



Tour Name

Mercato Centrale & San Lorenzo Market Food Lovers Tour

Tour City

Florence

Tour Snapshot

Ready to eat your way through Florence? Focusing on the city's best markets and food halls, your local guide will take you on a culinary adventure that you'll never forget. Together we will try Italian wines, craft beers, cheeses, breads, biscuits, pastries and lots more as we introduce you to the finest Tuscan food and the local producers and vendors behind it. *Saluti!*

Highlights

- Explore the most popular food markets in Florence with a local by your side
- Discover the secrets of Tuscan cuisine as you meet and chat with artisan producers and suppliers
- Taste mouthwatering local treats such as porchetta, pecorino cheese with honey, flavoured breads and freshly made cannoli
- Drink Italian wines with an experienced wine expert, dip cantucci biscuits into your Vin Santo as the locals do and sip locally produced craft beer

- Visit one of the best food halls in the world and discover delectable local products

Inclusions: Local, English-speaking guide, porchetta panini, wine, biscotti, local cheese (including Pecorino fresh and semi mature cheese) prosciutto, craft beer, fried vegetables including artichoke and zucchini flower, pizza, cannoli, espresso.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

Schedule details

- Duration: 2hrs
- Meeting point:
To the right side of the façade of the Basilica.

[View on Google Maps.](#)

- {label-what3words-location}
- Starting time: 12.30 PM
- Ending point:
At the Medici Chapels.

Full Itinerary

Your tour will begin in front of the Basilica of San Lorenzo, one of the oldest churches in Florence. The magnificent building is associated with not one but three great Italian architects and designers: Brunelleschi (the master of domes), Donatello and Michelangelo, who designed the Laurentian Library but sadly the façade was never completed.

We'll start in the area that was originally the leather market of Florence. Tuscans are still admired today as some of the best tanners of leather in the world, which is why a pair of leather shoes from this area is still a much coveted thing by stylish fashionistas (male and female) across the globe. As we walk you'll see many colourful local vendors selling leather goods and souvenirs.

Our first stop will be an old, family-run wine store and bar, owned by our friend Gianni, a proud Italian who knows Italian wine like the back of his hand. The straw-base bottles that you see everywhere (called *fiaschi*) were brought to the city centre by horse and carriage to be sold at this very store. Today, Gianni and his family stock a selection of fine Italian wines that includes firm favourites such as Barolo, Barbaresco and Brunello, alongside delicious paninis and other local snacks. We'll spend time

with Gianni, tasting wine and local products before making our way to the indoor market.

Next we'll stop at a local stand selling typical Tuscan street food. Your mouth is sure to water uncontrollably once you catch a glimpse (and a sniff) of a panino with roast pork known as *porchetta*. Italian fast food doesn't get much better than this! Then we'll continue on to see the meat and fish stands, along with the fresh, seasonal fruits and vegetable stalls. Cameras at the ready!

Are you starting to crave something sweet? *Cantucci* accompanied by a chilled glass of Vino Santo dessert wine is how the Italians feed a sweet tooth. Cantucci is a type of biscotto made with almonds and it's delicious, trust us. We'll stop at a local biscuit shop to try this firm favourite.

Then we'll continue to a cheese and salami stand which stocks local products from the hills that surround our city. Here we'll taste an unusual craft beer made locally with saffron and sample Tuscan pecorino cheese with honey from the Casentino Valley.

The top floor of San Lorenzo Market is next on our culinary adventure, which became the Mercato Centrale in 2014 and has quickly become thought of as one of the best food halls in the world. We'll start at Valerie Rugis' stand which offers tasty fried vegetables. If in season, we can taste fried artichoke and zucchini flower — yum! Valerie's passion came from cooking with her grandmother Nonna Gina and she uses the same ingredients to fry her seasonal vegetables and meats — a true Tuscan specialty!

We'll then stop by one of Florence's best bakeries. David and his team use only the finest 100% Italian ancient grains in their baking, sourced from Verona, Arezzo and Lucca. Together we will enjoy a tasting of his breads with toppings including mozzarella di bufala, oregano and fresh tomato.

To end our epic Florentine food discovery day, we'll stop by Carmelo Pannocchietti's stand of Sicilian specialties to taste fresh cannoli (a crazy-delicious stuffed pastry). We'll then leave the market to visit a local coffee roaster to enjoy an espresso or *caffè macchiato* before parting ways with full stomachs and a newfound knowledge of the food of Florence. Before you go, don't forget to ask your guide for more tips on what else to see, do and eat during your stay in the city.

Additional information

Inclusions: Local, English-speaking guide, porchetta panini, wine, biscotti, local cheese (including Pecorino fresh and semi mature cheese) prosciutto, craft beer, fried vegetables including artichoke and zucchini flower, pizza, cannoli, espresso.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you

have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: No age limit: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

Dietary Notes

We can accommodate vegetarians and other dietary restrictions. Please notify us in advance if you have any dietary requests. You can do so in the 'Additional information' box at checkout, or by emailing us at info@florenceurbanadventures.com.

Local contact

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