

# Cycling Safaris

## Tuscany "The Easy way" 2017

### Self guided

181 km | 7 nights / 8 days



A beautiful area renowned for its medieval hill towns and wonderful food and wine, Tuscany is the perfect place to relax or explore at your leisure. The very heart of the Renaissance, this cultural and artistic revolution left a splendid and enduring legacy throughout the region. A beautiful patchwork of neat vineyards, dark green olive groves, bright yellow sunflower fields, cypress trees and medieval hilltop towns makes Tuscany's landscape a picture of unforgettable serenity and splendour. The warm summer sun is reflected by the hospitality of the local people who will ensure that you relax and take the time to enjoy their excellent locally produced food and wines.

### TOUR ITINERARY

#### **Day 1**      **Arrival in Siena and transfer to the hotel by your own means**

The hotel is very centrally located and will make it easy to visit this very famous town and its superb square: Piazza del Campo. One of our representatives will meet the clients next morning before 9 o'clock.

#### **Day 2**      **Siena/Buonconvento**

**32 km**

A nice day through winding Tuscany roads, while the landscape is changing from luscious, vineyards to the more linear cypress-crested hills of the "Crete" near Buonconvento. Murlo is a nice little village on your way to the nice farm where you are spending the night. In summer you will be glad to get a refreshing dip in the swimming pool or in autumn a relaxing massage and a sauna at their beauty farm.

**Day 3      Buonconvento/Buonconvento**

**38 km**

Today, a nice loop day will allow the visit of one of the most imposing monastery of central Italy : Monte Oliveto Maggiore with its frescoes by Luca Signorelli. Night at the same farmhouse.

**Day 4      Buonconvento/Montalcino**

**32 km**

The day starts riding towards San Quirico d'Orcia a lovely small town with many very old churches then proceeds to Bagno Vignoni, an ancient thermal town where the main square is a steaming pool. You will spend the night in a nice hotel in Montalcino the Brunello home land.

**Day 5      Sant'Antimo abbey loop**

**34 km**

Enjoy this fortified town from the bastions of which you have a 360° view. The descending road leads you to the beautiful and peaceful church of Sant'Antimo where you may be able to listen to Gregorian chants. Come back to Montalcino by a different road.

**Day 6      Montalcino/Pienza/Montepulciano**

**45 km**

A very full day with the visit of Pienza, the renaissance jewel redesigned by Pope Pio the II to become a "liveable" town; The town is also an agricultural centre well known for pecorino cheese, and truffle production. A dirt road will take you to Montichiello a nice little village immersed in the "Crete". you can stop there for a nice lunch or just for a cappuccino before continuing to Montepulciano known for its "Nobile" wine.

**Day 7      Montepulciano/Cortona**

The road meanders through vineyards and cypress crested hills, passes the Farneta abbey before climbing to Cortona. It is tough at the end of the day, but it is worth it. This little town is full of charm.

**Day 8      Departures**

End of our services with departure from Cortona railway station to your next destination

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**2017 TOUR PRICE**

€1,055.00 per person sharing

€1,235.00 for single occupancy

Tours available throughout the summer

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**WHAT THE TOUR PRICE INCLUDES**

- 7 nights accommodation on B&B basis
- Bike rental
- Luggage transfers
- 24-hour helpline
- Maps/Route details

## BIKE/ FITNESS

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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.**

We have tried to keep the tour as easy as possible, while still featuring the best Tuscany has to offer. Of course, not to miss the main hill towns you will be obliged to a few hill climbs; we have, however, limited them as much as possible and tried to make them worth their while.

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 some of hills on this tour and we would recommend that you do cycle before the tour on some "training" runs!

## WHAT TO BRING

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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

## TRAVEL INFORMATION

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Nearest airports: Rome, Pisa or Florence, than you take a train to Siena

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

## BACK UP SERVICE

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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)

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Day 1	Chiusarelli Hotel	<a href="http://www.chiusarelli.com">www.chiusarelli.com</a>	tel 0577 280562
Day 2 & 3	Fattoria Pieve a Salti	<a href="http://www.pieveasalti.it/english/index.htm">www.pieveasalti.it/english/index.htm</a>	tel 0577 807244
Day 4 & 5	Giglio Hotel	<a href="http://www.gigliohotel.com/it/">www.gigliohotel.com/it/</a>	tel 0577 848167
Day 6	Marzocco Hotel	<a href="http://www.albergoilmarzocco.it/">www.albergoilmarzocco.it/</a>	tel 0578 757262
Day 7	San Michele -	<a href="http://www.hotelsanmichele.net/it/">http://www.hotelsanmichele.net/it/</a>	tel 0575 604348