

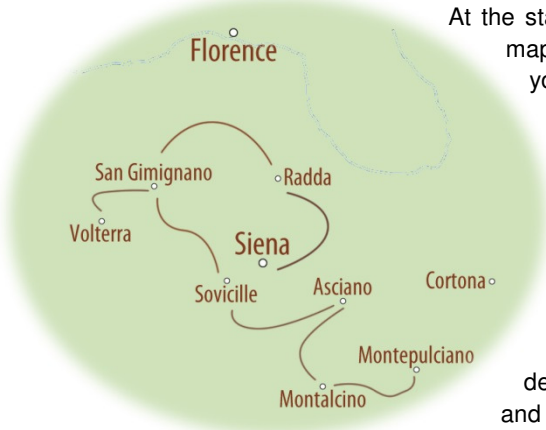
Introduction

Our Tuscan bike tours are about simple pleasures perfectly executed. Like Tuscan cuisine we use only the very best ingredients: vineyards, olive groves, warm weather and a visible history that dates back to before the Roman Empire.

In Tuscany, the food tastes better, the colors are more vibrant, and history is more immediate. The region feels authentic – from the dishes served in the restaurants to the agrarian rhythms still observed by the locals. For me the highlights are:

- The medieval hilltop towns of San Gimignano, Montalcino and Montepulciano
- The postcard-perfect Val d'Orcia,
- And, at the end of the day, the food and wine.

I may be biased (Italy was where I led my first bike tour and my first son was born here) but, for me, there are few destinations that can offer such a complete cycling vacation.



At the start of your trip, we give you a detailed map briefing and do a bike fitting. During your stay, my team and I are available 24/7 by phone and, if you need assistance, I will send one of our vans. My aim is to give you a completely carefree vacation.

I hope you like this itinerary but please tell us if we can change it to make it closer to your ideal trip. Once you are happy with your itinerary, I'd be delighted to help arrange winery visits and make restaurant recommendations.

I look forward to welcoming you and sharing one of my favorite places to ride a bike.



Tony Blakey
Owner / Founder



Your Logistics

Contact Details

Lead Guest(s)

Email:
Cell:

Other Guests

Trip Specification

Start Date

Xxxxday, Month dd, 2013

Duration

n days / n nights

Number of Places

x people – room arrangements TBD

Typical Route Options

Easy – 10 to 25 miles per day

Intermediate – 25 to 40 miles per day

Epic – 45 to 75 miles per day

Start of Trip

9:00 AM Downtown Florence

End of Trip Drop-off

5:00 PM Downtown Florence

Bike Rental & Bike Sizes

TBD

Dinner/Activity Reservations

None.

Notes

We are happy to meet you at the start of your trip at your hotel in either Florence or Siena. We can also meet you at Florence Airport or the Florence railway station.

Next Steps

1. **Review itinerary and request any changes.**
2. **Choose your accommodations.**
3. We then check availability and confirm the price of the trip.
4. If you want to book, we reserve accommodations and send you a final itinerary and invoice.
5. If everything is OK, pay a 10% deposit to reserve the trip.
6. Enjoy your trip!

Itinerary

Day 1 – Siena to Radda

Your trip starts with a gentle ride north out of the medieval city of Siena. In the morning, you ride across countryside that is dominated by rolling farmland and vineyards. Centuries old farmhouses pepper the landscape reminding you that this land has been farmed since before the Roman Empire.

En route, you will pass *Castello di Brolio* – a castle dating back to the 12th century with one of the best wineries in Italy. The castle is the birthplace of the iconic Chianti wine.

Great lunch options can be found in San Sano or Lecchi – tiny, one-street villages nestled in the fold of the Tuscan hills. You will know you have really arrived in Tuscany as you savor the flavors in these very authentic eateries.

Gaiole (market town) and *Castello di Moleto* (medieval castle, farm and winery all in one) make great detours for those wanting a longer ride. Those wanting an epic ride will head north of Radda into the Chianti Mountains.

After lunch the terrain changes to olive groves and forests as you complete the final climb up to **Radda where you stay overnight**. Radda, in the heart of the Chianti Region, was founded by the Etruscan (pre-Roman) civilization. The network of narrow streets (closed to traffic) is tightly enclosed within stunning 14th-century walls helping Radda appear little-changed since medieval times.



