

Cycling Safaris

Tuscany Hills 2018

Self guided

210 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 Poggibonsi

You will be met by our representative at the train station in Poggibonsi and driven to your villa in Staggia near Castellina in Chianti (10 km - 20 min by car), where you will enjoy an excellent Italian supper. The accommodation is in "Villa Lechi" phone 00 353 0577930090 (if you call you should ask for Laura).

Villa Lechi is a typical Italian villa perched on top of a hill with lovely panoramas of the surrounding Tuscan countryside.

DAY 2 Colle Val de'Elsa, San Gimignano, Lecchi **35 km**

Departing from Villa Lecchi, first you will encounter the fortified town of Monteriggioni, its round distinctive shape dominating the surrounding plain; then on to Colle Val d'Elsa and its glass blowing artisans, some of which you can visit. The beautiful and famous walled town of San Gimignano with its lovely towers will require more time and a couple of hours of window shopping before heading back to Villa Lecchi.

DAY 3 **Villa Lecchi, Castellina in Chianti, Siena** **52 km**

The day begins winding its way through Chianti roads, in a landscape of luscious, vineyards and superb wineries. Castellina in Chianti is our first stop for the day. The town has a number of buildings of historical and artistic interest and is well known for its links with the Chianti Classico wines bearing the famous black rooster symbol. Further along the route the classical walled town of Monteriggioni sits on top of a hill dominating the surrounding landscape. The final destination for the day is the magnificent world heritage site of Siena with one of the most famous squares in Italy: Piazza del Campo.

DAY 4 **Siena, Buonconvento** **32 km**

A nice day through winding Chianti 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. You will be glad to get a refreshing dip in the swimming pool or a relaxing massage and a sauna at their beauty farm.

DAY 5 **Buonconvento/Montalcino** **46 km**

The day starts with a few ups and downs before an engaging gentle 8km climb to reach the Monte Oliveto monastery, located in the heart of the "badlands" of the Crete Senesi. The monastery traces its foundation to 1313 and has three 15th century cloisters. The route then brings you through S. Giovanni d'Asso before you tackle the last climb of the day (4km) to reach our lovely hotel in Montalcino, the Brunello homeland, where we spend 2 nights.

DAY 6 **Sant'Antimo Abbey**

A chance for an easy day around this fortified town from the bastions of which you will enjoy a 360° view. The castle here is almost intact and is built into the walls of the town. A small and pleasant detour is to follow the descending trail that will lead you to the beautiful and peaceful church of Sant'Antimo where you may be able to listen to Gregorian chants.

DAY 7 **Montalcino, Pienza/Montepulciano** **45 km**

From the thermal square of Bagno Vignoni to Pienza, the renaissance jewel redesigned by the Pope Pio II to become a "liveable" town; 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 one of the nicest Renaissance towns of Tuscany. Visit the town that is also an agricultural centre well known for pecorino cheese and truffle production.

DAY 8 **Homeward bound**

Time to leave the bikes and the open roads and head home after breakfast. We will take you back to Chiusi Railway station where you can take a train back to Rome or Florence

2018 TOUR PRICE

€1,090.00 per person sharing
€1,270.00 for single occupancy

Tours are available throughout the summer.

TOUR INCLUSIONS

- 7 nights Bed and Breakfast
- 2 Dinners
- Bike rental
- Luggage Transfers at each change of accommodation
- Transfer from Poggibonsi train station to tour start and transfer to Chuisi train station at the tour end
- 24 hour helpline
- Detailed Road book and maps

TYPICAL ACCOMMODATION (subject to availability)

Day 1 and 2	Villa Lecchi	www.villalecchi.com	tel 0577 930090
Day 3	Chiusarelli Hotel	www.chiusarelli.com	tel 0577 280562
Day 4	Fattoria Pieve a Salti	www.pievasalti.it/english/index.htm	tel 0577 807244
Day 5 & 6	Giglio Hotel	www.gigliohotel.com/it/	tel 0577 848167
Day 7	Marzocco Hotel	www.albergoilmarzocco.it/	tel 0578 757262

BIKE AND 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:- 6 stages medium (to difficult in some parts)

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

Road bikes are available on request.

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

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.

TRAVEL INFORMATION

We pick up the clients at Poggibonsi train station – 1 hour trip from Florence.

On day 8 we transfer the clients to to Chuisi train station.

Web site on trains in Italy: www.trenitalia.it