

# Cycling Safaris

## The Best of Umbria and Tuscany 2017 Self guided 300 km | 7 nights / 8 days



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

#### **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



## WHAT THE TOUR PRICE INCLUDES

- 7 nights accommodation with breakfasts
- 2 Dinners
- Bike rental
- Transfer from Assisi (Santa Maria degli Angeli) to your hotel
- Luggage transfers
- 24-hour help line
- Maps and route notes

## WHAT TO BRING

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

Bike hire is included in the tour package



Model : Hybrid BIANCHI - Camaleonte 4

Aluminium frame ( sizes 43/ 58 cm)  
Shimano gear system Sora ( triple front chain)  
27 speeds  
1 side bag on the rack  
water bottle carrier  
repair kit  
a map support

**Helmets are not included, please bring your own.**

**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!

Road bikes are available on request.

## BACK UP SERVICE

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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.

## TYPICAL ACCOMMODATION (subject to availability)

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Day 1	Assisi	3 Esse country house	<a href="http://www.countryhousetreesse.com/">www.countryhousetreesse.com/</a>
Day 2	Assisi	3 Esse country house	<a href="http://www.countryhousetreesse.com/">www.countryhousetreesse.com/</a>
Day 3	Poggio delle Corti	la Corte del Poggio or Il Poggiolo	<a href="http://www.poggiolo.it/">www.poggiolo.it/</a>
Day 4	Cortona	San Michele	<a href="http://www.hotelsanmichele.net/it/">www.hotelsanmichele.net/it/</a>
Day 5	Montepulciano	Marzocco Hotel	<a href="http://www.albergoilmarzocco.it/">www.albergoilmarzocco.it/</a>
Day 6	Buonconvento	Fattoria Pieve a Salti	<a href="http://www.pieveasalti.it/english/index.htm">www.pieveasalti.it/english/index.htm</a>
Day 7	Siena	Chiusarelli Hotel	<a href="http://www.chiusarelli.com">www.chiusarelli.com</a>
Day 8	Siena departure		

## TRAVEL INFORMATION

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Nearest airports: Rome, Pisa or Florence.

We pick up clients at Assisi-S.Maria degli Angeli train station or at the bus stop.

There are direct buses from Rome Fiumicino airport to Assisi [www.sulga.it](http://www.sulga.it)

From Siena the clients can take a train (1 hour to Florence) or a direct bus to Rome [www.sena.it](http://www.sena.it)

Website on trains in Italy: <http://www.trenitalia.com/>