

Cycling Safaris

TUSCANY

Guided tour – 5 Days/4 Overnight
Self guided 2010



Tuscany is a beautiful area renowned for its medieval hill towns and wonderful food and wine. Our tour starts in the UNESCO world heritage city of Siena, with its incredible piazza. We then head south to “The Crete”, an agricultural area south of Sienna with very unusual landscape of rolling clay hills. Tour highlights include

- ❖ our visit to the medieval hill-top town of Montalcino, set amidst a beautiful patchwork of neat vineyards, dark green olive groves and cypress trees,
- ❖ our cycle to Monte Oliveto Maggiore Abbey, a stunning abbey perched on the top of a cliff.
- ❖ Our tour base at Pieve a Salti, an agriturismo with a health and beauty centre, indoor and outdoor swimming pool, and restaurant that serves typical Tuscan cuisine made from their own biological products.

TOUR ITINERARY

DAY 1 **Thursday - Arrival Siena**

Transfer to the hotel by your own means. The hotel is very centrally located and will make it easy to visit this very famous town and its superb square: Piazza del Campo. We meet up in the hotel this evening at 7.00 pm *Dinner not included.*

Day 2 **Friday - Siena /Buonconvento (Medium level)** **38km**

A lovely day where we cycle along the winding Tuscany roads, while the landscape is changing from lush, vineyards to the more linear cypress-crested hills of the "Crete" near Buonconvento. Murlo is a picturesque little village on your way to the nice farm where you are spending the night. In the 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 beauty farm. *Dinner included*

DAY 3 **Saturday - Buonconvento / Montalcino (Medium level)** **40 km**

Today you ride through the Brunello vineyards to the classical walled Tuscan hill town of Montalcino, whose appearance has change little for 500 years. Its 14th century fortress is well preserved, and you can cycle along its parapet to get a panoramic view of the town and the surrounding countryside. *Dinner included*

DAY 4 **Sunday - Buonconvento / Sant'Antimo Abbey (Medium level)** **45 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. Monks live on the premises and the church is used for religious purposes. The Great Closter, beside the church, has a famous fresco series about the life of St. Benedict by the painter Sodoma. *Dinner included*

DAY 5 **Monday - Homeward bound**

Time to leave the bikes and the open roads and head home after breakfast. We will take you back to Buonconvento train station where you can take a train back to Siena.

TOUR PRICE

€550.00 Per person sharing

€620.00 for single occupancy

WHAT THE TOUR PRICE INCLUDES

- ❖ Four nights accommodation with breakfast
- ❖ Luggage transfer from Siena to Pieve a Salvi
- ❖ 21 speed touring bike with pannier bag
- ❖ route details and maps
- ❖ 3 dinners

TYPICAL ACCOMMODATION - Please note that confirmation in these places is subject to availability

Day 1	Chiusarelli Hotel	http://www.chiusarelli.com/	tel 0577 280562
Day 2, 3, 4	Fattoria Pieve a Salti	http://www.pievasalti.it/	tel 0577 807244

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.

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!

TRAVEL INFORMATION

All the details for train journeys are on the website

<http://reiseauskunft.bahn.de/bin/query.exe/en>

Or visit the Italian Rail Website for more information on trains in Italy

<http://www.trenitalia.it/en/index.html>