



TUSCANY EXPLORER BIKE TOUR

PEDAL LA BELLA TOSCANA: CHIANTI TO THE VAL D'ORCIA

Surrender your senses to the “allegria” of Tuscany from the saddle of your bicycle. Soak in the rich sights and smells of the endless vineyards. The quiet, rolling roads of the Tuscan countryside offer gorgeous terrain that's a joy to pedal for cycling experts and novices alike. Sample a Chianti Classico in Radda, perfect your “cucina Italiana” at a private pizza-making class. Discover the breathtaking scenery of the Val d’orcia and the walled town of Montalcino, the birthplace of the revered Montalcino red wines. The seductive, relaxed pace of “la dolce vita” is nowhere more evident than it is here—you’re sure to fall under its spell on this cycling vacation of a lifetime.

 [Upgrade to Tuscany Luxury](#)

From
\$3999

Rider Type
Active

Hotel Style
Explorer

Duration
6 days | 5 nights

Start | End
Florence, Italy

Dates
**2020/Apr/May/June/July/
Aug/Sep/Oct**

TRIP WOWS

Ride along quiet roads lined with cypress trees in the beautiful Tuscan landscape

Take part in an exclusive, private pizza making class using an original wood oven taught by an Italian pizza chef

Explore the traditional Tuscan flavors of extra virgin olive oil and Chianti Classico

Discover the walled medieval town of Montalcino and sample its revered red wine - Brunello di Montalcino

Stay in a 13th-century village which has been transformed into a charming and elegant hotel



DAILY ITINERARY

2020

Day

1

TODAY'S RIDE:

La Cantoniera to Vescine

Approximately 19 miles with 1,900 feet of climbing

DESCRIPTION:

A one-hour shuttle will deliver you to your starting point for today's ride, a countryside trattoria set among the rich vineyards of Chianti. After a delicious lunch of handmade pizza and salads, your Trek Travel guides will ensure that you have an excellent fit to your Trek bicycle while offering specific cycling tips for riding in Italy. We'll then start with a rolling, scenic loop ride among the vine-covered slopes and olive groves of the Chianti region. This evening, you and your companions will gather for an Italian aperitif on the hotel terrace as our chef prepares seasonal delights for tonight's Tuscan feast.

HOTEL:

Il Borgo di Vescine

[VISIT WEBSITE](#)

INCLUDED MEALS:

Lunch | Social Hour | Dinner

Day

2

TODAY'S RIDE:

Vescine to Radda in Chianti Loop

Approximately 32 miles with 2,800 feet of climbing

SHORT OPTION:

Vescine to Radda in Chianti

Approximately 22 miles with 2,000 feet of climbing

AVID OPTION:

Vescine to Radda in Chianti with San Donato Loop

Approximately 49 miles with 4,500 feet of climbing

DESCRIPTION:

Don't forget your camera today as you descend into the valley where vines and olive trees give way to shady chestnut trees as the landscape subtly shifts and changes. Stop to visit the Castello di Brolio and its famous L'eroica café, home to great espresso and cool cycling memorabilia. For lunch we'll stop at Bar Dante in Radda in Chianti. Our hosts, Fabrizio and Carolyn pride themselves on serving the best bruschetta in Radda, washed down with a glass of local Chianti. Following lunch continue your ride to the tiny village of Lucarelli and join the locals for the ritual of mid-afternoon espresso. Alternatively, choose to wander the tiny streets of Radda. Buy a local bike jersey or some delicious Tuscan olive oil before shuttling back to the hotel to relax and enjoy the pool. This evening is yours to explore Castellina in Chianti: wander the medieval cobblestone streets before discovering the "Via della Volte", an impressive, historic, underground tunnel which is now a fascinating walkway filled with artisan boutiques and restaurants. Enjoy a family-style dinner in town on the piazza, or perhaps something a little more romantic, while savoring the picturesque views and unique atmosphere of this charming village.

