

# Cycling Safaris

## TUSCANY - The Easy way

### Self Guided 2010



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 Siena and 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. One of our representative will meet the clients next morning before 9 o'clock.

##### **Day 2                      Siena /Buonconvento**

**Km 32**

A nice day through winding Tuscany 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 beauty farm.



## BIKE / 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.

We have tried to keep the tour as easy as possible, while still featuring the best Tuscany has to offer. Of course, not to miss the main hill towns you will be obliged to a few hill climbs; we have, however, limited them as much as possible and tried to make them worth their while.

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 some of hills on this tour and we would 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.