

# Untold Italy Episode 124 - Amazing Arezzo - Tuscan Town of Your Dreams

This is the Untold Italy Travel podcast, and you're listening to episode number 124.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

## Katy

Ciao a tutti. Are you ready to pay a visit to hidden Tuscany? Today we're headed to Arezzo - a truly lovely city to the east of Florence where you'll find a Tuscan experience that you may have had in other places 20 or 30 years ago. Arezzo is a place where life continues, Italian style, without much bother from tourists and visitors, just as it has for decades

To be honest it's quite baffling why very few people go there considering how enchanting it is. Arezzo has starred in several Oscar-winning movies and boasts one of the prettiest piazzas in all of Italy. And it's really easy to get to from Florence. You'll find so many treasures there but most of all the feeling that you've arrived in a very special place in the world.

I'm joined by licensed local guide Debora Bresciani who is here to share with us her beautiful city and its surrounds and the many reasons why you should visit when you're in Tuscany. Debora was introduced to me by our mutual friend Corinna Cooke and I just know you're going to love hearing what she has to say about her beloved home town.

## Katy

Benvenuta. Debora, welcome to the Untold Italy Podcast.

## Debora

Buongiorno. Thanks for the invitation and for the opportunity to speak about my part of Tuscany.

## Katy

I'm so happy to have you here, Debora. It's actually been a mission of mine to share some the lesser-known parts of Tuscany with our listeners. And I can't wait for you to tell them all

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about Arezzo and around the region there. But before we begin, can you let everyone know a little bit about yourself?

**Debora**

Yes, it is pleasure. I am Debora Bresciani and I was born and raised in a Arezzo in this part of Tuscany, less known in compared with the other part because everyone when we speak about Tuscany, Florence and Siena. My Arezzo is a little gem in Tuscan and for this reason I start to study to became guide because I always like speaking with my friends when they come to visit me and speaking about the tradition of this part, the food, the flora and art. And so with the time I decided to start an activity around this special. And for this reason, around six years ago, I started the school, I started, and now I am a tour guide in my area.

**Katy**

Wow. So have you loved learning about your area since you were really small, or is it something that sort of came along later?

**Debora**

Yeah, exactly. Because I have a lot of friends not only in Italy, but also in Germany, in America and USA. So when they are coming, I love to stay with them, speaking, telling, taste some food, some wine, a local place. And speaking with some friend of mine that they are tour guide, they said "why you don't think about to start to become also tour guide, because you're speaking a lot. You always share your time with people?" And you need, of course, much more knowledge. But if you study, you can have and so forth. This reason I'm here as tour guide.

**Katy**

And you have to study for a long time, don't you? And I think it's really worth noting for all our listeners that even Debora is a tour guide in her part of Arezzo. You still have to study really hard, even for a specific area.

**Debora**

The study is very hard. It's very hard. And it's like University. There's just one here. But we have to study everything about everywhere and everything about church, museums, tradition, art, food, artisan, about everything. And of course, when we speak with other people, we cannot give all this information because it's too much. But our preparation needs a lot of study. Exactly.

**Katy**

Yeah, exactly. And I think what's really amazing about that is that you're kind of like the guardians of your culture because you're having to learn all of it and retain and then keeping to tell people about it as well, not just visitors from overseas, but obviously people from

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within Italy, too. I just think it's a really amazing cultural important job that you do it's without hand.

### **Debora**

Because every time we need to study something new or just refresh the information because we have sometimes during the winter we work a little less. For example, now after the 2 years of covid - you can understand. And when we restart, we always need to re-study and find something new or refresh the information so we never stop our brain. I love it.

### **Katy**

You're always learning. Okay, Debora, let's dive in and talk about Arezzo. Tell us about your beautiful city and the area around it.