HOTEL:

Il Borgo di Vescine

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch

Day

3

TODAY'S RIDE:

Vescine to Casabianca

Approximately 52 miles with 4,400 feet of climbing

SHORT OPTION:

Vescine to Castelnuovo Berandenga with shuttle

Approximately 26 miles with 2,000 feet of climbing

AVID OPTION:

Vescine to Casabianca with Montelucco Climb

Approximately 55 miles with 5,500 feet of climbing

DESCRIPTION:

This morning, you'll climb high up above the vineyards, where you'll be rewarded by rich panoramic views of rolling Tuscan hills discreetly chaperoned by the ubiquitous cypress. Spin your wheels surrounded by ancient stone walls, wildflowers and the scent and shade of the forest as you leave the 21st century far behind. Pause for lunch at a local trattoria along the way before arriving at this afternoon's destination, the 18th-century manor house Casabianca. Enjoy the afternoon, take a dip in the pool or enjoy a cocktail on the terrace overlooking the hotel's beautiful gardens. This evening, join your fellow travelers for a fun-filled pizza making session at the hotel. You will learn how to prepare a perfect Italian pizza, paired of course with the regions local wines, under the guidance of an Italian pizza master, using the original wood oven of the hotel, still functioning since the times when the hotel was itself a small village.

HOTEL:

Il Borgo Casabianca

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

4

TODAY'S RIDE:

Casabianca to San Quirico

Approximately 40 miles with 3,900 feet of climbing

SHORT OPTION:

Casabianca to Montisi with shuttle

Approximately 27 miles with 2,400 feet of climbing

AVID OPTION:

Casabianca to San Quirico with Abbazia Monte Oliveto

Approximately 46 miles with 4,500 feet of climbing

DESCRIPTION:

Today you'll head north into one of Italy's most dramatic regions, the Crete Senesi, following winding ribbons of road into southern Tuscany's gently undulating terrain into the hills, distinguished by the dramatic colors of the soil and blessed with some of the most stunning views in Tuscany. Along the way, visit Monte Oliveto Maggiore, a 12th-century Benedictine abbey. Soak up its austere beauty before venturing on toward the town of Montisi. Here you will relax and enjoy a delicious farm to table lunch prepared by our friend and local chef Roberto, who is both passionate and faithful to the traditions of the slow food movement. Choose to either jump in the van or return to your bike and ride along cypress-lined ridges to this afternoon's destination, the medieval village of San Quirico d'Orcia and our boutique hotel the Palazzo del Capitano. The evening is yours to explore the cobbled streets of the town and to enjoy dinner at one of the many small bistros on your own.

HOTEL:

Hotel Palazzo del Capitano Wellness and Relais

INCLUDED MEALS:

Breakfast | Lunch

Day

5

TODAY'S RIDE:

San Quirico to Montalcino Loop

Approximately 34 miles with 3,100 feet of climbing

SHORT OPTION:

San Quirico to Montalcino with shuttle

Approximately 23 miles with 2,100 feet of climbing

AVID OPTION:

San Quirico to Montalcino with Pienza Loop

Approximately 52 miles with 5,200 feet of climbing

DESCRIPTION:

This morning's route lifts you high above the Val d'Orcia, a vista dotted with rolling hills blanketed with vines and rows of cypress. Your first stop is a tiny Roman spa town of Bagno Vignoni, known for its hot sulfurous springs. The town plaza is filled with a pool built by the Medici family centuries ago where you can refresh your feet before you continue on your ride to Abbazia di Sant'Antimo, a stunning 12th-century Romanesque abbey; if you're lucky, you may arrive to the haunting choral harmonies of the monks' Gregorian chants—magical! Our lunch destination today is the walled village of Montalcino, its 14th-century fortress and steep cobblestone streets dominate the surrounding countryside. Here you can discover the delights of Brunello wine, one of the finest Italian varietals and enjoy lunch at your leisure at one of Montalcino's many trattorias. Cycle back along winding roads or reward yourself with a shuttle and more time to relax back at the hotel. This evening you will experience an exceptional dinner at our favorite restaurant in the heart of San Quirico. Enjoy a selection of traditional dishes with a modern twist, paired with a unique selection of regional wines. We will toast to a week of great riding, warm fellowship, and truly phenomenal food!

HOTEL:

Hotel Palazzo del Capitano Wellness and Relais

INCLUDED MEALS:

Breakfast | Social Hour | Dinner

Day

6

TODAY'S RIDE:

San Quirico to Bagno Vignoni Loop

Approximately 17 miles with 1,200 feet of climbing

DESCRIPTION:

It's a sadly time to bid farewell today. Get up bright and early this morning to make the most of the stunning light and watch a bright new day unfurl over the classic Tuscan countryside. Or linger awhile over a hot cappuccino and enjoy a more leisurely paced morning in the hotel. However you say goodbye to Tuscany, you're sure to take a little of this destination with you.

