

BIKE TOUR

THROUGH THE ROLLING HILLS OF SIENA

1° DAY: ARRIVAL

Arrival and check-in at the farm Hotel, placed in the sunny luxuriant country-side near Siena, among olive groves, cypresses and vineyards. Meeting with our assistant and accommodation in the rooms. Dinner and overnight in Hotel.

2° DAY: WHITE ROADS AND GULLIES

Point of departure and arrival: *Buonconvento*

Path length: 39 km

Difference in level: 600 m

Type of road: asphalt and gravel

Difficulty: medium

Breakfast in hotel. Transfer by private coach to Buonconvento, charming medieval village, starting point of the bike tour through the fascinating lunar landscape of the 'Crete Senesi' (clay which has a specific colouring, typical to Siena). Along the way you'll visit the beautiful Abbey of Monte Oliveto Maggiore, Mother House of the Benedictine-Olivetian Congregation founded in 1313 in a marvellous spot just south of Siena. Beyond the passage to the Abbey of Monte Oliveto Maggiore, you'll pass on the road to Pieve a Salti, one of the roads that best sums up the landscape aspects of the Crete Senesi. You'll also visit S. Giovanni d'Asso, pretty village nestled along the creek Asso, know for its fine white truffles. Return to Buonconvento and transfer by coach to the farm hotel.

Free lunch along the way. Possibility of having lunch in a typical Tuscan restaurant in the heart of the Sienese hills (not included). Dinner in the farm hotel, with the opportunity to taste the delicious *Orcia DOC Wine* produced directly by the farm. Overnight in hotel.

3° DAY: ALONG THE 'VIA FRANCIGENA'

Point of departure and arrival: *Abbadia a Isola*

Path length: 18,5 km

Difference in level: 120 m

Type of road: asphalt and gravel

Difficulty: easy

Breakfast in hotel. Transfer by private coach to Abbadia a Isola, little town with a beautiful Benedictine Abbey. Here you'll start your tour in the footsteps of the Medieval pilgrims, along the major medieval pilgrimage route to Rome from the northern Europe: the 'Via Francigena', one of the most attractive route in Tuscany. You'll pedal between the Montagnola, the green lung of Siena, and Monteriggioni, a perfectly preserved typical medieval walled village, passing through beautiful rolling hills and small villages which are ideal destinations to discover by bike. Return to Abbadia a Isola and transfer by coach to the farm hotel.

Free lunch along the way. Possibility of having lunch in a typical Tuscan restaurant near Monteriggioni (not included). Dinner and overnight in the farm hotel.

4° DAY: THE PEACE AND TRANQUILITY OF SANT'ANTIMO

Point of departure and arrival: *Castelnuovo dell'Abate*

Path length: 27 km

Difference in level: about 500 m

Type of road: asphalt and gravel

Difficulty: medium

After breakfast at hotel, departure by private coach for Castelnuovo dell'Abate, medieval village in the heart of the land of the famous *Brunello* wine. Here you'll begin your tour of great landscape suggestions: in addition to the noble vineyards, very nice trails and unforgettable views are the themes of this great little trip in the region famous for its wine. You'll visit the wonderful Abbey of Sant'Antimo, impressing-looking and silent Romanesque parish church

made in onyx and alabaster, and the medieval village of Sant'Angelo in Colle, immersed in the beautiful Natural Park of Val d'Orcia and under UNESCO protection. But the pride of the entire tour will be the climb up to Montalcino, the 'capital of *Brunello* wine', old medieval town with a huge castle overlooking the village. Return to Castelnuovo dell'Abate and transfer by coach to the farm hotel.

Free lunch along the way. Possibility of having lunch in a typical Tuscan tavern along the way (not included). Tasting-dinner in a farm in the sweet country-side near Montalcino, with the opportunity to taste the famous *Brunello* red wine. Overnight in hotel.

5° DAY: BETWEEN THE MAREMMA AND THE LANDS OF SIENA

Point of departure and arrival: *Monticiano*

Path length: 18 km

Difference in level: 250 m

Type of road: asphalt and gravel

Difficulty: easy

Breakfast in hotel. Trasfer by coach to Monticiano, charming village dipped into the green Val di Merse, starting point of an easy excursion discovering the jewels of a land that marks the merger of the Maremma and the Lands of Siena. You'll visit the Abbey of San Galgano, a wonderful Cistercian abbey, now in ruins, built in honor of San Galgano: a Tuscan nobleman of the 12th-century named Galgano Guidotti, who renounced a life of "arrogance, lust and violence" to become a hermit after seeing a vision of the Archangel Michael. San Galgano lived as a hermit on the hill called Montesiepi: the small round chapel of Montesiepi preserves the sword in the stone which San Galgano himself plunged into a rock to have an altar to pray at... A fascinating mystery that mingles with the Celtic legend of King Arthur and his sword Excalibur. You'll discover this charming Italian legend, visiting the fascinating ruined abbey and the mysterious hermitage of Montesiepi. Return to Monticiano and transfer by coach to the country hotel.

Free lunch along the way. Opportunity to have lunch in a typical Tuscan tavern along the way (not included). Dinner and overnight in the farm hotel.

6° DAY: IN THE RENAISSANCE HEART OF THE LANDS OF SIENA

Point of departure and arrival: *Pienza*

Path length: 30 km

Difference in level: 500 m

Type of road: asphalt

Difficulty: medium

After breakfast at hotel, departure by private coach for Pienza, nice Renaissance village in the heart of the Val d'Orcia, famous all over the world for its fine *Pecorino* cheese. Here you'll start the tour discovering the architectural and landscape beauties of the Val d'Orcia, beautiful valley cut by the river Orcia, declared UNESCO World Heritage Site in 2004 for the excellent state of preservation of the landscape, characterized by a succession of rolling hills covered with woods and beech forests. You'll discover some real gems: in addition to the beautiful Pienza, the ideal Renaissance city wanted by Pope Pius II Piccolomini, you'll also visit Monticchiello, small jewel of the Val d'Orcia, and Montepulciano, a former Roman settlement risen on the "Mons Politianus", famous for its fine *Vino Nobile* wine and ideal boundary point with the area of Val di Chiana. Return to Pienza and transfer by coach to the farm hotel.

Free lunch along the way. Opportunity to have lunch in a typical Tuscan tavern along the way (not included). Delightful tasting-dinner in a farm near Montepulciano, with the opportunity to taste the famous *Vino Nobile di Montepulciano* supported by fine Tuscan typical food. Overnight in hotel

7° DAY: DEPARTURE

Breakfast in hotel. End of our services.

WE'LL CREATE YOUR OWN PRICE!

This tour has been designed and developed with the following basic features:

- **FARM HOTEL IN THE COUNTRYSIDE NEAR SIENA**
- **HALF BOARD, with the possibility of full board**

- TRANSFERS BY COACH TO/FROM THE STARTING POINTS OF THE BIKE TOURS
- EXPERT GUIDES AND TOUR LEADERS FOR THE BIKE TOURS

We can expand or decrease our offer according to some variables or specific requests: the period of stay (low, medium or high season), the number of participants, the request for rental of bikes for the tour, the demand for extras such as lunches in restaurants, entrances in museums or visits to places not listed in the program and so on.

Send us an email with your personal request and we'll respond within 24 hours with an ad hoc quote just for you! Customize and make your holidays in Tuscany special and unforgettable with the expertise and advise of *Tour in Tuscany!*

TOUR in TUSCANY

P.zza della Resistenza 19/20 – 51100 PISTOIA ITALY

Tel.+39 0573 367158 Fax +39 0573 366086

www.tourintuscany.it

info@tourintuscany.it