### **Debora**

So Arezzo is we can say that between two river, Arno and Tiber because we are between Florence on the way to Rome and as a city - Arezzo is an Etruscan town. So we speak about the city from the 8th century BC. Something is unbelievable when we think about this time. But now when we are in Arezzo, we can say that we can work between the Renaissance and the Middle Age time because we have some little alley look like medieval or we have the Renaissance building and we have a lot of square and church. But also it's very rich about artisan shop because the addition in Arezzo is also in connection with the gold. So sometimes we can visit or to some artisan shop where we can see how it relies the jewelry or a ring, something we put on. And sometimes we can say just sitting in a square with a coffee or a spritz depending on which time 1 hour looks like 19 minutes because it's very quiet. So you can really breathe the authentic Tuscan atmosphere because in compared with another part, a much more known, in Arezzo it's difficult to find people speak English, so are very genuine. You listen a lot of dialect. The people speak in dialect sometimes or it's hard to find touristic menu in the restaurant. So you can really live like a local because where you sit as a tourist is where I enjoy my weekend or the time with my friends or with my family.

### **Katy**

It's beautiful. Like I have been stalking Arezzo on Instagram and I'm going to say some of these piazzas are so pretty. They are some of the most beautiful in Italy. Honestly, they are just stunning. I love them.

### **Debora**

You're speaking about Piazza Grande. Piazza Grande is the main square in Arezzo and maybe a lot of people can recognize thanks to the movie La Vita è Bella. The light is beautiful with Roberto Benigni because a lot of parts of this movie they just set was in Arezzo. In front of the Cathedral, in front of another square, Piazza della Badia, or Piazza San Francesco where

we do have the shop or in Piazza Grande. Piazza Grande is really the heart of it because it's like a gem. And you are inside a mix of styles because you have the Renaissance Gallery by Vasari. You have the medieval house, you have the house of the Parish Church and also there. And every time you sit there you can really have a different sensazione as in sensation.

**Katy**

That's right, yeah.

**Debora**

Because you can look at the young people go to school or the old people just sit to smoke a cigar. Also, it's very nice, very quiet. And in summer time during the year we have something in the square but maybe I'll tell you later.

**Katy**

Okay. Well, I was going to say to everyone that just before I was doing some research and I just found out that La Vita è Bella which is Life is Beautiful was set in Arezzo and this is actually one of my all time favorite films. I absolutely love this film. And if you haven't seen it, go and see it. It won three Academy Awards in 1999, I think. And yet Roberto Benigni's speech at the Oscars is actually one of the best of all time. So fantastic. But I was just so thrilled and I can't wait. I haven't been to Arezzo yet, but I'm going because it's just stunning. Anyway, Debora. Tell us more. Tell us more.

**Debora**

Yeah. Also about art, because of course, the people love enjoy the art, the traditional. We have a lot about Piero della Francesca. It's a Renaissance painting. He was born in Arezzo - Sansepolcro. And we have some unbelievable fresco about this artist in the church of San Francesco. There is a painting in fresco by Piero della Francesca with the history of the legend of the cross. Sometimes we speak about Cimabue. And the Cimabue everybody knows, the Cimabue in Florence, but unfortunately was a little bit destroyed in the water. And we have another church in San Domenico church a perfect scene Cimabue's Crucifix. I always love sharing that. Everybody knows the music. Everybody loves listening to music. Somebody play also the music. We have the music thanks to somebody who wrote for the first time the musical notes. Who wrote was Guido Monaco. Guido Monaco was a monk born in this part of Tuscany. And in the 10th, 11th century, he studied in Arezzo and thanks him we have the music because he wrote ut-re-mi-fa-sol-la and thanks these notes now we can have the music. We can listen to music.

**Katy**

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That's amazing. I didn't know - I love looking at music. It looks so beautiful and I can (well, I used to be able to read it), but we have all these musical terms. Obviously a lot of them are Italian. Is this where the origins came from? So like piano is slowly and forte is loud.

**Debora**

You never studied music without Italian word because - lento, piano, adagio. The beginning was in Italy. Tuscany. Arezzo.

**Katy**

Well, hang on. I think we just need to back up a bit because what we haven't described to people is exactly where Arezzo is. Because I think it's really important - so we know it's between the two rivers. But it's pretty close to Florence really, isn't it?

**Debora**

This is Arezzo - we are north of Florence by train is just 1 hour and to the south we can arrive to Perugia in one direction to Perugia by car, less than 1 hour or to Rome. And in this case by car is 2 hours from Rome. Or by train takes the fast train is 1 hour and a half.

**Katy**

1 hour and a half to Rome. That's amazing.

**Debora**

Fast train is 1 hour and a half. So sometimes it's a perfect day trip. Also from Arezzo to Roma because you can leave in the morning around the train is around 7, another one around 8. So for breakfast you are in Rome and you can come back in the night because you can leave from Rome at 09:00 p.m. And you are in Arezzo at 10.20. So it's a perfect day trip with the fast train.

