



Upbeat Cycling Custom Members Tour

Ride the hills of quintessential Tuscany, explore Siena, and discover lesser-known villages.



The tour starts in the Chianti area and then makes it to Siena. You will enjoy a flexible schedule and a good balance of physical activity, relaxation and educational activities. Val d'Orcia is a UNESCO site and affords great riding. Food will be an integral part of the cultural experience.



- fitness   
- scenery   
- culture   
- food / wine   

Tuscany - Upbeat Cycling
6 days (5 nights)
Comfort hotels
Dates: May 10 - May 15, 2020



www.tourissimo.travel
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Highlights

- 1- Montalcino-Brunello and Chianti wine regions
- 2- UNESCO World Heritage Site of Val d'Orcia
- 3- Villages of Montalcino and San Gimignano
- 4- Stunning cycling along rolling hills covered with vineyards and quaint medieval villages
- 5- Natural thermal waters
- 6- Mount Amiata
- 7- Some of the best regional food in Italy
- 8- Crete Senesi landscape

Description

While Tuscany does not need any presentation, it never disappoints. The area south of Florence, around Siena and in the Val d'Orcia, will set the stage for our exploration by bike.

You will visit medieval hilltop towns, abbeys, and wineries.

We start in the countryside in the village of Greve in the Chianti area. From there, we will explore part of the Chianti production area with a visit to a winery.

Siena is the embodiment of a medieval city and it will be our stay for one night. We organized a walking tour to fully appreciate this UNESCO site.

We'll immerse ourselves in the spirit of L'Eroica, a special "race" from every point of view, with surroundings and scenes from the "heroic" time of cycling: sections on dirt roads, vintage refreshments, wonderful and demanding roads.

We should mention that this area has been known since Roman times for its thermal springs. We will pay a visit to the quaint village of Bagno Vignoni.

Val D'Orcia Natural and Cultural Park

The natural features of the valley, together with the cultural identity of the community that has lived there for centuries, make Val d'Orcia a unique area and for that reason it's been designated a World Heritage site by UNESCO. The municipalities of Val d'Orcia are Castiglione d'Orcia, Montalcino, Pienza, Radicofani and San Quirico d'Orcia.

Mount Amiata

The first thing you should probably know is that Mount Amiata was/is a volcano, however geological studies show that there has never been an actual eruption and that magma overflows created, layer after layer, a 'pile' that reached the respectable height of 5,695 ft (1,736 mt). Mount Amiata, the only volcano in Tuscany, shows its unmistakable, yet lonely, outline also when viewed from a distance. An island that seems to be floating across a sea of gentle hills, it does not seem to belong there and locals proudly regard it as a 'different' place, a hideout, and a distraction.

There's more than unpolluted nature as there are several historical hamlets dating back to the Middle Age.



heat

min:
50 F
max:
71 F



rain

4%
Probab.



wind

Beppe Salerno Founder



When I started as a bike tour guide in 2000, it was hard to imagine that active travel would become my career years later. We started Tourissimo because we pride ourselves on being the experts at what we do, where we do it. People like you look for phenomenal experiences, and to package that into a week-long vacation requires expertise. We know what that should look and feel like, and we know how to create it. Our expert guides will make sure you will have a great time.

What's Included

- Bike rental: Bianchi Intenso carbon road
- Professional tour guides throughout the program
- GPS tracks and maps (digital)
- All accommodation
- All breakfasts, one lunch, and four dinners
- Walking tour of Siena
- Wine tasting at producer
- Luggage transfer
- Shuttle at the beginning and at the end of the tour
- All activities mentioned in the day-by-day description

What's Not Included

- Airfare
- Pre-tour hotel stays and post-tour hotel stays (if any)
- Personal expenses such as laundry and cell phone
- Guide gratuity
- Wine and alcoholic beverages in general

Price

USD 2,495

Single supplement (private room) USD 250



The Tourissimo Experience

Tourissimo is about meaningful, authentic experiences that are also educational, yet fun! In designing a tour, and while on tour, putting the learning experience at the center is what makes Tourissimo different. Our tour designers and guides know how to deliver those moments that enrich a vacation and yourself.

