



## TUSCANY EXPLORER BIKE TOUR

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

On a Trek Travel Tuscany bike tour, surrender your senses to the “allegria” of Italy. Soak in the rich sights and smells of the endless vineyards from the saddle of your bicycle. 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 and 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 during our Tuscany bike tour—you’re sure to fall under its spell on this cycling trip of a lifetime. [Book your trip with confidence »See the self-guided version of this trip »](#)

 [Upgrade to Tuscany Luxury](#)

### 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 that has been transformed into a charming and elegant hotel

From  
**\$3799**

Rider Type  
**Active**

Hotel Style  
**Explorer**

Duration  
**6 days | 5 nights**

Start | End  
**Florence, Italy**

Dates  
**2021/Aug/Sep/Oct/Jul  
2022/Oct/Sep/Aug/Jul/J  
un/May/Apr**



## DAILY ITINERARY

2021

Day

1

### TODAY'S RIDE:

#### Hotel Il Colombaio to Vescine

Approximately 16 miles with 1,900 feet of climbing

### DESCRIPTION:

Welcome to your Tuscany cycling trip! 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 that 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 Monteriggioni

Approximately 36 miles with 2,400 feet of climbing

### SHORT OPTION:

#### Vescine to Santa Colomba with shuttle

Approximately 26 miles with 2,000 feet of climbing

### AVID OPTION:

#### Vescine to Monteriggioni Loop

Approximately 79 miles with 4,500 feet of climbing

### DESCRIPTION:

Don't forget your camera today as you descend into the valley, enjoying stunning views of Siena's towers amid the vine-covered hills. As you ride, vines and olive trees give way to shady chestnut trees as the landscape subtly changes. Surrounded by ancient stone walls, wildflowers, and the scent and shade of the forest, you leave the 21st century far behind. Pause a while to take in the sight of your mid-day destination, the walled town of Monteriggioni, perched on a hilltop and dominated by 14 dramatic towers. For lunch, take your pick of the many al fresco options lining the piazza, before embarking on an exploration of this enchanting city. Shuttle back to the hotel from here, or continue riding through some of the leading wine-growing districts in Chianti. 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 region's local wines. Under the guidance of an Italian pizza master, you'll use the original wood oven of the hotel, still functioning since the times when the hotel was itself a small village.

### HOTEL:

Il Borgo di Vescine

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Breakfast | Dinner

# Day

## 4

### TODAY'S RIDE:

#### Vescine to Montisi

Approximately 45 miles with 3,600 feet of climbing

### SHORT OPTION:

#### Vescine to Arbia with shuttle

Approximately 29 miles with 2,600 feet of climbing

### AVID OPTION:

#### Vescine to San Quirico

Approximately 58 miles with 5,050 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. The hills, distinguished by the dramatic colors of the soil and blessed with some of the most stunning views in Tuscany, are sure to take your breath away. Nestled in the heart of the Val d'Orcia is the tiny town of Montisi and our favorite restaurant of the region, Taverna da Roberto. 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 choral harmonies of the monks' Gregorian chants—magical! Our lunch destination today is the walled village of Montalcino, whose 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 sadly time to bid farewell today as your Tuscany cycling trip comes to a close. 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 our Trek Travel Tuscany bike tour 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

- Five 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, three lunches, and three dinners
- Two 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 Bontrager 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 Bontrager Flare R lights, a Bontrager saddle, and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts, and hospitality staff
- All luggage transfers and transportation during your Tuscany cycling trip
- A personalized digital 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 Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager 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 bike 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.



### HOTEL PALAZZO DEL CAPITANO WELLNESS AND RELAIS

#### 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 and tranquil gardens with two 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 start of your Tuscany bike trip, 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 three 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 one and a half 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](http://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 accommodations for your pre-trip hotel:

## 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 Tuscany bike tour. 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 five-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 three 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.TrenItalia.com](http://www.TrenItalia.com) for train information.

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### 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 two 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](http://www.hhflorence.com)

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### 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](http://www.IIGuelfoBianco.it)

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### 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. 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.

## 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

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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](http://www.HotelBarocco.com)

### HOTEL CAPO D'AFRICA

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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](http://www.HotelCapodAfrica.com)

### MECENATE PALACE

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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](http://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 | 30
- Terrain | Hilly
- Average Daily Elevation | 2,600 feet
- Total Miles | 238
- Total Elevation | 21,750 feet

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

On our Tuscany bike tour, 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 five kilometers long. Tuscany biking 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

### 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 during on our Tuscany bike tour 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

### 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.

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.

listed here may change at the discretion of the trip designer or guides to improve the trip experience.