**Katy**

This is amazing. I love this.

**Debora**

And Florence is very close because we have a train every hour and in 1 hour we are in Florence, so it's perfect. For other locations, for example, for Val d'Orcia or Siena, everything is around 1 hour. But in this case, it's better by car. There isn't a good connection with the train, bus or so, so.

**Katy**

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Yeah. I think it's really interesting because I think people if they think about a day trip in Tuscany by train, they probably think of Pisa or Lucca. But why don't they think of Arezzo? I don't know. Weird. We're telling them now and they need to know because of all this music and culture and the beautiful frescoes and what else? what else?

### **Debora**

This is the big problem. Everybody knows Lucca and so that place - but Arezzo, I don't know why, but maybe it's because until the 80s/90s we don't work a lot with the tourism. We just have gold and the taxi tour presents to Prada. It's coming from Arezzo, the owner of Prada - he lives here in Arezzo. So in this last 20/30 years, Arezzo improve its business for the tourism. For this reason maybe also the tourists don't know a lot about my area. We don't care a lot before about the tourists. We have our economy in a different way. In this last 20/30th we start. And so also the tour guide, also the agriturismo, also the restaurant improve their business, improve their image for the tourism. And now we started these different activities. We are very young in this way.

### **Katy**

Yeah. But I think it's beautiful. I think people really appreciate that because they like to see where people live in a different way to perhaps we do in our big cities. And I know Corrina who you know very well and who's been on our podcast many times - she just loves Arezzo so much. And I think it's because it maybe captures a piece of Italy that people are dreaming of, really. I think

### **Debora**

Sometimes we have to say "Please come to visit Arezzo. Please come to visit Arezzo." And when they trust you and they come, they are really surprising because maybe the people have any different images about Arezzo, but when they come they say okay, wow, it's something new in compared other places - other towns, but it's really Tuscan because if we want to taste the local food everywhere, you can really taste the local food. Also the price are honest because it's not so much expensive. When you make some pick somewhere, you can make a pick for yourself really fast without a lot of people around you and you can recognize where you are. This is nice. I really love it when the people come and after the visit say wow, Arezzo! We need to come back another time and stay much more. Because in just 2 hours I have just a taste. I need much more time to stay in Arezzo and also all around because it's not only Arezzo are we have a lot of very nice town reality around Arezzo.

### **Katy**

Yeah, some very famous ones as well, right. That people may know from another movie, right?

### **Debora**

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Exactly. The old Italian movie. But maybe you don't know much more Il Ciclone. Also another movie was the Paziente Inglese - the English Patient. There is a part inside the church where the lady observed very close with the candle in her hand, the fresco by Piero della Francesca

**Katy**

Can you get up quite close to the fresco like that? Is it easy to just walk into the church and view this fresco?

**Debora**

This church is the only one we need the reservation because we can go inside the church, of course, how long we want. But inside the chapel we can stay just 25, 30 minutes. But we are in the chapel. So we are in need of the chapel and we can observe very close. You are inside. So you are in the chapel. You cannot touch, because we cannot. But you could touch.

**Katy**

Yeah, you could. What is the fresco about? What's the scene?

**Debora**

It's the legend of the True Cross. So it's the history how from one tree there is a religion history, we can read the Bible. This piece of tree become the cross where Jesus Christ died. And thanks that the people have hope for the future. Because the death of Jesus Christ we have hope for our future. And in this presentation there is some dream, some battle. There is everything. We explain this history, how we can read in the legend of the True Cross.

**Katy**

Wow. Okay. So you mentioned Debora, that there's some beautiful towns around Arezzo and there's one very famous one that everyone probably knows about, right?

**Debora**

Poppi - is one place. Poppi. And we are in the Casentino. So we are in direction to Florence. And this is very nice, very interesting because in Poppi there is - we can go inside the castle and have a super view all over the valley, around the castle and around Poppi. And this is one or another part close to Cortona. I won't speak about Cortona because everybody knows Cortona. Lucignano is the elliptical shape. So it's something different. Just when you arrive outside from the town, you can understand how it's different. Something is different. And this is another little gem and with a very interesting fortress. It was the place where during the 15th century there were the Anghiari Battle painted by Leonardo Da Vinci in Florence. Now it's covered by Masari and it's very interesting because also the village, you can walk really in the medieval street with old shops and all these places have something about typical food,

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typical activities. So something to discover. I don't tell you much more because if I say everything before you don't come.

