

Cycling Safaris

The Best of Umbria and Tuscany 2018

Self guided

300 km | 7 nights / 8 days



From San Francesco to Santa Caterina, a mystic land with the soft colours of olive trees and the strong tastes of home made food, with beautiful landscapes and historical art cities, the best of both regions: the peacefulness and softness of Umbria, the sharpness and strength of the Tuscan landscape.

TOUR ITINERARY

Day 1 **Arrival in Assisi**

You will be met at Assisi (Santa Maria degli Angeli) and transferred to your hotel. Visit this beautiful town which is within 10 minutes walk from your hotel. The next morning you are given your informative material: road book, maps, guide book and vouchers, and all the information you may need. You will also receive and try your bikes.

Day 2 **Assisi/Assisi**

50 km

Today the ride takes you to Spello a very nice and less Touristic small town on the Subasio Slopes. You will be riding through olive groves with no major uphill except for the final climb back to Assisi. Night at the same Inn

Day 3 **Assisi/Solomeo** **60 km**

On the way to Trasimeno lake an intermediate stop to allows you to visit Deruta a famous ceramic makers' place and Torgiano, Lungarotti wineries home town; if a wine tasting might be dangerous for your safety (!) a visit to the wine museum is advised. You bike through soft hills and nice villages until you reach either "il Poggiolo" in Poggio delle Corti, a charming, a bit old fashioned villa or a cosy start of the century Inn in Solomeo. The road is continuously rolling up and down hill so it is quite a tiring day and you will be happy to find a nice swimming pool upon arrival. Night in "Agriturismo" or Inn.

Day 4 **Around the lake to Cortona** **50 km**

Discover Montecorognola view point over the lake, Monte del Lago and San Feliciano fisherman village; Take a boat to Isola Maggiore where old ladies weave their age old laces and where you can taste a delicious fish at Sauro's. Then continue to Cortona where you spend the night.

Day 5 **Cortona/Montepulciano** **45 km**

Today you enter Tuscany through the wine country of Montepulciano; however, before getting there, a naturalistic tour of the small Chiusi and Montepulciano lakes. Once in Montepulciano, tour this beautiful renaissance town not forgetting a visit to the superb Cantine del Redi with their vaulted cellars town; have a taste of the "Nobile" at Crociani winery, smaller, but very friendly.

Day 6 **Montepulciano/Buonconvento** **45km**

After a visit of the San Biagio church, head for Pienza, the beautiful Renaissance town, home to Pope Pio the II and on the way discover the incredible "Crete" landscape with the barren hills, crowned by rows of cypresses. Stop in Montichiello, a little Medioeval borough where you can sip a cappuccino (or a glass of wine) seated at the terrace of the local café. Make the detour to visit the thermal town of Bagno Vignoni with its incredible main square. You will spend the night in a nice agriturismo near Buonconvento or in a modern 3 stars hotel in Buonconvento.

An alternative to this day can be going to Montalcino instead than Buonconvento.

Day 7 **Buonconvento/Siena** **50km**

The road to Monte Oliveto Maggiore Monastery is climbing gently from Buonconvento. Stop and visit the abbey before continuing to Asciano, a small town in the heart of the Crete, and from there to Siena. It is a tough day with plenty of ups and downs, but the landscape is superb and very rugged. Spend the night in Siena in a centrally located 3 stars hotel.

Day 8 **Siena**

Free time in Siena to visit the town before your departure for your next destination.

2018 TOUR PRICE

€1090.00 per person sharing

€1270.00 single occupancy

Tours are available throughout the summer.

WHAT THE TOUR PRICE INCLUDES

- 7 nights accommodation with breakfasts
- 2 Dinners
- Bike rental
- Transfer from Assisi (Santa Maria degli Angeli) to your hotel
- Luggage transfers
- 24-hour help line
- Maps and route notes

WHAT TO BRING

Here is a checklist of items we suggest to take with you:

- Cycling Clothing: 2 jerseys, 2 padded shorts, waterproof jacket, gloves and sunglasses
- If you decide to take cycling shoes please bring your own spd pedals as our bikes are fitted with standard pedals
- Cycling helmet
- Hat
- High protection sun cream and after sun cream
- Swimming costume
- Casual evening dressing

BIKE / FITNESS

Bike hire is included in the tour package



Model : Hybrid BIANCHI - Camaleonte 4

Aluminium frame (sizes 43/ 58 cm)
Shimano gear system Sora (triple front chain)
27 speeds
1 side bag on the rack
water bottle carrier
repair kit
a map support

Helmets are not included, please bring your own.

Level of difficulty:- 1 stage easy, 4 medium + 1 difficult

The advantage of a cycling safari is that you can take the tour at your own pace. Longer options are available some days but the back-up van is also available for those who might decide to take it a bit easier. However there are hills en route and we would recommend that you do cycle before the tour on some “training” runs!

Road bikes are available on request.

BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

TYPICAL ACCOMMODATION (subject to availability)

Day 1	Assisi	3 Esse country house	www.countryhousetreese.com/
Day 2	Assisi	3 Esse country house	www.countryhousetreese.com/
Day 3	Poggio delle Corti	la Corte del Poggio or Il Poggiolo	www.poggiolo.it/
Day 4	Cortona	San Michele	www.hotelsanmichele.net/it/
Day 5	Montepulciano	Marzocco Hotel	www.albergoilmarzocco.it/
Day 6	Buonconvento	Fattoria Pieve a Salti	www.pieveasalti.it/english/index.htm
Day 7	Siena	Chiusarelli Hotel	www.chiusarelli.com
Day 8	Siena departure		

TRAVEL INFORMATION

Nearest airports: Rome, Pisa or Florence.

We pick up clients at Assisi-S.Maria degli Angeli train station or at the bus stop.

There are direct buses from Rome Fiumicino airport to Assisi www.sulga.it

From Siena the clients can take a train (1 hour to Florence) or a direct bus to Rome www.sena.it

Website on trains in Italy: <http://www.trenitalia.com/>