

# Cycling Safaris

## The Best of Umbria and Tuscany Group Tour



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

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#### **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 hotel. The next morning you are given your informative material: road book, maps, guide book and vouchers, and all the information you may need. You will also receive and try your bikes.

#### **Day 2**                      **Assisi/Assisi**                                              **50 km**

Today the ride takes you to Spello a very nice and less Touristic small town on the Subasio Slopes. You will be riding through olive groves with no major uphill except for the final climb back to Assisi. Night at the same Inn

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

On the way to Trasimeno lake an intermediate stop to allows you to visit Deruta a famous ceramic makers' place and Torgiano, 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, a bit old fashioned villa or a cosy start of the 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**

Discover Montecorognola view point over the lake, Monte del Lago and San Feliciano fisherman 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. Then continue to Cortona where you spend the night.

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

Today you enter Tuscany through the wine country of Montepulciano; however, before getting there, a naturalistic tour of the small Chiusi and Montepulciano lakes. Once in Montepulciano, tour this beautiful renaissance town not forgetting a visit to the superb Cantine del Redi with their vaulted cellars town; have a taste of the "Nobile" at Crociani winery, smaller, but very friendly.

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

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

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

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

The road to Monte Oliveto Maggiore Monastery is climbing gently from Buonconvento. Stop and visit the abbey 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. Spend the night in 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.

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## **TOUR DATES**

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June 12  
September 4  
October 16

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## **TOUR PRICE**

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€1,150.00 per person sharing  
€1,320.00 for single occupancy

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## **WHAT THE TOUR PRICE INCLUDES**

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- 7 nights accommodation B&B
- 3 Dinners
- Van support
- Luggage transfers
- All necessary transfers
- Maps and route notes

## WHAT TO BRING

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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 / FITNESS

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Bike hire is included in the tour package



Aluminium frame  
Shimano gear system  
24 speed  
2 side bags  
Water bottle carrier  
Repair kit  
Map support

Helmets are **not** included.

**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. Longer options are available some days but the back-up van is also available for those who might decide to take it a bit easier. However there are hills en route and we would recommend that you do cycle before the tour on some "training" runs!