**Katy**

Yes, we do. We love hearing about them. And Debora was being a little bit cheeky there because she didn't mention the big one. I think everyone knows. And so if you're trying to place where this area is, then I think our listeners know this is the area where Under the Tuscan Sun was filmed. And so I think if people come to your area, they normally think of Cortona, which is quite close by.

**Debora**

Yeah.

**Katy**

I think they go in and then they go out. So Debora and I are thinking, why are they doing that? Because this is such a beautiful area.

**Debora**

No, exactly. I don't say nothing about Cortona just for this reason, because it's a very nice place, for sure. But everybody knows Cortona. So if I speak about Cortona, you can say, but we already know Cortona thanks to the movie and the book by Frances Mayer, Under the Tuscan Sun. So everybody sometimes the people ask much more Cortona than Arezzo - for this reason I say okay, you already know Cortona, so...

**Katy**

But Cortona is really tiny, right? It's really small.

**Debora**

No, it's really small. In a couple of hours, you can have a really super view of the Cortona. And in Cortona - there are some square, but two in particular from there is like a balcony. It's like a balcony in the valley. In the valley. And from where it's super view across all the area around Cortona.

**Katy**

But it's very small. And Arezzo is actually a city. Right?

**Debora**

Exactly.

**Katy**

In the Arezzo region, right? So now you've teased me a little bit. You told me that there's some delicious food. Tell us, are there any dishes from the region that are really special.

**Debora**

In this part, we have for example, Pappa pomodoro. Pappa pomodoro is the typical soup with tomato and bread. Or Ribollita. Ribollita is a vegetable soup with bread. But Ribollita because we re-cook again.

**Debora**

For example parpadelle, with a different kind of ragu - with the duck or the boar cinghiale. We also eat like meat - I was going to say it's like a goulash but it's not it's umido with tomato and boar. We eat it's very typical.

**Katy**

Like a stew?

**Debora**

Yeah, exactly. Or of course we have the chianina. The Chianina is the steak. The white cow coming from the Valdichiana. From the area close to Manciano, Castiglion Fiorentino. This is our typical t-bone steak.

**Debora**

In this area is typical. Ok parpadelle but also Pici all'aglione. All'aglione is a ragu that is tomato with aglione is kind of a very big garlic with this sauce is just only tomato and big garlic. But if we think about garlic, it's impossible to eat garlic because we know the smell but aglione is just like the garlic but sauce is really sweet. It's really sweet and it's really delicious with Pici or other kind of pasta. And we also have the appetizer. We have crostini with a liver. The black crostini is with liver. And we have a lot of kind of bruschetta. And also desserts, for example, Gattò is a sponge cake roll with custard and chocolate cream. Wet with a creme. And this very delicious. It's typical from Arezzo. Or we have ok the classic Cantucci, the biscuit with the almond or we have la torte della nonna a cake with custard inside, like a double crostata, but with the custard inside.

**Katy**

Double crostata? Oh my goodness

**Debora**

But with the custard and not jam.

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**Katy**

I know someone in my family with - at least three or four people actually really love that. That sounds amazing.

**Debora**

Also, the porchetta. Porchetta with roasted pork. And also are very famous for the mixing roasting - a mix with chicken, duck, pork, all together with potatoes. And then we eat, of course, with a glass of wine, because after this, we need a glass of wine.

**Katy**

Absolutely. And, of course, it's really close to Chianti. Right. What type of wine do you have there. What variety?

**Debora**

We are closer to Chianti, Montepulciano. We have also our wine. We have the Chianti Colli Aretini is coming from this part of Arezzo, and we also have the white wine Bianco Vergine from Valdichiana. We have the sweet wine is il Vin Santo. The translation is holy wine, but it's a sweet wine. And we generally drink with dessert or at the end of the lunch with some cakes or just alone.

**Katy**

I'm really kind of intrigued because people go to Chianti and there's a lot of wineries there. Are there wineries you can visit also near Arezzo?

