

## ***HEALTHY INDULGENCE IN TUSCANY***

FOR IMMEDIATE RELEASE:

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How can a slice of Tuscan country bread toasted over a wood fire, rubbed with garlic, topped with pungent, young, green olive oil and chopped fresh tomatoes with basil be, at the same time, so delicious and so healthy? Here, in the Chianti hills, it is possible to eat to your heart's content, yet come home with a contented heart, quite literally. Doorways, Ltd., an outfit in Bryn Mawr, PA, offers you the chance to indulge on your vacation, yet come home refreshed, healthier and stronger than when you left home. Not only will you be able to explore nearby Florence and Siena, but you will have the chance to shop at the local farms and open-air markets, and live life at a healthier pace from the comfort of your own hearth.

At Patrignone, an olive oil producing estate, artfully restored by owner and designer Carla Govoni, it is possible to rent an apartment complete with your own kitchen, living area, bedroom, bathroom and outdoor patio. In the evening, you will have the delicious choice of cooking in your own kitchen, eating out at one of the tempting restaurants in Tuscany (with the aid of the Doorway's *Restaurant Guide*), or joining Carla and her other guests and friends at her table where both English and Italian are spoken.

If you want to learn how to prepare any of the savory dishes you enjoy at her table or in the nearby restaurants, cooking classes are offered. You will be asked what you would like to try. Perhaps you will prepare *ribollita*, which is a savory soup of vegetables, bread and beans enjoyed in the area in and around Florence, or you may want to join others in a rollicking, rolling afternoon of fresh pasta preparation.

Your days can be spent feasting on paintings and architecture in Florence and Siena and exploring the enchanting medieval hill towns of Tuscany. To stay fit, you can swim, rent one of the bicycles available at Patrignone, or walk on the estate's 150 acres of woodland and olive groves. Hiking maps are available in nearby Castellina in Chianti, for those who want to venture farther afield. Yet every evening, you'll find yourself wanting to be home sipping chianti on your patio, enjoying the splendor of the sun setting over the hills and distant towers of San Gimignano. The best times to go to Tuscany are spring, early summer and fall. One bedroom apartments start at \$750 per week. Doorways also provides flights, rental car, consultation service, restaurant guide, maps, and travel tips for the local area. Contact Doorways, Ltd., 900 Old Lancaster Rd., Bryn Mawr, PA 19010, 800-261-4460 or 610-520-0806.

*(PHOTO AVIALABLE ON REQUEST)*