Ride Options	Highlights
Easy 15 miles with 1,200 feet of climbing	Castle and winery at Brolio Lunch with the locals in small Tuscan village
Intermediate 30 miles with 2,500 feet of climbing	Market town of Gaiole
Epic 60 miles with 6,800 feet of climbing	Castle, farm and olive press at Moleto The medieval walls of Radda

Itinerary

Day 2 – Radda Loop Ride

The riding from Radda begins with a long descent followed by a rolling climb up to Panzano. This walled city has a 13th-century castle and the most famous butcher's shop in the country! It is also a great place for a coffee.

Heading further north across open countryside you reach the bustling market town of Greve with its colonnaded market piazza. A short climb from Greve takes you to the picture-perfect hamlet of Montefioralle. In this tiny town (pop: 100) you will find two Romanesque churches and two great restaurants.

After lunch you climb through forests and past vineyards into the more rugged part of *Le Colline del Chianti* (the Chianti Hills). This ride is all on quiet roads with stunning views and few towns. Indeed, as you ride back towards Radda you will enjoy some of the best vistas in the whole of Tuscany.

For a shorter trip out, you will head to the unspoiled village of Volpaia (pop: 50) – just 5 miles north of Radda. The town may be small but it produces great wine and olive oil, which can be tasted at the *enoteca* on the main square. There is also a nice restaurant here with great views from the outdoor terrace.

For a longer ride you head west of Greve deep into the Pesa Valley and loop back via Strada on small back roads.

You stay overnight in Rada where an evening stroll is a delightful mix of narrow medieval streets (some underground!) and expansive views from the path around the 14th-century walls.



Ride Options	Highlights
Easy 5 miles with 800 feet of climbing	Walled city of Panzano
Intermediate 30 miles with 3,600 feet of climbing	Market town of Greve (market day Saturday) Lunch in the hamlet of Montefioralle
Epic 50 miles with 5,000 feet of climbing	Wine and olive oil tasting in the unspoiled village of Volpaia Rugged beauty of the Chianti Hills

Itinerary

Day 3 – Radda to San Gimignano

Today you transition from compact Radda to the imposing San Gimignano; known as the “Medieval Manhattan” thanks to its stunning skyline of towers. This is a transition that takes you through several landscapes: forests, open valleys, and large rolling hills.



The ride first takes you along a ridge to another hill town: Castellina. Castellina is a well preserved medieval village with one of the best gelato stores in Tuscany.

After refueling, you continue along the forested ridge before the views open up across the Elsa Valley. In the valley you ride through Barberino – a beautiful hamlet and gateway town for Pieve di Sant'Appiano. This 10th-century church has grounds that include Etruscan tombs dating back to the 8th century BCE.

Today we have some suggestions for lunch in the smaller towns and *agriturismo* out in the countryside. Whichever you choose, you will be enjoying a relaxed lunch under the glorious Tuscan sunshine. After lunch, you ride quiet roads past rolling vineyards. Just when you think it cannot get any better, you start to get glimpses of the fabled San Gimignano.

To shorten today’s ride, you can request a van transfer partway along the route. For a more challenging ride, you will head up the Pesa Valley on little-used roads over the ridge to the Elsa Valley. From there you ride to San Gimignano across giant rollers.

San Gimignano is your overnight destination – in the folds of the large rolling hills. In medieval times great towers were built to boast of the importance of feuding nobles. To this day, the town still impresses as you approach it across rolling Tuscan countryside. The small, well-preserved town is at its most charming in the evening.

Ride Options	Highlights
Easy (with van transfer to Barberino) 15 miles with 1,000 feet of climbing	The old town of Castellina
Intermediate 30 miles with 2,600 feet of climbing	Best ice cream in Tuscany 10 th -century church of Pieve di Sant'Appiano
Epic 60 miles with 5,000 feet of climbing	Lunch in an <i>agriturismo</i> that produces its own wine and olive oil The approach to San Gimignano

Itinerary

Day 4 – San Gimignano to Sovicille

You start today with a mile-long descent passing acres of rolling vineyards. At the bottom of the descent the terrain changes to be a little drier and more rugged – a mix of olive groves and sheep pastures. You will also be on a beautiful twisting road with very little traffic or habitation. One of the few structures on this section of road is an artisanal cheese farm specializing in Pecorino – made from local raw sheep’s milk.



Your lunchtime destination is Casole – a charming yet unassuming village with a regular market and great delicatessen. This is a town where the main store is still on the main square and is the size of a large living room.