**Debora**

In Arezzo we have a lot of our winery, for example, if you are in Arezzo, Cortona or in another place in this area, you don't need to go to Chianti or Val d'Orcia, Montepulciano. You can stay here and here we can organize it because we have lots of winery in a different place in the landscape, in the forest. We have lots of winery where we can really visit. How here we can taste the local vino arentino - it's coming from this area.

**Katy**

Yeah, so I think if anyone's looking for a really smaller winery experience, then it sounds like a really great area to go because sometimes in Chianti can be quite busy and big and you may not get some personal attention, whereas it sounds like these are probably smaller family run wineries.

**Debora**

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Yeah, exactly. Here you can find it like the family winery because they are small. You can find also the big but you can find a small winery where you can live like the family. You can visit the cellar. You can visit outside. You can taste. You can have lunch - light lunch in the agroturismo close to the winery. So it's something different in comparison to the big name.

**Katy**

Yeah, for sure. It sounds beautiful. I'd love to do that.

**Debora**

There's a reason I say - I love to see that Arezzo is until now is an authentic part of stuff.

**Katy**

A little hidden pocket of goodness, it sounds like. So tell me, because this is one of the things, Debora, you don't know - but a lot of our listeners know one of the things that really made me really fall in love with Italy was when we visited a *sagre*. It sort of just happened by accident. And it was a really big eye opener for me. It was really a revelation because there I saw the local customs and traditions and food and everyone mixing and having a great time, and we got to be part of it. And it was amazing. So are there any amazing *sagre* or festivals in there that we should know about?

**Debora**

In the beginning, when I spoke about Piazza Grande, I see. I tell you something later, because in Arezzo, we have every month, the first Sunday and the Saturday before we have the Antique Fair market. So we are to imagine that the main square and the little streets in the historical center is with a lot of little shop in the street where we can find everything, because the tradition of the Antique Fair market we have from the 1968 and we have every month this market in Arezzo with a lot of color, with a lot of little treasure gems because you can find furniture, old book, old dress, some original old jewelry, you can find everything. So this is very interesting to visit and to see because it's something different. Also, twice in the year the third Saturday in June and the first Sunday in September, we have the Giostra del Saracino, the Joust of the Saracen. And this is the medieval jousting. So we have really the knights, with oars, with the flag waver. We have a parade with the medieval dress. The women and the men are with the medieval dress - very colored. And all the week before the joust, we have the training, we have the music. And so something very particular. So you can come when you want. But if you have the time to organize in September, in June, whether we have also this fair or joust something different.

**Debora**

And this is for the but also in the area round, there is a lot of traditional fair or *sabre*. For example, in Lucignano, there is La Maggiolata. La Maggiolata is a flower parade. It's like a

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Carnivale, but with flowers and this in May. Or in Monte San Savino there is a fiesta, la Sagra della Porchetta with the artisan shop. So it's a very rich tradition because we have food, as everywhere in Italy, we have a lot of tradition with the local artisan, the shop. So in connection with these activities, we have always some fair, some sagra. But in Arezzo it is known for Giostra del Saracino, the Joust of the Saracen and the antique market.

**Katy**

I think if you haven't been to an antique fair in Italy, then you should definitely try it out because these are real treasures. This is not like, you know how in our countries we have these flea markets. It's not like that. No. I mean, you can find like a beautiful antique chandelier or beautiful glassware, like Debora was saying, jewelry, it's really special to go and have a look.

**Debora**

Exactly. If you think about something, you can find much more.

**Katy**

Exactly. One thing I didn't know, Debora, is we've got these artisan traditions of the gold makers and obviously that's continued obviously, into modern day fashion with Prada. So tell us a little bit about the gold from your area. Is there a particular style or is it something that has developed over the years. ?

**Debora**

About gold - the tradition of gold is very good because also with the Etruscans, we know that the people work with gold. And we have also this tradition. And Arezzo with the other two city in Italy is really well known for gold. And we are also part of Oro, we share this with another part of Italy. Unfortunately, in this last years is the modern way, there is a lot of industries. So outside Arezzo, so we have a lot of industries. It's harder to find the really artisan because it's old style. But luckily, in this way, there is some shop, some place there where we can organize a visit, and we can really observe how they made by hand, something. For sure, now everything is, of course, everything is in the on the machine or the computer but the tradition is very good about gold and for this reason, for example, sometimes with someone we buy something in gold because we know the price now is very high. But thanks for the reason that here they really work and we don't think that part we can find good price when we speak about "God it's difficult to find good price", but in comparing other reality in Italy, here you can find a good price.

