Cycling Europe

FLORENCE TO SIENA TO PISA
SELF-GUIDED CYCLE TOUR 2020
7 DAYS /6 NIGHTS, 315 KMS

Discover the highlights of the Tuscan countryside on this route between two important art cities. Start in Florence, the cradle of Renaissance and cycle in the heart of Tuscany, the famous Chianti and one of Italy's best wine-producing areas. Siena, one of the best preserved medieval cities in Europe, waits with its' wealth of art and architecture. The Tuscan countryside is a patchwork of vineyards and olive groves, ancient forests, fields of wheat and barley. There are wonderful views over rolling hills, many crowned with medieval towns and villages like San Gimignano, Colle Val d'Elsa and Volterra, just waiting to be discovered. Along the way enjoy typical Tuscan fare of game, steaks, wild mushrooms, beans, truffles and homemade pasta plus opportunities to taste the rich reds and crisp white wines at the friendly 'enoticas'. Truly a tour to delight the senses!

Grade / Terrain
Moderate to energetic with lots of hills. Cycling on asphalt roads and a few gravel country roads.

	D1	D2	D3	D4	D5	D6	D7
Difference in height, in ascent	x	1020	700	1500/1100	1050	220	x
Difference in height, in descent	x	600	780	1500/1100	880	720	x
KM	x	69	40	116/70	73	76	x

ITINERARY
Day 1: Florence
Arrive in Florence, city of medieval and Renaissance art.

Day 2: Florence – Rada in Chianti 69 km
Today your adventure leads you through the heart of the Tuscany which is rich in art, scents and traditions. Depart Florence to Impruneta, a town of terracotta art, where you can visit ancient villas and the Basilica. After approximately 10 km you will reach Mercatale, a small town surrounded by the Chianti hills. Here, you can taste three wine varieties and other products in the wine cellar of Palagio Castle. Cycle via Greve to the fortified medival village of Montefioralle, through the lovely village of Panzano to reach Radda in Chianti. Here the famous wine has been produced since Etruscan times. Admire the remains of the walls and medieval towers of the Pretorio Palace.

Day 3: Radda in Chianti - Siena 43 km
Today cycle from Radda in Chianti to Siena. The first stop will be at the Meleto's Castle, an ancient fortification transformed into a magnificent typical villa of the Tuscan countryside. Cycle to the fortified village of Castagnoli then continue until the famous Castle of Brolio. Here you can have a tasting in the Ricasoli wine cellar. In the afternoon you'll reach Siena, famous for its annual Palio horse race held in the main piazza. In Siena there are some of the most remarkable monuments in Italy: Piazza del Campo and Public Palace; Buonsignori Palace with the National Pinacoteca (where you can admire pictures of Duccio, Lorenzetti, S. Martini etc); the Cathedral built from the 12th century with a façade of white and dark-green marble; the Piccolomini Library; the Baptistry and the Museum of Metropolitan Work.

Siena - Piazza del Campo   *Siena Duomo*

Day 4: Siena – Montalcino – Siena 70 or 116 km
Leaving Siena, cycle over small hills and through little villages such as Murlo. Discover the famous Brunello vineyards and cycle on up to Montalcino. Take time to taste some of the famous wine. Continue on towards Asciano, and the peaceful Monte Oliveto Abbey. You are now in the area known as "Crete Senesi" and this region contains all of those things which we have come to associate with Tuscany: a landscape of gently undulating hills, lined with cypress trees and covered by patchworks of fields, olive groves and vineyards. Find tiny rural villages, fascinating hill top towns, and great art cities. This is the landscape you cycle through on your way to Siena (108

km). You can shorten the stage cycling up to Buonconvento: from here take a train directly to Siena (70 km).

San Gimignano

Piazza Volterra

Day 5: Siena - Volterra 73 km
Leaving Siena cycle along the Francigena Way crossing through little villages like Sovicille before reaching Abbadia a Isola whose church is famous for being similar to the entrance to Holy Sepucher in Jerusalem. Along the way see Monteriggioni's castle and continue on to Colle Val d' Elsa, famous for its crystal glass production. Cycle on to San Gimignano, which is a splendid example of a well-preserved Medieval city. In the late afternoon you'll arrive in the hilltop town of Volterra, with about 3000 years of history, and known as the town of Alabaster. Visit the Acropoli, the roman theatre and the walls around the historical centre.

Day 6: Volterra - Pisa 76 km
Depart Volterra to Ghizzano, a village surrounded by vineyards. Continue along a beautiful route to reach Calcinaia on the Arno River which you follow to the confluence of the Era and Arno Rivers to reach Pontedera from where you take a short train trip to Pisa, city of the Leaning Tower.

Day 7: Pisa After breakfast the tour ends. Free time
to visit the city: the Cathedral, the Baptistery and the famous Leaning Tower.

2020 SELF-GUIDED SCHEDULE
Depart every Saturday from April to October

2020 COST PER PERSON IN EURO

	Standard 3*	Deluxe 4*
Double / Twin Share	€845	€1055
Single Supplement	€220	€ 465
Extra night Florence (Double/Twin)	**€ 75**	**€ 96/135**

Extra night Pisa (Double/Twin)	€ 70	€ 85

Single cost on request

BIKE COST

21 speed	€ 90 including helmet
Road Bike	€ 210 including helmet
Electric Bike	Not possible on this tour due distance

BIKE INSURANCE FOR DAMAGE AND THEFT

Standard Bike	€25 per week
Road Bike	€50 per week

TRANSFER

Private Transfer Pisa to Florence - €70 per person

2020 TOUR COST INCLUDES

- 6 night's accommodation, with ensuite
- Breakfast daily
- Tour Briefing Day 2 - 9.30am - information on tour and receive bikes
- Luggage transfers between tour hotels
- **GPS tracks via App, with tour map, itinerary, points of interest and services**
- 7 day service hotline

NOT INCLUDED:

- Entrance fees
- Tourist taxes
- **Paper Road Book – can be purchased in advance - €15**

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