Ability Level

Tourissimo uses a 3-level scale and this tour would be rated Athletic, or level three. The terrain is generally hilly with climbs of 1 to 3 miles. On some days, Tourissimo will offer more than one option and you can choose to ride longer and harder if you wish.

Daily Itinerary

Your guide will meet you in Florence for a morning shuttle. You will settle in the picturesque village of Greve in the Chianti wine region.

After meeting your bikes and some bike fitting we will head out for our first ride. Today's ride is a roller coaster journey along beautiful ridges and gentle hills through stunning countryside. We are in the Chianti Classico production area.

An overview of the tour will precede a typical tuscan dinner at the hotel restaurant.



We will ride through the region on Via Chiantigiana, a panoramic road that runs north-to-south across vineyards and through hilltop villages like Panzano and Radda. No doubt, we will make a stop at a Chianti Classico producer.

One of the highlights of the day is a stop at the sleepy village of Gaiole in Chianti. The Eroica ride put Gaiole on the map and every year on the second weekend of October thousands of riders take over the village on their vintage bikes wearing pre-lycra cycling kits. A market with historical bicycles and other equipment fills every square. Just imagine all of that as we stop for a coffee in the piazza and grab an Eroica branded souvenir.

Dinner in the center of Siena is at our favorite trattoria.

For additional sightseeing in Siena, climb to the top of the Torre di Mangia in the Campo for an unforgettable view.

Day One

Greve in Chianti

Daily Mileage
28

Type of riding
Rolling

Meals included
D

Hotel
Albergo del Chianti

Day Two

Chianti and Siena

Daily Mileage
45

Type of riding
Hilly

Meals included
BD

Hotel
Borgo Grondaie

Daily Itinerary

Today is an optional rest day. Our hotel has a pool and you could also visit Siena on your own and do some shopping. The loop ride is to San Gimignano, one of Tuscany's best-preserved medieval cities. There are 15 remaining towers that you can spot from far away and that dominate the narrow streets and piazzas. Another interesting stop is the walled village of Monteriggioni, one more Tuscan gem that we included in your private cycling trip.

The riding terrain is undulating and it alternates between forests and farmland.

We have an afternoon walking tour of Siena that we highly recommend you to join.

Day Three

Siena - San Gimignano

Daily Mileage

50

Type of riding

Rolling hills

Meals included

B

Hotel

Borgo Grondaie

Siena

Your Tuscany trip also features Siena, where a medieval air lingers amidst the twisting streets of warm, brown brick. Strolling Siena's narrow maze of cobblestone walkways is an amazing architectural journey. The whole city of Siena, built around the Piazza del Campo, is renowned for its horse race called Palio.

Day Four

Montalcino - Val d'Orcia

Daily Mileage

43

Type of riding

Hilly

Meals included

BLD

Hotel

Albergo al Brunello



Today we will change area and move to the Brunello wine production area. We approach Montalcino via the Crete senesi landscape. Crete senesi are literally 'Senese clays', and the distinctive grey coloration of the soil gives the landscape an appearance often described as lunar. We'll regroup at a panoramic point near Asciano for photos.

This hilly ride will end up at a family owned Brunello winery for a late lunch. You will learn so much more about the area, and Brunello. Brunello is the best red wine in Tuscany and its elegance is perhaps unsurpassed among Italian red wines. More stunning views!

In the afternoon we will make time for the thermal spa at Bagno Vignoni. Bagno Vignoni is a tiny spa town, whose sulfur springs have been known since Roman times. This naturally hot water spurts forth from the earth beneath Monte Amiata.

