

Cycling Safaris

TUSCANY 2010

Self Guided



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 **Saturday** **Arrival in Poggibonsi**

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” phone 00 353 0577930090 (if you call you should ask for Laura). Villa Lechi is a typical Italian villa perched on top of a hill with lovely panoramas of the surrounding Tuscan countryside.

DAY 2 **Sunday** **Colle Val de'Elsa, San Gimignano, Lecchi** **35 km**

Departing from Villa Lecchi, first you will encounter the fortified town of Monteriggioni, 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 **Monday** **Villa Lecchi, Castellina in Chianti, Siena** **52 km**

The day begins winding its way through Chianti roads, in a landscape of luscious, vineyards and superb wineries. Castellina in Chianti is our 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

- Luggage Transfers at each change of accommodation
- Needed transfers
- Detailed Road book and maps

BIKE AND FITNESS

Bike hire is included in the tour package



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

Helmets are not included.

Level of difficulty:- 6 stages medium (to difficult in some parts)

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 plenty of hills on this tour and we would highly recommend that you do cycle before the tour on some “training” runs!

WHAT TO BRING

We would recommend that you bring padded cycling shorts or even a gel saddle cover which can make your days cycling more comfortable. Cycling mitts are also useful. Please bring a bicycle helmet. Finally don't forget sun cream, sunglasses and a sun hat!

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.