

Cycling Safaris

Tuscany Hills 2025

Self-guided

245 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 and settling**

Where you will be met by our representative who will drive you to your villa in Poggibonsi.

DAY 2 **Villa S. Lucchese - Colle Val d'Elsa - San Gimignano 40 km**

Departing from Villa San Lucchese first you encounter Colle Val d' Elsa and its glass blowing artisans some of which you can visit. San Gimignano with its towers will request more time and a couple of hours of window shopping before starting back to San Lucchese

DAY 3 **Villa S. Lucchese - Abbadia Isola - Monteriggioni - Siena** **42km**

A nice day through winding Chianti roads, in a landscape of luscious, vineyards and superb wineries to end in Siena to have an ice-cream on one of the most famous squares in Italy: Piazza del Campo.

DAY 4 **Siena - Buonconvento** **40 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. 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 beautiful farm.

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

Rather difficult start, with fairly steep slopes until you reach the asphalt. Then you head for The Monte Oliveto monastery. You will spend the night in a nice hotel in Montalcino the Brunello home land

DAY 6 **Sant'Antimo Abbey** **33 km**

Enjoy this fortified town from the bastions of which you will enjoy of a 360° view. The descending trail road lead you to the beautiful and peaceful church of Sant'Antimo where you may be able to listen to Gregorian chants. Night at the same Inn in Montalcino.

DAY 7 **Montalcino - Pienza - Montepulciano** **45 km**

A very full day as from the thermal square of Bagno Vignoni, to Pienza, the renaissance jewel redesigned by the pope Pio the II to become a "livable" town; Visit the town which 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 Motepulciano known for its "Nobile" wine.

DAY 8 **End of our service**

Transfer to Chiusi train station.

2025 TOUR PRICE

€1270 per person sharing B&B

€210 for single supplement (if travelling with others)

€330 solo traveler supplement (if travelling alone)

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

TOUR INCLUSIONS

- 7 nights (in 3 starts accommodation)
- All breakfast (dinner on demand)
- Luggage Transfers at each change of accommodation
- Emergency number 24/7
- GPS files
- Luggage transfer

Not included:

€170.00	27 speed touring bike with water bottle cage, lock and a small pannier bag
€205.00	road bike
€275.00	Electric - bike

**In an effort to reduce our carbon footprint and contribute to an eco-friendlier 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 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