Daily Itinerary

Today's ride covers another area of Val d'Orcia with the goal to make it to Mount Amiata for a beautiful climb in its cool forest. While these places might not sound familiar, they are very important to the locals. Crossing the Orcia river, which gives its name to the UNESCO recognized valley, we enter a lesser touristy Tuscany dotted by a number of medieval villages. Our goal today is the top of the Mount Amiata and lunch is planned on the way down and it will feature more local specialties. This mountain is an ancient volcano, now dormant, that is over 5,600 ft high. Back in Montalcino, you can enjoy the Tuscan sunset with a glass of wine before our celebratory dinner.



Transfer to the Florence train station after breakfast.

Day Five

Montalcino - Mount Amiata

Daily Mileage
40

Type of riding
Rolling with one long climb

Meals included
BD

Hotel
Albergo al Brunello

Day Six

Transfer to Florence

Meals included
B

Food and Wine

It's often pointed that Tuscan cooking has its roots in "cucina povera" - peasant cooking. In truth, though, that can be said of most Italian cuisines. It's true, though, that Tuscan cooking is a simple one. There are no reductions, no fancy sauces, no elaborate creations, no heavy complicated seasoning. Throughout Tuscany, olive groves and wild herbs are everywhere. Many of the best olive oils produced in Tuscany are reserved for use as a condiment at the table, rather than as an ingredient in cooking in the kitchen. Some of the best Italian reds are produced in Tuscany: Chianti, Brunello, Nobile di Montepulciano, not to mention the super-tuscans.



Arriving and Departing

Airport - Florence (airport code FLR)

Arrival - Private transfer by Tourissimo from Florence to the first Hotel. Upon request, guests can be picked up elsewhere (additional cost).

Departure - Private transfer by Tourissimo from last hotel to the Florence train station (or airport).

While as accurate as possible at the time of creation, this program should be considered an approximate indication of the schedule and scope of activities and tour routing, rather than an inflexible schedule.

Very occasionally events that are out of our control mean we have to make some changes, but we'll ensure you still have the best time!

We will do our best to ensure that any change is communicated as soon as possible.

Should our first choice hotels not be available due to special events, limited space, renovation, we will offer alternatives of the same standard or superior, whenever possible.

Equipment

The **Bianchi Intenso** is a workhorse that can surprise even the most experienced riders with its climbing capabilities. We consider this model perfect for fast cycle tourism. The longer headtube allows for a comfortable position with the upper body more upright than on other road bikes on the market.

The Intenso features a monocoque carbon fiber frame that yearns for any road surface you can throw at it. The frame comes with internal cable routing for a very polished look, and K-VID technology in the fork and seat stays for a smoother ride. Shimano 105 is a smooth 11 speed groupset that performs just as nicely as its bigger brothers Ultegra and Dura-Ace, with little weight penalty. Our bikes are spec'd with a 32 tooth cassette paired with a compact 50/34 crankset.

Frame

Size: 47, 50, 53, 55, 57, 59, 61

Frame: C2C Intenso Carbon, BSA

Fork: Full carbon 1.1/8-1/5 with K-VID technology

Wheels

Wheels: Fulcrum Racing Sport and Vittoria 700 x 25c tires

Drivetrain

Shifters: Shimano 105 11sp with 11/32 sprockets

Derailleur front: Shimano 11sp

Derailleur rear: Shimano 105 11sp

Crank: Shimano FC-RS500 Hollowtech Compact 50-34

Saddle

San Marco Era Startup

Tourissimo's Intenso bikes come equipped with:

Water bottle cages

Elite water bottle (25 oz)

Saddle bag with spare tube, tire levers, and CO2 cartridge (or pump upon request)

Light handlebar bag

Lock (optional)

Helmets

We offer helmets that are thoroughly disinfected after each tour, and replaced every other year. However, we recommend that you bring your own to make sure that the fit is just right. Loaner helmets must be requested at the time of booking.

Pedals

Our bikes come equipped with flat pedals that can also be outfitted with plastic toe cages. We also offer SPD (Shimano mountain bike) pedals. If you use clip in pedals, please feel free to bring your own with you.

Seat

Some riders prefer to bring their own seat on tour as well. That is fine, but not necessary by any means. We provide gel seat covers upon request that will make for a more comfy ride.