# Tuscany by bike: Siena and val d'Orcia

8 days / 7 nights

Discover Tuscany by bike, one of Italy's most beautiful regions, where rolling hills, renowned vineyards, medieval villages and artistic treasures come together.

This cycling adventure takes you through the stunning landscapes of Chianti, Val d'Orcia, the Crete Senesi and Val d'Elsa, following peaceful country roads and scenic rural tracks. Along the way, explore iconic destinations such as Siena, Pienza, Montalcino, Volterra and San Gimignano, while enjoying breathtaking views and the relaxed Tuscan way of life.

## YOUR PROGRAMME

**Day 1 - Arrival in Siena**

Make your own way to Siena, one of Tuscany's most beautiful medieval cities.

Take the opportunity to explore its charming historic centre, wander through its narrow streets and discover the famous Piazza del Campo, home to the traditional Palio horse race.



**Day 2 - Siena – Brolio – Castelnuovo Berardenga – Asciano**

Your first cycling stage takes you through the beautiful landscapes of the Chianti Senese, surrounded by vineyards, forests and rolling hills.

Along the way, discover Brolio Castle and the charming village of Villa a Sesta before reaching Asciano, on the edge of the Crete Senesi.

The scenery gradually changes as the vineyards give way to the distinctive clay hills that make this part of Tuscany so special.

Route: A mix of gentle climbs and descents, including approximately 13 km of well-maintained unpaved roads.



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Approximately 49km.



**Day 3 - Asciano – Monte Oliveto – San Giovanni d'Asso – Pienza**

Today's ride takes you through the remarkable landscapes of the Crete Senesi towards the famous Val d'Orcia.

Along the way, visit the impressive Monte Oliveto monastery complex, the medieval village of San Giovanni d'Asso and the monastery of Sant'Anna in Camprena.

The day ends in Pienza, a true Renaissance gem, renowned for its elegant architecture and spectacular views over the surrounding countryside.

Route: Approximately 12 km of unpaved tracks, followed by quiet paved roads with very little traffic.

Approximately 52km.



**Day 4 - Pienza – San Quirico – Montalcino – Buonconvento – Murlo**



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Continue exploring the beautiful Val d'Orcia, cycling past golden wheat fields, cypress-lined roads and the rolling hills that have made Tuscany famous.

Pass through the historic centre of San Quirico d'Orcia before reaching Montalcino, famous for its prestigious Brunello wine.

The route then continues towards Buonconvento and the Val d'Arbia, ending in the small medieval village of Murlo.

Route: Approximately 15 km of unpaved roads, with the remaining distance on paved roads.

Approximately 56 km.



**Day 5 - Murlo – Radi – Sovicille – Monteriggioni – Colle Val d'Elsa**

Today's stage leads you through the rolling landscapes of the Montagnola Senese and Val d'Elsa, following sections of the historic Via Francigena, an ancient pilgrimage route connecting Northern Europe to Rome.

One of the highlights is Monteriggioni, a remarkable fortified medieval village surrounded by its impressive defensive walls.

The day ends in Colle Val d'Elsa, where the historic centre retains all the charm and character of a traditional Tuscan town.

Route: A combination of quiet paved roads and unpaved country tracks.

Distance:  approximately 64km.



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**Day 6 - Colle Val d'Elsa – Casole d'Elsa – Ulignano – Volterra**

Enjoy a beautiful ride through the Tuscan countryside, with wonderful panoramic views stretching across Val di Cecina and Val d'Elsa.

Cycle through Casole d'Elsa before continuing towards Volterra, an ancient Etruscan town perched high on a hill.

The final uphill kilometres bring you to this fascinating historic town, known for its medieval streets, impressive monuments and authentic atmosphere.

Route: Mainly paved roads, with a climb over the final kilometres to reach Volterra.

Approximately 47km.



**Day 7 - Volterra – Il Castagno – San Gimignano – Certaldo – Siena**

On your final cycling day, ride through the beautiful hills of the Valdera towards one of Tuscany's most famous towns: San Gimignano, renowned for its distinctive medieval towers.



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After exploring its charming historic centre, continue to Certaldo, the birthplace of the writer Boccaccio, whose picturesque old town is also well worth a visit.

From Certaldo, take the train back to Siena for your final night.

Route: Entirely on paved roads. Return to Siena by train from Certaldo.

Approximately 47 km



**Day 8 - Siena – End of the Tour**

Enjoy breakfast at your accommodation before your trip comes to an end.

Leave Tuscany with wonderful memories of its historic villages, rolling landscapes, beautiful vineyards and delicious local flavours.

## Additional information

**TARIFFS**

Price from 930 euros per person.

**OPTIONS**

Bike hire (leisure bike) including delivery and rapatriation : 220 euros per person.
Bike hire (electric bike) including delivery and rapatriation : 340 euros per person.
Single room : 325 euros per person.

High season supplement (23 April – 18 September)



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: 50 euros per person.

**INCLUDED**
Accommodation in 3* hotels
Buffet breakfast
GPS tracks
Digital travel documents
Local assistance
Luggage transfers between each stage (1 luggage per person per person)

**NOT INCLUDED**
Transport to reach the starting points and back
Insurance
Drinks, lunches and dinners
Bike rental and any repairs
Visits and entrances
Personal extras
Anything not mentioned under “Included”

**LEVEL OF DIFFICULTY**
A discovery route, open to all including leisurely cyclists.

**LUGGAGE**
Your luggage will be transferred daily so that you only need to ride with the bare minimum (camera, water, etc)

**ACCOMMODATION**
Nights in agriturismos or comfortable hotels.

**SIZE OF GROUP**
Minimum 2 participants

**DEPARTURES**
Every day from March 20th to October 15th

**DEPARTURE**
Start at your first hotel in Sienna

**DISPERSION**
On day 8, after your breakfast in Sienna

**EQUIPMENT TO TAKE**
ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive cheklist) :



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As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

BIKES

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike…

REPAIR MATERIAL

To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recomended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :

- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

EQUIPMENT

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

DAY BACKPACK



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Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:
- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

PICNIC
In order to avoid unnecessary waste at picnic time, remember to take with you :
- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

TRAVEL BAG
Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :
- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

FIRST-AID KIT
Concerning all our guided stays, the instructor has a first aid kit.
However, it is essential to bring your own first aid kit.
Here is a list of the minimum items to take with you:
- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.



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**IMPORTANT INFORMATION**

On the days of the "Palio" (July 2nd and August 16th) the tour may not be available.



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