

Cycling Safaris

Tuscany Hills 2024

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 / Villa Lecchi**

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" 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 / Villa Lecchi** **35 km**

After receiving all your tour details and of course your bike your cycle takes you first to the fortified town of Monteriggioni, with 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 by winding its way through Chianti roads, in a landscape of luscious, vineyards and superb wineries. Castellina in Chianti is your 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 beautiful 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 you spend two nights.

DAY 6 **Montalcino / Sant'Antimo Abbey / Montalcino**

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

2024 TOUR PRICE

€1150 per person sharing
€200 for single supplement (if travelling with others)
€330 solo traveler 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 Poggibonsi train station to tour start and transfer to Chuisi train station at the tour end
- 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.*

TYPICAL ACCOMMODATION (subject to availability)

Day 1 & 2	Villa Lecchi	www.villalecchi.com
Day 3	Chiusarelli Hotel	www.chiusarelli.com
Day 4	Fattoria Pieve a Salti	www.pieveasalti.it/english/index.htm
Day 5 & 6	Giglio Hotel	www.gigliohotel.com/it/
Day 7	Marzocco Hotel	www.albergoilmarzocco.it/

BIKE RENTAL AND 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:- medium to difficult in some parts.

The advantage of a cycling safari is that you can take the tour at your own pace. 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 & Electric 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 will pick you up from Poggibonsi train station, which is a one hour journey from Florence.

On day 8 we transfer you to Chuisi train station.

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