INCLUDED MEALS:

Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- 5 nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, 3 lunches and 3 dinners
- 2 social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bont rager cycling jersey to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bont rager Flare R lights, a Bont rager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
- Bont rager WaveCel helmets
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photobook of your trip

- Entrance fees for all activities, private tours and events

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek Electric-Assist Verve+, available in a limited quantity
- Upgrade your bike to a Trek Electric-Assist Domane+ LT carbon road bike with Shimano Di2 electronic shifting
- Trek Travel Bont rager cycling jersey to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bont rager WaveCel helmet
- Bont rager men's and women's specific saddles
- Bont rager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+\$200)
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS



IL BORGO DI VÈSCINE

CHIANTI, ITALY

Il Borgo di Vescine is a XIII century Etruscan village which has been transformed into a charming and elegant hotel. The rooms have been lovingly created within the original houses of the medieval hamlet. Situated in the heart of the Chianti region, this hotel boasts its own wine cellar and restaurant that offers guests the finest Chianti Classico Riserva wines accompanied by typical "Chiantigiana" cuisine.



IL BORGO CASABIANCA

CASABIANCA, ITALY

Set deep in the hills of Tuscany, this collection of 18th century buildings was once a farming complex and is now elegantly restored into a refined hotel, far from the bustle of modern life. Stroll the extensive grounds and enjoy spectacular views of the surrounding countryside from the pool and gardens.



HOTEL PALAZZO DEL CAPITANO WELLNESS AND RELAX

SAN QUIRICO D'ORCIA, ITALY

This historic 15th century palazzo is nestled in the heart of the charming village of San Quirico d'Orcia, and boasts its own traditional trattoria - Al Vecchio Forno, an indulgent YONKA SPA spa and tranquil gardens with 2 pools. Its mix of modern luxury and rich history is sure to enchant you.



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into the Florence Airport (FLR). The airport is about 3 miles from the town center. You can take a taxi (~20 euros) directly to the hotel, or a bus which departs hourly.

You can also fly into Rome or Milan and take a train or flight from either city. From Rome's Fiumicino Airport (FCO), you may take a direct train to Rome's central station, Roma Termini. Follow the "Stazione/Railway Station" signs. Trains depart twice hourly. Tickets can be purchased at a Biglietteria office or from ticket machines. All tickets must be validated before getting on the train: do this by stamping your ticket at the yellow boxes near the platform. The ride takes 30 minutes. From Roma Termini, transfer to a train for Florence. The Eurostar trains depart frequently and are the quickest. The trip takes 1.5 hours and costs between 44-62 euros one way per person. In Florence, taxis are available to take you to your hotel. Taxi service is available from Rome Fiumicino Airport to central Rome for ~50 euros. For information about travel through Milan's Malpensa Airport (MXP), consult the website www.airportmalpensa.com.

Before: Florence, Italy

Florence is the majestic heart of Renaissance art and intellect. Several days can be spent wandering the streets in the shadow of Brunelleschi's Duomo and strolling beside the Arno. Along with the Duomo and Ponte Vecchio, the Uffizi gallery, a pillar of the Renaissance and Medici eras, merits a visit. Michelangelo's David in the Galleria dell'Arte is not to be missed. Keep in mind while exploring Florence that opening hours vary and are quite often inconsistent. Different museums are open on different days and lines can be very long. It's worthwhile to pay a few extra euros and pre-book your tickets—this will enable you to bypass long lines of visitors at the entrances. We recommend the following

Meeting Time And Location

Your Trek Travel guides will meet you at the Hotel Home Florence (Piazza Piave, 3 - 50122 Florence, Italy) at 11:00 AM on the first day of the trip. Should you wish to reserve a room at this hotel pre- or post-trip, please contact your Trip Consultant for a discount code (subject to availability). You'll then shuttle 90 minutes to your lunch spot for a taste of Tuscan cuisine. After lunch, your guides will do a bike fitting to ensure your comfort on your Trek Domane this week, before you take your first spin through the countryside. Please have your first day's riding gear handy and separate from your other luggage to facilitate the bike fitting and ride.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip starts with their names and contact details. If you cannot reach them, please call our first hotel, Il Borgo di Vescine (+39 0577 741 144) and leave a message with your expected arrival time and contact details. You may take a taxi to the first night's hotel in Vescine, Il Borgo di Vescine, for approximately 200 euros. The trip takes over an hour from the center of Florence.

