

Cycling Safaris

The Best of Umbria and Tuscany 2024

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 accommodation.

Day 2 **Assisi/Assisi**

50 km

This morning you are given your tour material: road book, maps, guide book and vouchers, and all the information you may need. You will also receive and test out your bikes.

Your cycle starts by heading to Spello a very nice and less touristy small town on the Subasio Slopes. You will be cycling through olive groves with no major uphill except for the final climb back to Assisi where you are of course staying in the same hotel as the previous night.

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

Leaving Assisi you head towards Trasimeno lake where you can stop to visit Deruta a famous ceramic makers' place. There is also time to visit Torgiano, a 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 old fashioned villa or a cozy early 20th 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**

Today you cycle to Montecorognola with a wonderful view point over the lake, as well as visiting Monte del Lago and San Feliciano fishermen's 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. Your journey continues to Cortona where you spend the night.

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

Today you enter Tuscany through the wine country of Montepulciano. The day starts with a cycle into the heart of the countryside between the small Chiusi and Montepulciano lakes. Once in Montepulciano, you can tour this beautiful renaissance town not forgetting a visit to the superb Cantine del Redi with their vaulted cellars town. You can also enjoy a taste of the "Nobile" at Crociani winery, although smaller it is very friendly. A wonderful town to take your time and enjoy.

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

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

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

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

Today you climb the road to Monte Oliveto Maggiore Monastery. The abbey is of course well worth a visit 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 and you will be richly rewarded for all your effort. Your last night is spent in magnificent 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.

2024 TOUR PRICE

€11500 per person sharing

€200 single supplement (if travelling with others)

€330 solo traveller supplement (if travelling alone)

Tours are available throughout the summer.

Note that bike hire is separated out / not included in the tour price

TOUR INCLUSIONS

- 7 nights Bed and Breakfast
- Luggage Transfers at each change of accommodation
- Transfer from Assisi (Santa Maria degli Angeli) to your hotel
- 24 hour helpline
- GPS reader application

Not included:

€165.00	27 speed touring bike with water bottle cage, lock and a small pannier bag
€200.00	road bike
€275.00	Electric - bike

**In an effort to reduce our carbon footprint and contribute to a more eco-friendly business model, we have decided to discontinue the printing of route notes on paper starting from this year. Instead, we will be transitioning to a digital platform that utilizes a GPS reader application. The new app offers several advantages, making it easier to access and navigate routes seamlessly. You will be able to download the GPX files directly on your mobile device, allowing for greater flexibility and convenience, making navigation more accurate and efficient.*

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 RENTAL / FITNESS



Bike hire is not included in the tour package.
However it is possible to rent:
Model : Hybrid Cube

Aluminium frame (sizes 43/ 58 cm)
Shimano gear system Sora (triple front chain)
27 speed
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. However there are hills en route and we would recommend that you do cycle before the tour on some “training” runs!

Electric Bikes and Road Bikes are available to rent, please [email](#) us for more details

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.countryhousetreesse.com/
Day 2	Assisi	3 Esse country house	www.countryhousetreesse.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.pievesalti.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 will collect you at Assisi-S.Maria degli Angeli train station or at the bus stop to bring you to your hotel.

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

From Siena you can take a train (one hour to Florence) or a direct bus to Rome www.sena.it

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