**Katy**

Maybe compared to Ponte Vecchio shops in Florence?

**Debora**

If you compare with Ponte Vecchio here you can find half price.

**Katy**

Wow, well it sounds like if you really want a special souvenir then you should definitely go to Arezzo. But there's one festival that you didn't mention but which I was transfixed by this always. And I don't understand why people don't know about these things but Arezzo looks particularly beautiful at Christmas time and what happens, they light up the whole square.

**Debora**

In this last years, for Christmas it is much more Tyrol style so it's very similar to the North - Bolzano or German style and so a lot of people come to visit because maybe we have a little bit North in the South. It's a mix of North/South Christmas market. But in this last year we are in this market and it's different because we cannot find a lot of local artisans.

**Katy**

Oh ok at the market?

**Debora**

But it's very interesting in the night time when there isn't the sun, with the light around the building, around the church, they play with the light and we can see some images from the old Arezzo, Etruscan, the Roman time, during the Medici, something in connection with the history Arezzo. Thanks to giochi di luce - the light play

**Katy**

Yeah, it's absolutely stunning. The illuminations, that's really what I was referring to because they just light up the town.

**Debora**

The illumination for the Christmas market in Arezzo is fantastic. If you are in front of the cathedral, the cathedral and the town hall and the Piazza Grande, other squares - everywhere you can see this kind of illumination. But it is not a normal limitation with the design, with the gold design, with some statue found in Arezzo. For this reason it's perfect at Christmas. The Christmas market in Tyrol style is really interesting because it's in Arezzo but the products are coming from the north.

**Katy**

I think I would like to be sitting in that piazza for aperitivo and just watching these beautiful light show because it's actually a digital work of art really, isn't it? And I love the way that

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they bring these old traditions into the old square and they make it with the digital techniques. It's just really fantastic and it's really special and I love to see that at Christmas time.

**Debora**

I love to sit in the square, for example in the morning just for breakfast with the cappuccino and you sit quiet and sometimes I have to study something. I stay there with one book and I stay there or with a friend for aperitivo. So in a different time with friends and you see the people talking under the sun because the square is always under the sun.

**Katy**

Good to know. Arezzo is calling me. I think it sounds like a really beautiful place and I'm so glad that you shared it with us and I just don't understand why so many people miss it. But anyway, Debora, if our listeners want to know more about Arezzo and stay in touch with you and perhaps join you on a tour of your beautiful city. How can they reach out to you?

**Debora**

I have my website is [www.travelwithdebora.it](http://www.travelwithdebora.it) also Facebook page Travel With Debora or Instagram [\\_travelwithdebora\\_](https://www.instagram.com/_travelwithdebora_). There you can find all my contacts, my email, my telephone. We can organize everything to discover Arezzo this part of Tuscany.

**Katy**

I am definitely looking you up when I get there in July. But Debora Grazie Mille. I think I'm going to fall asleep dreaming of Arezzo and that beautiful piazza and all those pretty little towns and the artisan wares and all of those things that I know everyone really thinks of when they think of Tuscany and so thank you so much for joining us on the Untold Italy podcast.

**Debora**

No thank you for the opportunity and ciao.

**Katy**

Slgh... if you haven't seen the movie La Vita e Bella, Life is Beautiful, it is a truly enchanting masterpiece that pulls on all your heartstrings. I won't spoil it for you but suffice to say that the city of Arezzo plays a starring role and no doubt I'll be skipping down those streets shouting "Buongiorno Principessa!" when we visit in July.

All the details and links to the places Debora mentioned (except Cortona - haha!) are in the show notes at [untolditaly.com/124](http://untolditaly.com/124) for episode 124 You'll also find Debora's details there. Make sure to look her up when you're in Arezzo.

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Next week on Untold Italy I'm well and truly on the countdown to my trip and so I'm going to share one of our favorite episodes to date on packing for Italy. I've just listened to it again and there are some things I'd forgotten so it's an excellent refresher for anyone who's getting ready for their trip.

But until then it's "ciao for now".