After lunch you enjoy another long descent past green fields that have been farmed for centuries. From Casole on, the landscape is tamer with many beautifully rural villages along the route. You will also start to see vast fields of sunflowers – a photographer’s dream background. Again, you are riding on little-trafficked roads that twist and turn through the folds of the hills.

Today’s Epic ride option is a challenging loop via Volterra and Pomerance via some beautiful small roads with challenging climbs.

Sovicille is your overnight destination though the accommodation choices are all a couple of miles outside of the town set in a gloriously rural setting. The town itself is not in many tourist guides but it is a pleasant and well preserved village that can trace its roots back to 1000 CE. It also has a Roman mosaic and has been variously ruled by the Florentines, the Sienese, the Medici family and even the French.

Ride Options	Highlights
Easy (with van transfer to Casole) 20 miles with 1,600 feet of climbing	Quiet, unassuming Casole Artisan cheese farm
Intermediate 35 miles with 3,220 feet of climbing	Acres of sunflowers
Epic 60 miles with 6,300 feet of climbing	Tiny rural back roads

Itinerary

Day 5 – Sovicille to Montalcino

Today's riding start relatively flat as you roll past acre after acre of sunflowers. You then head west into an area called Crete Senesi (literally "Sienese clays"). The area gets its name from the distinctive, ochre-colored, clay that dominates the ploughed fields here. The region is also known for its production of white truffles – a dinner treat to look forward to.



The area also has some of the most stunning riding in Tuscany. Much of the day will be spent riding on ridges that have incredible views to left and right: rolling fields dotted with ancient farmhouses and driveways lined with iconic rows of cypress trees.

Your ride takes you past Murlo – a tiny ring of houses that form a fortified village that has been faithfully restored. Shortly after Murlo, Buonconvento ("Happy Place") makes for a good lunch stop. The town has a perfect walled medieval village at its center. From here it is a steady climb past bucolic swathes of vineyards to the archetypal hilltop town of Montalcino.

For a more challenging ride, you will head south from Sovicille into the Colline Metallifere ("Metal-bearing Hills"). The jewel in these little-travelled hills is San Galgano – the ruined abbey here is among the greatest gothic buildings in Italy.

Montalcino is your overnight destination and is little-changed since the 16th century. The car-free center is a delightful maze of narrow street and pleasant plazas. Through every archway you get glimpses of the surrounding pastoral countryside. It is also home to the esteemed *Brunello di Montalcino* – one Italy's best red wines.

Ride Options

Highlights

Easy (with van transfer to Murlo)

15 miles with 1,700 feet of climbing

Intermediate

35 miles with 3,400 feet of climbing

Epic

60 miles with 5,700 feet of climbing

More acres of sunflowers

Riding the ridges of the Crete for some of the best vistas in Tuscany

The restored medieval hamlet of Murlo

The "happy" village of Buonconvento

A glass (or two) of the renowned *Brunello di Montalcino* with dinner

Itinerary

Day 6 – Montalcino Loop Rides

If you rode up to Montalcino yesterday, you may want to spend today relaxing and enjoying the commanding views, the restaurants, cafés, churches and museums in this restful town.

For a change from cycling, you could hike down to the 12th-century abbey of Sant'Antimo. Its famed Gregorian chanting as well as its stonework and setting make it one of the most evocative abbeys in Tuscany.



For those that want to ride a little, the town of San Quirico is a pleasant 10 miles from Montalcino. San Quirico is a peaceful rambling village surrounded by mostly intact 15th-century walls. As such it makes an excellent lunch stop.

For an intermediate ride, you will continue south from San Quirico to Bagno Vignoni. In the center of this tiny hamlet is an arcaded Renaissance pool fed by bubbling hot springs. Nearby, there is a public hot springs complete with soothing waterfalls.

Epic riders will head west into the Maremma with its coastal plains and forest-covered hills. Perched on a needle of rock, the tiny village of Roccatederighi makes for a fascinating lunch stop. You could also "enjoy" a 15-mile climb up the shady slopes of Monte Amiata – Italy's second highest volcano.

You stay overnight in Montalcino.

Ride Options

Highlights

Easy

20 miles with 2,000 feet of climbing

Intermediate

30 miles with 3,400 feet of climbing

Epic

75 miles with 5,600 feet of climbing

or

50 miles with 7,400 feet of climbing (up Monte Amiata)

12th-century abbey of Sant'Antimo

Peaceful San Quirico

Exploring Montalcino

Thermal springs at Bagno Vignoni

Itinerary

Day 7 – Montalcino to Montepulciano

Today you ride between hilltop towns across countryside so stunning it's listed as a world heritage site.

There are a number of great sites on the way from peaceful San Quirico to the rurally idyllic Montichiello. The latter is a fantastic place for lunch: after strolling around the quiet streets of this walled village, enjoy a leisurely lunch at a restaurant with a terrace looking south across the bucolic Val d'Orcia.

From lunch in Montichiello, it is a very manageable seven miles to Montepulciano – so there's no rush to finish your food.

For intermediate riders, Bagno Vignoni is a practical side trip. In the center of this tiny hamlet is an arcaded Renaissance pool fed by bubbling hot springs. Nearby, there is a public hot springs complete with soothing waterfalls.

If you need to ride more miles to be able to enjoy an outstanding lunch, you will head south into the volcanic mountains of Amiata. Here you can ride mile after hilly mile between tiny villages with both scenery and hills that will take your breath away.

Your ride ends at Montepulciano. Montalcino is stunningly attractive from both afar (a cluster of red-brick buildings perched on a hilltop) and from within where the main street runs almost a mile along a narrow ridge. The topology of the town provides outstanding views of the surrounding countryside down alleyways and from the back windows of its many cafés and restaurants. This is also where your guide will meet you for your transfer back to Siena or Florence.

As this is the last day of your tour there is no overnight accommodation unless explicitly listed in the logistics page above.



Ride Options	Highlights
Easy (with collection at Montichiello) 20 miles with 1,600 feet of climbing	Lunch on the terrace at Montichiello – a walled village with a leaning watchtower
Intermediate 30 miles with 2,400 feet of climbing	Peaceful San Quirico
Epic 60 miles with 7,000 feet of climbing	Thermal springs at Bagno Vignoni Exploring the lanes of Montepulciano

Prices & Services

We spend much of our time visiting and revisiting accommodations. We then choose the properties with the best facilities and warmest welcome across a range of prices. The *Prices* section (below) explains how the star rating determines the cost of the trip. We typically book standard rooms with upgrades available on request.

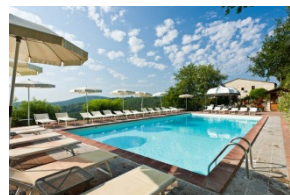
Radda in Chianti

Relais Fattoria Vignale



This 18th-century manor house sits just outside the medieval walls of the town – a 5-minute stroll from the center. The renovation is extremely tasteful. The hotel also benefits from peaceful gardens and a heated outdoor swimming pool. The hotel has a tasting room and a restaurant with a terrace and stunning views.

Il Borgo di Vescine



This 13th-century hamlet has been converted into a luxury resort. Set in glorious isolation among the vineyards, the cottages of the village have been renovated into charming guest rooms. The property has a winery and an outdoor pool with expansive views across the valley.

NOTE: the property is 4 miles west of Radda but has an excellent restaurant on the property.

Palazzo Leopoldo



A beautifully restored palace just off the central square in Radda. You are literally stumbling distance to several excellent restaurants and bars. The views from the breakfast terrace are spectacular – as are the views from the rooms at the rear of the hotel. Service is friendly and there is an indoor pool in the basement of the hotel.

There is also a sister property - Palazzo San Niccolo' – also very well located in the center of town with similar style and amenities.

Bottega di Giovannino



This inn is absolutely charming and the owners treat you like family – which here is a good thing! Rooms are clean, full of character and most have good views. As a bonus, the inn's restaurant is one of the most authentic places to eat in town.

Prices & Services

San Gimignano

The better accommodations tend to be outside of town. These hotels tend to book up in high season. For this reason, we have listed a number of alternatives.

Hotel La Collegiata



This converted 16th-century monastery is now a charming hotel set in peaceful gardens. Both the conversion to a hotel and the décor are very tasteful and there are amazing views back to San Gimignano. This is the perfect place to relax and escape the tourist bustle of the town.

NOTE: 1½ miles north of San Gimignano but has an excellent restaurant on the property.

VillaSanpaolo



This resort – 3 miles north of San Gimignano – is a skillful blend of the old and the new. The central villa was a 19th-century country house while the 10,000 sq ft spa is modern and built into the hillside to minimize its architectural impact. The 7-acre property includes formal gardens, olive groves and an outdoor pool.

NOTE: the property is 3 miles north of San Gimignano but has a formal restaurant and a more informal café.

Hotel Sovestro



This purpose-built hotel is extremely well run with clean, spacious rooms with good bathrooms. Many of the rooms also have a balcony or a small patio. The outdoor pool has nice views of the surrounding countryside. The setting is nice but the property is functional rather than historically charming – but a great choice nonetheless.

NOTE: 1½ miles south of San Gimignano but has a great and authentic restaurant on the property.

L'Antico Pozzo



This converted 17th-century convent oozes rustic charm. The name means ancient well (which can be visited in the medieval basement). Rooms are simple and airy – some have frescos. An excellent breakfast is served on an attractive outdoor terrace. The location, within the medieval walls of the city, makes it perfect for those that want to be in the center of things and wander the lanes of San Gimignano in the late evening.

Prices & Services

San Gimignano continued

Le Undici Lune



This small, charming and romantic boutique B&B is very well located in the center of town. Stone walls and suits of armor give this inn a wonderful character. Rooms are rustic but very clean with nice touches of modern flare. The owners are also extremely friendly and helpful.

NOTE: There are only four rooms in this B&B so we advise booking early.

Casolare Terre Rosse



Set in a “private park” full of fruit trees, evergreens and olive trees, this hotel is a pleasant oasis in the Tuscan countryside. The hotel itself is in an old country house with some modern additions. The hotel also has a good-sized pool – perfect for lounging beside after a day’s cycling.

NOTE: 4 miles south of San Gimignano but has a good restaurant on the property and a free shuttle into town.

Prices & Services

Sovicille

All the selected accommodations are a few of miles outside of the town – typically near small villages.

Relais La Suvera



Sumptuously luxurious, this former papal villa is located on a hilltop surrounded by beautiful gardens. The property has a heated outdoor pool, spa, and tennis court. It also has a small church and a “family” museum. This is simply one of the best places to stay and eat in Tuscany.

NOTE: The property is along your route, 10 miles before you reach Sovicille. It is isolated but has an outstanding restaurant.

Il Borgo di Vescine



This B&B is 5 miles beyond Sovicille but worth the extra effort, as it has one of the warmest welcomes in Tuscany. The property is spotlessly clean and decorated with numerous antiques. The rooms are spacious and comfortable and you are surrounded by beautiful Tuscan countryside.

NOTE: the property is 5 miles west of Sovicille but dinner is available on request – with ingredients sourced from their vegetable gardens they prepare a unique cuisine blending French, North African and Tuscan. It really is very good!

Relais Borgo di Toiano



This hotel is in a wonderful location, in a tiny village in beautiful countryside. Rooms are clean, spacious and well furnished. The staff is very friendly and helpful. The outdoor pool has great views across the tranquil valley – as does the terrace where breakfast is served.

NOTE: the property is 2 miles northwest of Sovicille and the nearest restaurant is a ½-mile walk (or ride).

Colombaio di Toiano



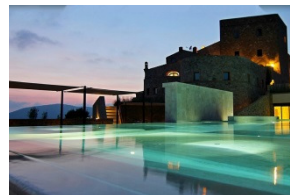
Colombaio di Toiano is an old country house nicely renovated and sitting in glorious isolation in a pastoral setting. The gardens are rustic, restful and authentic. Rooms are simple, clean and airy. This inn is perfect for those looking for an authentic, rustic, country experience.

NOTE: the property is 1½ miles northwest of Sovicille but your hosts can prepare a wonderfully authentic Tuscan meal on request or there is a nice trattoria 500 yards away.

Prices & Services

Montalcino

Castello di Velona



★★★★★ (with some ★★★★★ rooms)

This resort, spa and winery sits at the end of a ridge above a bend in the Orcia River. Based around a military fortress that dates back the 11th-century, the hotel is an exercise in refined ambience and modern comforts. All the rooms face the breathtaking landscape of the Val d'Orcia.

NOTE: the resort is 7 miles beyond (south of) Montalcino but has an excellent restaurant and beautiful spa.

Canalicchio Di Sopra



In an extremely beautiful setting – in the Val d'Orcia Nature Park – this estate is one of the most relaxing places to stay. All the apartments are nicely furnished and have fantastic views from their terraces. There are two outdoor saline pools. The estate also produces its own wine including an excellent Brunello Reserva.

NOTE: the hotel is 3 miles before town and has an excellent small restaurant.

SI Montalcino Hotel



This very recently renovated hotel is less than a mile outside of the medieval walls along a country lane. The hotel is perched on the side of a hill with fantastic views across to the hilltop towns of Pienza and San Quirico. Rooms are clean, comfortable and modern. There is a pleasant pool and terrace.

NOTE: the hotel is a mile from the center of town but has a good restaurant. There are also other restaurants nearby.

Il Giglio



In the historic old town, within the city walls, this family-run hotel is perfectly situated for exploring Montalcino. The rooms are small, comfortable and furnished in the Tuscan style: wrought-iron beds, beamed ceilings, and tile floors. Many of the rooms also have outstanding views of the town and countryside beyond. The hotel has a good restaurant though you are also just yards away from several other great eating options.

Prices & Services

Prices

Our prices vary according to the duration of the trip and the standard of lodging you choose. The table below shows you the price per person for two people sharing accommodations.

Package	★★	★★★	★★★★	★★★★★
3 Days	\$1,240	\$1,370	\$1,470	Custom Pricing
4 Days	\$1,590	\$1,770	\$1,930	Custom Pricing
5 Days	\$1,830	\$2,060	\$2,260	Custom Pricing
6 Days	\$2,050	\$2,340	\$2,590	Custom Pricing
7 Days	\$2,210	\$2,550	\$2,840	Custom Pricing

* As accommodation costs are higher on weekends, there is a \$75pp supplement for Friday and Saturday nights.

Ins & Outs

The trip price includes:

- Private transfer from downtown Siena or Florence or other location as listed in *Your Logistics* above.
- Detailed map briefing and bike fitting at the start of your tour.
- Accommodation for each night of your tour and breakfast the following morning unless explicitly excluded in the accommodation description above.
- Guide available via phone 24/7 and on-call roadside assistance 9:00 AM to 4:00 PM.
- Luggage transported between lodgings and wine collection service.
- Transfers along all or part of the route to coincide with luggage moves – to be arranged at least 24 hours in advance.
- Detailed maps, directions and a personalized guidebook.

The trip price does not include:

- Lunches and dinners. Our guidebooks are full of great recommendations and we would be happy to make reservations for you.
- An on-bike guide.
- Activities such as wine tours, balloon flights and spa treatments are not included but we would be pleased to make reservations on your behalf.
- Transfers to wineries or sites that it is not practical to ride to. We would be pleased to arrange for such transfers for a fee – see *Optional Extras* below.

Prices & Services

Bike Rental

As many of our guests bring their own bikes, we quote separately for bike rental.

Bike	Per Day	Per Week
Hybrid	\$25	\$150
Road Bike	\$40	\$240
E-Bike	\$55	\$330

We rent three styles of bikes. As with many aspects of our trips, choose which best suits you.

Hybrid



Hybrids bikes are a cross between a mountain bike and a road bike. They have a relaxed riding position and are great for beginners and intermediate riders.

We typically rent Trek 7.3 FX with Shimano components and high-pressure road tires for better cycling efficiency than your typical hybrid.

Road Bike



Our road bikes are a racing style bike with drop handlebars. The road bikes are faster bikes than the hybrids with a more aggressive riding position and will be enjoyed by intermediate and experienced riders.

We typically rent the Trek Domane 2.3 with an aluminum frame, carbon front forks, and Shimano Ultegra components.

E-Bike



Our E-Bikes are designed to give you a little extra assistance when climbing the hills of Tuscany. The ride position is very similar to our hybrids.

We typically rent Scott E Sub equipped with a 250W E-drive Bosch motor positioned very low down so as not to raise the center of gravity of the bike.

If one rider in a couple is stronger than the other, an E-Bike can be a great choice for the less-strong rider.

Prices & Services

Bike Shipping

If you are bringing your own bike and would like to ship it ahead of time, we would be pleased to receive and assemble it for you before the trip. At the end of the trip, we can also pack up the bike and deliver it to a shipper such as DHL. The charge of receipt, assembly, packing and delivery back to the shipper is \$100 per bike. This is a courtesy service provided on the assumption that we are not liable for any damage sustained during packing, unpacking or shipping. We strongly recommend that you take out insurance when shipping your bike. Please arrange for your bike to arrive at least 5 days before the start of your trip.

Optional Extras

Airport Transfers

Typically we collect guests from their hotel in downtown Siena or Florence. However, we are also pleased to collect you from Florence Airport or Florence railway station. We can also collect you from other locations for a supplement. Please ask for details.

Extra Days in Siena or Florence

Both Siena and Florence are great cities to spend time in – great food, great sights, and great museums. We can arrange extra days in both cities either before and/or after your bike tour.

Guided Tour Days

If you'd like to add in a day or two of *guided cycling* we can arrange for one of our local guides to ride with you for a very personal tour of the area.

Transfers to Wineries or Other Sites

If there are wineries or other sites in the area that you would like to visit but do not want to ride to, we would be pleased to arrange a van transfer. A typical cost is \$100 for up to four people for a one-way transfer or \$150 for a two-way transfer with a turnaround time of up to 2 hours. We can also arrange to have a van and driver dedicated to you for up to a day. For example, if you had a number of wineries you wanted to visit that are hard to get to or on unpaved roads. This service is \$50/hour for up to four people with a four-hour minimum.

Prices & Services

Payment Policy

A payment of 10% of the total price is required to secure a reservation. Payment of the balance is due 60 days prior to the start of the trip. We give a full refund less a \$150 administration fee for any trip cancelled over 90 days before the start of the trip. After this date, refunds are made according to the following schedule:

- From 61 to 90 days: 90% of the full trip price is refunded. Normally we simply retain the 10% deposit. If you rebook in the future, you can reuse this deposit less an administration fee of \$150.
- From 15 to 60 days of the start of the trip your choice of EITHER a 50% refund OR 80% of the trip cost (less an administration fee of \$150) available towards a future trip with LifeCycle Adventures.
- Within 15 days of travel: sorry, no refund.

We strongly recommend you take out travel insurance to cover you in the event of having to cancel your trip and we ask all guests to sign an accident waiver. A copy of the waiver can be found at http://www.lifecycleadventures.com/pdf_files/waiver_v2.0.pdf.

Other Information

Guidebooks & Maps

Our proprietary cycling maps now cover over 24,000 square miles. We have over 3,000 miles of mile-by-mile directions and our guidebooks are written specifically for the pace and intimacy with which cyclists travel.

We live and ride in the areas we operate and have spent years consolidating our knowledge into these guidebooks, maps and directions. Our aim is to help you explore routes unseen by most people who visit the area.



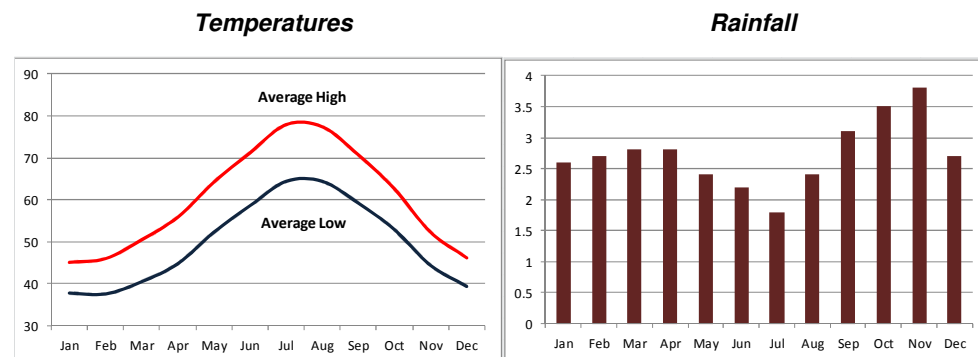
If you live in the Continental U.S. you can choose to have your guidebook shipped to you or collect it at the start of your tour. For shipping to Canada, there is a \$35 charge. For all other international destinations, there is a \$50 charge.

Other Information

Climate

The best months to visit Tuscany are May through October, when the temperatures are pleasantly warm and the risk of rainfall lower. In summer, temperatures are never stifling and there is often a pleasant breeze. Spring and fall are great times to ride but the risk of rain rises as you get into October. We do not recommend cycling here in winter.

The charts below show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Siena.



Where to Stay Before the Trip

Guests typically stay in Siena or Florence before and after their trip. If you would like us to make reservations, just let us know. If you are making your own arrangements, we have had good feedback from past guests for the following hotels and B&Bs:

Siena Hotels

- Grand Hotel Continental <http://niquesahotels.com/grand-hotel-continental>
- Hotel Athena <http://www.hotelathena.com/>
- Campo Regio Relais <http://www.camporegio.com/>
- Palazzo Ravizza <http://www.palazzoravizza.it/>

Florence Hotels

- The St. Regis Florence <http://www.stregisflorence.com/>
- Hotel Lungarno <http://www.lungarnocollection.com/>
- Antica Torre di Via Tornabuoni <http://www.tornabuoni1.com/>
- Hotel David <http://www.hoteldavid.com/>

Other Information

Arrival & Departure Information

You will be met at the time and place listed in *Your Logistics* above. If you would like to change this, please let us know.

Florence has a small airport with flights to many European cities including London, Frankfurt, Amsterdam and Rome. If we are not collecting you at the airport, the easiest way to get into Florence from the airport is by taxi.

Rome's Leonardo Da Vinci (Fiumicino) Airport (FCO) is the nearest airport with direct connections to several major US cities. To get to Florence from FCO, first take the *Leonardo Express* train from the airport to *Roma Termini* (every 30 minutes / 30 minutes duration / €11). From Termini take a *Trenitalia* train to Florence's *Santa Maria Novella* (central) station (every 30 minutes / 90 minutes duration / €45).

Guest Comments

Testimonials & Guest Feedback

Here's a small sample of what past guests have said about us. If you would like to talk to a past guest, just let us know and we'll be glad to put you in contact.

One of our best vacations ever! We have recommended LifeCycle Adventures to all our friends!

Ted and Nancy Staley
St. Louis, MO

From the pick-up to the drop-off, the entire trip was well planned and supported by the helpful and friendly staff. The only thing my wife and I did was relax, cycle and eat! A great and beautiful vacation that we will never forget. Thanks!

Jon and Babbie Styslinger
Kansas City, MO

We have cycled extensively on luxurious European self-guided tours. LifeCycle provided the most sophisticated and comprehensively thought-out trip along with their brilliant personalized guidebook. A wonderful experience.

Antoinette Russell and Louis Bailey
Brookline, MA

I planned a bike trip with my daughter. Neither of us are 'bikers.' LifeCycle Adventures met all of our expectations and afforded us the ability to change plans on-the-fly as circumstances arose. We had an outstanding vacation.

Brad and Nicole Jameson
Philadelphia, PA

Donna and I had the best time cycling with our friends. LifeCycle Adventures was always nearby but were never intrusive. That really maximized our experience. We really felt like we were on a self-guided adventure; that is until we were greeted at our hotel with our daily wine purchases and great accommodations. If you are thinking about cycling the wine country, I highly recommend using LifeCycle Adventures.

John & Donna Lossie
Birmingham, AL

I've ridden with many of the more popular, name-brand tour companies. I found LifeCycle Adventures to meet or exceed their competitors in all aspects. Their personal attention to detail makes you feel like their only customer!

Joseph Husslein
Tamuning, Guam

It was a vacation of a lifetime, a dream come true. I would highly recommend it to everyone.

Laurie & Bruce
Baltimore, MD

Everything was perfect! The route was great, the bikes were awesome and the hotel and lodging suggestions were perfect. We loved every minute! So nice to have it all organized, and not to have to make decisions on vacation.

Linda and John Rodney
Frisco, CO

What a great experience! As a rookie cyclist I had never ever done a trip like this and loved every minute. The experience of a lifetime.

Odarka Cruikshank & Karen Leier
Saskatoon, Canada

LifeCycles arranged the perfect tour for our special birthday celebration. We got exactly what we asked for and all staff were well informed, helpful and a pleasure to deal with. We would not hesitate to recommend LifeCycles to any of our friends and would love to come back for another tour.

Sherry Winternitz and Jean Frazier
Newton, MA

Your organization is very detail-oriented, professionally run, and a pleasure to work with. We are sending our friends to you. Thanks for a terrific, hassle-free cycling trip.

Christina & Alex Danyluk
Edwards, CO

Contact Details

Go Ahead, Make My Day!

Don't leave me hanging; let me know what you think of this itinerary we prepared for you. To make it easy, here are some choices!

- A. I loved it, but the timing's not quite right.
- B. Some minor tweaks and we'll be ready to go.
- C. It's perfect, how do I book?
- D. Richard Branson just called to invite me to his private island for a month – all expenses paid. So, maybe next year!



Just let me know how I can help!

Head of Sales & Co-Owner
LifeCycle Adventures

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