

Tuscany Explorer

Trip code: TE



Overview

 Total 8 days

 Hotels

 Difficulty: 

 Cycling 5 days

 Italy

 May - October

Experience the finest of Tuscan scenery and culture by bicycle! Ride through the stunning landscapes of Tuscany, through impressive ancient hilltop towns and vineyards, along some of the most romantic and evocative roads in Europe. This trip combines the perfect balance of fantastic cycling with a dazzling array of cultural and culinary delights unique to this incredible region of Italy.

Highlights

- The UNESCO world heritage sites of Florence, San Gimignano, Siena and Pienza
- Cycling through the Val D'Orcia
- Visiting the legendary architectural and cultural sites of Florence and Siena
- Learning about and tasting the numerous wines and other produce of the region
- Soaking in the sights, sounds and smells of the Tuscan countryside



Detailed Ride Itinerary

1. Join tour in Florence; transfer to Florence hotel

We begin the trip in Florence where you will be met at the airport by the More Adventure team and transferred to our first hotel in the city. Here we have a group briefing and prepare for the follow day's sightseeing.

Day 2: Florence sightseeing

Our first full day in Tuscany will be spent sightseeing around the stunning city of Florence. There's plenty to see in Florence which is considered to be the birthplace of the Renaissance and is also the capital of the Tuscany region. You'll have a full day exploring some of the finest architectural sites in Europe including the *Palazzo Vecchio*, the domed cathedral of *Santa Maria del Fiore*, and the *Ponte Vecchio*. We'll have our second group meal together in the city before retiring to our overnight hotel.



Day 3: Florence to San Gimignano (45 miles & ↑ 3900 feet)

Today we begin cycling! After breakfast in our hotel, we'll leave Florence and begin cycling south west into the Tuscan countryside. We'll stop off at a few towns along the way where we'll soak up the laid-back Italian atmosphere and maybe have time for coffee. From here our route continues south west to the understandably popular *San Gimignano*. This hilltop town is famous for its towers and ancient cobbled streets. Here we'll have our first wine tasting experience, the highlight of which is the *Vernaccia di San Gimignano* which Michelangelo described as the wine that "kisses, licks, bites, heats and stings".

Day 4: San Gimignano loop (39 miles & ↑ 4100 feet)

Today we have an optional (but highly recommended!) circular route to the west of San Gimignano. We ride towards the ancient hilltop town of Volterra for lunch, climbing high up above the valleys and vineyards below, before looping back around to overnight again in San Gimignano. There are plenty of walks in the area if you'd prefer to explore this wonderful region on foot, or simply relax in the picturesque town.

Day 5: San Gimignano – Castellina in Chianti – Siena (35 miles & ↑ 3200 feet)

From San Gimignano we skirt around Poggibonsi and ride east to Castellina in Chianti. This area is famous for the world-renowned *Chianti* wine which we may have the chance to sample over a relaxed lunch in the town. From here our route heads south to the beautiful city of Siena, the medieval centre of which is a UNESCO Heritage Site. Each year, hundreds of people gather on the Piazza del Campo for *Il Palio*, a thrilling and colourful horse race that is held every summer.

Day 6: Siena - Montalcino - Montepulciano (51 miles & ↑ 4000 feet)

Our third cycling day heads south towards as we enter the Val D'Orcia, a UNESCO World Heritage site. This unique valley boasts medieval castles, charming farmhouses, endless cypress-lined roads and rows of picturesque vineyards. Our first stop is the hilltop town of Montalcino, famous for *Brunello di Montalcino*, a superb and unique red wine produced in the area. After coffee we continue east, stopping briefly at the beautiful town of San Quirico d'Orcia before reaching Pienza, another UNESCO Heritage site which has been dubbed the "touchstone of Renaissance urbanism". Our overnight stop is Montepulciano, a medieval town high on a limestone ridge above the countless valleys below.

Day 7: Montepulciano - Siena transfer to Pisa (40 miles & ↑ 2800 feet)

Our final cycling day heads northwest from Montepulciano to the hilltop town of Asciano, home to an 11th century Romanesque basilica of Sant'Agata. We climb an absolutely stunning cycling road up to the small town of Vescona where we'll stop for photographs at an unmissable viewpoint overlooking the vineyards before a thrilling descent

into the valleys below. From here we continue northwest to Siena train station where we'll get a train back to Pisa for our final evening meal together.

Day 8: Pisa

Today our trip ends. After breakfast you may have time to visit the infamous leaning tower of Pisa before being transferred to Pisa airport where we say our goodbyes and the trip ends.

This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.

Included

- Experienced Cycle Leader(s) and Support Driver
- 7 x night's hotel accommodation
- 7 x breakfasts
- Bicycle mechanical support
- Transfer from Florence airport on scheduled arrival dates/times
- Transfer to Pisa airport on scheduled departure dates/times
- Train from Siena to Pisa on Day 7
- All luggage transported during your trip
- GPX files of the route (if requested)
- First aid cover



Not Included

- Bicycle and helmet
- Flights to/from Pisa/Florence
- Lunches, evening meals, drinks and snacks
- Optional excursions (including wine tours)
- Insurance
- Bicycle transfer service (please get in touch for further information)

Trip Notes

Flights

The trip starts in Florence and ends in Pisa.

You will need to purchase flights to Florence. [British Airways](#) offer these for between £80-£200. You can also fly to Pisa with [Ryanair](#), [Easyjet](#) then catch a train across to Florence, please get in touch for further information about this option. Return flights from Pisa are offered by [Ryanair](#), [Easyjet](#) or [British Airways](#). **Please only book this once the trip has been confirmed.**

We will be offering a door-to-door bicycle/luggage transfer on this trip, please get in touch if you require this service.

If you require a single room, the single room supplement is £375, this can be added to your final invoice.

You will be met by the More Adventure team at Pisa airport who will offer assistance in unpacking and rebuilding your bicycles.

Trip suitability

You will be cycling for between four and six hours each day but this is not a race and this is certainly not an area of the world you want to rush through! This is a relaxed group trip and we like to cycle as such. You will be cycling through rolling countryside which can be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. **You will need to get some hill practice in!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on info@moreadventure.co.uk.

A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades

Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.



We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

They offer specialist cover for bicycles includes all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code **MOREADV5** for up to 15% off.

You must also bring a European Health Card (www.ehic.org.uk/Internet/home.do) which are free and give you access to free healthcare anywhere in Europe.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

Money

Evening meals each evening tend to cost between £10 and £20 and lunches cost between £6 and £15. You will also need to budget for any excursions and travel around Florence. You will need Euros to spend in Italy.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels based on twin sharing. All have hot water showers and excellent amenities. A single room supplement is possible on this trip for £375 which can be selected upon booking.

Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices served in the hotels. Lunches are not included and will be eaten either at local cafes or bought in supermarkets to eat during the ride.

Evening meals and drinks are not included in the price and we will give you the opportunity to eat out as a group at a local pub/restaurant. Approximate costs per evening meal £10-£20.

Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW3 Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.

Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

Luggage

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#). Bike boxes and bags can be transported on the support vehicle throughout the trip if needed.

Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, or if you wish to share with a specific member of the group, there is an option here to do so here)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins