

lifecycles

T R A V E L



Tuscany Grand Tour
2020

TRAVEL



Trip Details:

Cycle through Tuscany, roll along ridgelines of green hills, past endless rows of vineyards & olive groves. Brush past fields of wild red poppies & climb to medieval walled cities where you'll feast on fresh pasta with delicious rich sauces. There really is only one Tuscany, and Lifecycles Travel has combined the best cycling routes with the most authentic dining experiences. This carefully crafted bespoke itinerary brings you to the absolute best of Toscana. Join us for 9 days in Tuscany & have the ride of your life.

Date Options:

14 - 22 May 2020 OR

26 May - 3 June 2020

Duration: 9 days / 8 nights

Price: \$5999

Early Bird Price: \$5399

Arrival & Departure locations:

Florence Airport or

Florence S.M Novella Station

BOOK NOW

HIGHLIGHTS



On this tour you will:

- Ride through the quintessential Tuscan countryside in the Val d'Orcia, lined with cypress trees and rolling green hills
- Visit the oldest winery in Italy and birthplace of the Chianti Classico wine
- Conquer the famous 'white roads' of the Strade Bianche and L'Eroica
- Discover Monteriggioni, one of the best preserved walled towns in the world
- Stay in a 16th century monastery which has been reopened as a beautiful resort in San Gimignano

IN THE DETAIL



Why Choose Lifecycles Travel?

Alice & Chris:

Your guides Chris and Alice will take you to sought after cycling destinations without making you feel like a tourist. Every ride, town, hotel and restaurant has been carefully researched and selected by these two. They are fun, energetic & are ready to show you a great time. "We absolutely love and believe in what we do, and can't wait to share with you the ride of your life".

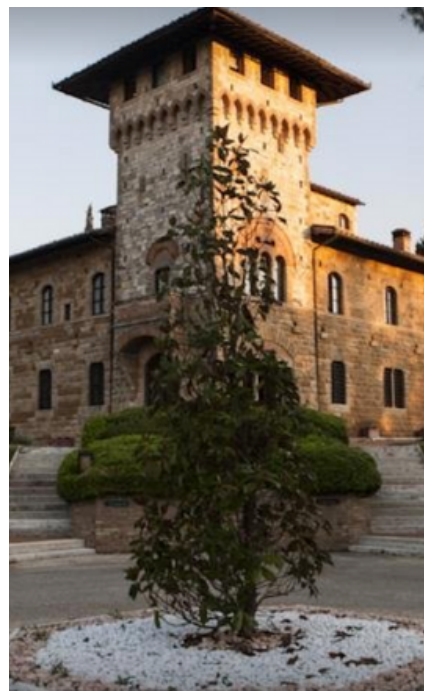
Bike rental:

Road and E-bike rental is available on this trip. Choose from a selection of premium Willier models to suit your taste and ability. Contact us for specific bike rental details.

Flexible rides:

We pride ourselves on creating experiences that are ideal for both avid and recreational cyclists. Whether you want to go hard or go easy on any day, we've got the rides, support and logistics to suit you.

ACCOMMODATION



Hotels

All only 4 or 5 stars ★★★★★

Hotel La Collegiata, San Gimignano: Originally a Franciscan convent built in 1587, Hotel La Collegiata is immersed in a natural context of merit, reserved and discreet. It has only 20 rooms, a beautiful large outdoor swimming pool, a spectacular rose garden and bar area, a centuries-old park with small and romantic hidden corners and a lovely pergola under which to dine in summer and enjoy the magnificent views of the historical town of San Gimignano.

Relais Palazzo del Capitano, San Quirico: The Hotel Relais Palazzo del Capitano is a lovely hotel with 16 rooms and plenty of personality. Simple but done with a great deal of care to protect the 600 year old building, the rooms have been given a very sensitive restoration and the hotel provides a wonderful place to come and stay in this quiet corner of Tuscany. Wooden beams, open fires, brick floors and four poster beds are features found in many of the rooms and while being extremely comfortable, the hotel is at the same time very honest and relaxed.

Palazzo Leopoldo, Radda in Chianti: Palazzo Leopoldo is a majestic property made of a formerly a patrician villa dating back to 1310. The historical building is right in the heart of the small walled city, is close to restaurants and is set in the medieval centre of Radda, surrounded by the Chianti countryside. The large rooms of this ancient manor are uniquely decorated. At the wellness and fitness area you can enjoy massages, sauna, Turkish bath, sun terrace and a heated indoor swimming pool with hydromassage area.

ITINERARY

DAY 1



Start the trip with a private transfer from the airport to **San Gimignano**, one of the most iconic and recognisable destinations in Tuscany. Settle in and explore the many hidden gardens then get set up on your bike for the tour while enjoying panoramic views of the countryside. In the afternoon we'll all go for a short spin up to the medieval city to warm-up our legs and experience this UNESCO world heritage listed destination. Then enjoy a special welcome dinner tonight sampling typical Tuscan dishes including duck ragout and tiramisu washed down with our first taste of the local Vernaccia di San Gimignano wine.

"Once again an excellent cycling holiday. Well done Chris and Alice"

ITINERARY

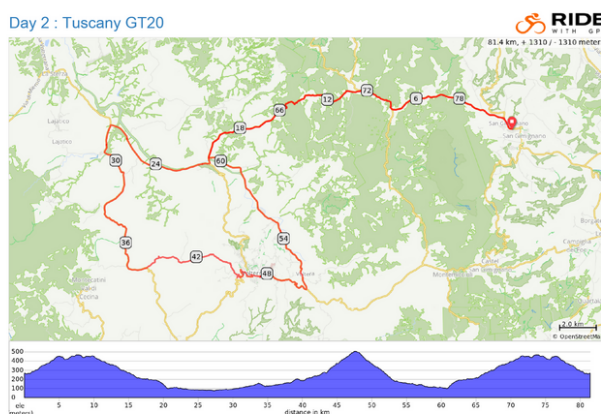
DAY 2



Today the real cycling begins! We will ride a magnificent loop along the valleys of **Cecina and Dell'Era**, before climbing up to the Etruscan town of **Volterra**. Here you can witness one of the finest and most well preserved Roman theaters in Italy before taking a coffee & gelato overlooking the wonderful Palazzo dei Priori in the town centre. Enjoy an afternoon by the pool or on the hotel terrace before we regroup tonight for a gourmet Italian cooking class, where we'll learn how to make local pastas and desserts from an experienced Italian chef.

Ride details: 80km, 1300m climbing
Shorter option: 50km, 800m climbing
Longer option: 90km, 1500m climbing

Day 2 : Tuscany GT20



ITINERARY

DAY 3



This morning we'll enjoy a typical ride in the envious oasis of the Val d'Elsa, absorbing the beauty of this postcard landscape as we navigate our way to the walled city of **Certaldo**. Unlike other villages dating to the middle ages, Certaldo is recognisable for having no main piazza from where religious or other commercial powers would have once made their mark. Returning back to **San Gimignano** on scenic roads, we'll shower and change before visiting a local winery this afternoon for a tasting and picturesque 4 course lunch in the vineyards.

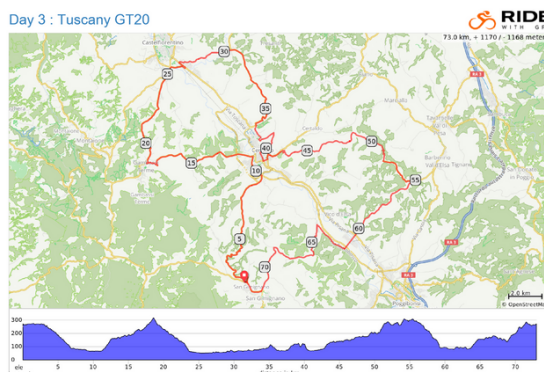
Ride details: 72km, 1150m climbing

Shorter option: 50km, 650m climbing

Longer option: 80km, 1300m climbing

**"Great organisers, great support,
great routes and great weather!"**

Day 3 : Tuscany GT20



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DAY 4



Today we swap one postcard Tuscan landscape for another as we say goodbye to San Gimignano and ride south to the iconic **Val d'Orcia**. Along the way, we'll tackle the infamous 'white roads' around **Siena** and get a taste of what the pros experience in the famous Strade Bianche pro-tour race. Arriving in **San Quirico**, you'll be met with inviting paved streets and beautiful stone fountains, perfect for a water bottle refill. This evening, enjoy an aperitif Spritz while watching the sunset over the valley before dinner at a local restaurant in the ancient walled city.

