

Cycling Safaris

Tuscany "The Easy way" 2024 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 can 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.

Day 2 **Siena/Buonconvento** **32 km**

One of our representatives will meet you this morning before 9 o'clock. A lovely day awaits, through winding Tuscany roads, while the landscape changes 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 lovely 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, you enjoy a wonderful cycle to one of the most imposing monasteries 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 by cycling towards San Quirico d'Orcia a lovely small town with many very old churches before continuing on 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. You wind your way back to Montalcino for another evening in this beautiful town.

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" where you can stop 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

2024 TOUR PRICE

€1150 per person sharing

€200 for single supplement (if travelling with others)

€330 for solo travellers (if travelling alone)

Tours available throughout the summer

Note that for 2024 bike hire is separated out / not included in the tour price

WHAT THE TOUR PRICE INCLUDES

- 7 nights accommodation on B&B basis
- Luggage transfers
- 24-hour helpline
- GPS reader application*

**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.*

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

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.

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. However there are some of hills on this tour and we would recommend that you do cycle before the tour on some “training” runs!

Road bikes & Electric 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	Chiusarelli Hotel	www.chiusarelli.com
Day 2 & 3	Fattoria Pieve a Salti	www.pieveasalti.it/english/index.htm
Day 4 & 5	Giglio Hotel	www.gigliohotel.com/it/
Day 6	Marzocco Hotel	www.albergoilmarzocco.it/
Day 7	San Michele -	http://www.hotelsanmichele.net/it/

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

TRAVEL INFORMATION

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

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