negroni.

Reservations required at ext. 4470 (Atrium Bar). Minimum notice 12 hours

"HEALTHY DRINKS CORNER" - TREE POOL BAR

Smoothies can be prepared for different moments during our day or stages during our life: energising, detox or calming.

Our barmen will explain you the best recipes and offer you a tasting of the three different types.

Reservations required at ext. 4470 (Atrium Bar). Minimum notice 12 hours

"EXTRA VIRGIN OLIVE OIL EXPERIENCE" - IL PALAGIO RESTAURANT

Il Palagio Restaurant has recently been awarded as "Restaurant of the Year" by the International Association of Olive Oil Restaurants. Our specialized staff will guide you the path of our 'Green Gold' sensation, tasting olive oils from different regions of Italy.

Reservations required at ext. 4450 (Il Palagio). Minimum notice 12 hours

ARE YOU A KEEN PHOTOGRAPHER?

If you are keen on photography, why not visit our property at sunset with a local professional? Starting from Hotel Lobby, you will take memorable photos of our property and its botanic garden.

Reservations required at ext. 4290 (Concierge) - Minimum notice 48 hours

KIDS COOKING CLASS!

Do you want to be a Pastry Chef? Then it's time to get your hands dirty and demonstrate your culinary talent!

Reservations required at ext. 4290 (Concierge)

CREATIVE ART WORKS

Kids, save the date, this is time for you! Discover your creative side by decorating, painting and making your own Florentine souvenir. You will learn how to mix colours and other materials ...join us and get ready to have a lot of fun!

Reservations required at ext. 4290 (Concierge)