Departing Time And Location

You will say farewell to your guides at 11:00 AM at the Villa del Capitano, San Quirico. You'll depart by private shuttle for Hotel Palazzo Vecchio, Florence, arriving at around 12:30 PM. The hotel is a 5-minute walk from Santa Maria Novella train station where trains connect to many European cities. Please do not book seats before 1:30 PM, allowing adequate connection time for any ongoing travel or possible traffic delays. The airport in Florence (FLR) is 3 miles from the city. You can reach it by train, taxi, or shuttle bus; please do not schedule a flight prior to 4:00 PM. Visit www.TrentItalia.com for train information.

HOTEL HOME FLORENCE

This boutique hotel is a true masterpiece of hospitality, a historic palazzo restored and converted into a 4-star hotel, just 50 steps from the River Arno and a 10-minute walk into the heart of Florence. Discover the magic of Florence on 2 wheels with their fleet of Trek bikes or admire stunning city views from the rooftop terrace. Should you wish to reserve a room at this hotel pre or post-trip, please contact your Trip Consultant for a discount code.

www.hhflorence.com

HOTEL IL GUELFO BIANCO

This patrician home of the 16th century is close to the old market in the heart of downtown Florence, just a short walk to the Cathedral and principal museums. This 3-star hotel recently re-opened its doors to guests after having undergone a complete restoration. The Renaissance architecture and the refined furnishings reflect the Florentine character.

www.IIGuelfoBianco.it

HOTEL MONTEBELLO SPLENDID

The Hotel Montebello Splendid is an elegant 5 star, boutique hotel located just 10 minutes' walk from all the main monuments and points of interest in Florence.

accommodations for your pre-trip hotel:

Take advantage of their concierge services to plan your stay in Florence to the last detail. A serene atmosphere including a gourmet restaurant completes the setting—perfect for those wishing to find an exclusive hideaway within walking distance of the Santa Maria Novella train station. Should you wish to reserve a room at this hotel pre or post-trip, please contact your Trip Consultant for a discount code.

www.montebellosplendid.com

After: Rome, Italy

Rome is a powerhouse of stunning architecture and ancient history, beautifully told through its ruins and buildings. It seems that every street you walk down provides another unexpected glimpse of ancient times, yet modern bustle and energy abounds as well. The Coliseum, the Forum, Vatican City, and the Pantheon are some of the must-see attractions. Be sure to linger on the Spanish Steps one afternoon and take advantage of great shopping and fantastic cuisine. We recommend the following accommodations for your post-trip hotel:

HOTEL BAROCCO

This 37-room hotel is tucked away on central Piazza Barberini. It boasts a refined, simple style with all of the comforts and amenities needed for a relaxing Roman getaway.

www.HotelBarocco.com

HOTEL CAPO D'AFRICA

Located in the heart of Imperial Rome, between the Forum and the Domus Aurea, the Hotel Capo d'Africa boasts contemporary decor within a beautiful, early 19th-century building.

www.HotelCapodAfrica.com

MECENATE PALACE

In front of the Basilica of Santa Maria Maggiore, this hotel is within walking distance of most of the important monuments and shopping areas found in Rome. Guests can enjoy a panoramic view of the city from the hotel's roof garden.

www.MecenatePalace.com

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 32
- Terrain | Hilly
- Average Daily Elevation | 2,900 feet
- Total Miles | 194
- Total Elevation | 15,500 feet

Averages and totals are calculated from our Today's Ride options.

The terrain is hilly, with quiet, narrow, and winding roads. Many towns sit atop hills and, although the ascents are not exceptionally steep, they are often upwards of 5km long. Tuscany

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Explore the walled city of Castellina
- Shop and explore the medieval villages of Radda, Lecchi, Montalcino, Pienza and San Quirico
- Take a side trip to Siena
- Enjoy an Italian pizza making class
- Opt to spend a half day at a local spa
- Wine and cheese taste in Radda, Pienza or Montalcino

is best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4+ Riders will enjoy the extra mileage the avid route options offer.

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.