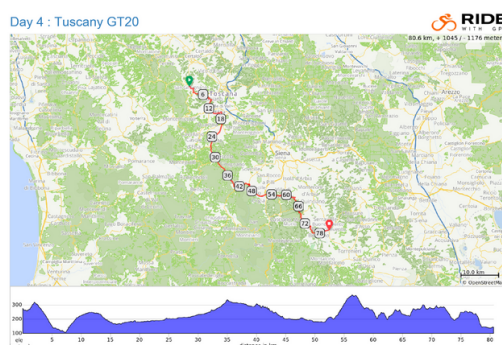
Ride details: 80km, 1000m climbing

Shorter option: 45km, 500m climbing

Longer option: 100km, 1700m climbing

"An outstanding multi day cycling experience."

Day 4 : Tuscany GT20



ITINERARY

DAY 5



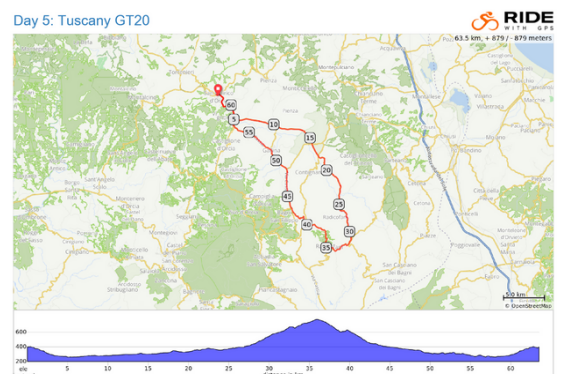
Journey deep into the heart of the **Val d'Orcia** today as we ride south to **Radicofani** to witness one of the most spectacular fortresses in Tuscany. The rolling hills lined with fields and Cypress trees that fill this unmistakable region to the south of Siena have been immortalized through millions of photographs, as well as films such as *Gladiator* and *The English Patient*. No doubt you will enjoy a few photo ops along the way yourself before we eventually arrive back in **San Quirico** in time for an afternoon visit to **Bagno Vignoni** for a relaxing dip in the natural hot springs here first discovered by the Etruscans.

Ride details: 65km, 900m climbing

Shorter option: 35km, 500m climbing

Longer option: 80km, 1500m climbing

Day 5: Tuscany GT20



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DAY 6



It's time for us to depart the Val d'Orcia this morning as we continue onto our final destination of this tour, the world famous **Chianti region**.

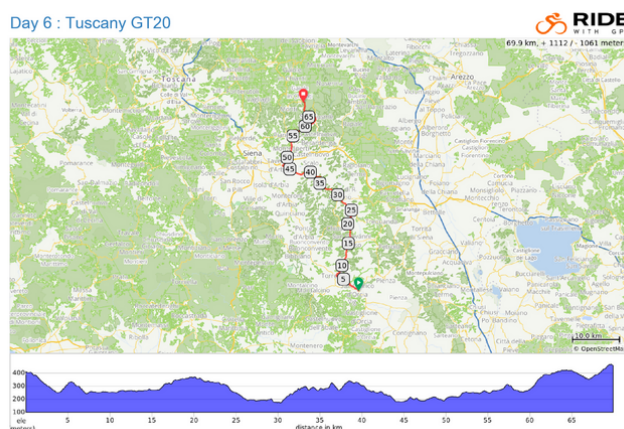
Riding out of San Quirico, we'll soon pass through the **Crete Senesi** and witness the lunar appearance of the landscape in this region caused by the distinctive grey colouration of the clay earth. Further north in **Gaiole**, a visit to the birthplace of the Chianti Classico DOCG awaits at Italy's oldest winery **Castello di Brolio**, before we continue to our finish in **Radda in Chianti**, a typical Tuscan town dotted with a sea of vineyards.

Ride details: 70km, 1100m climbing

Shorter option: 50km, 700m climbing

Longer option: 86km, 1400m climbing

Day 6 : Tuscany GT20



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DAY 7



Watch the morning fog lift out of the valley while enjoying coffee and croissants before we dive into the luscious, rolling chain of Chianti hills on our ride to **Monteriggioni**. This tiny medieval city (pictured), perched idyllically on a hill-top and perfectly wrapped inside a 570m wall with 14 towers, is arguably one of the most beautiful towns in all of Italy and our destination for coffee on today's ride. This afternoon, we'll visit one of Castellina's best wineries **Poggio Amorelli**, owned and operated by the **Mazerrini family**, who will guide us through a tasting of their homegrown Sangiovese, Super Tuscan and other notable blends, matched with typical Tuscan flavours from their kitchen.

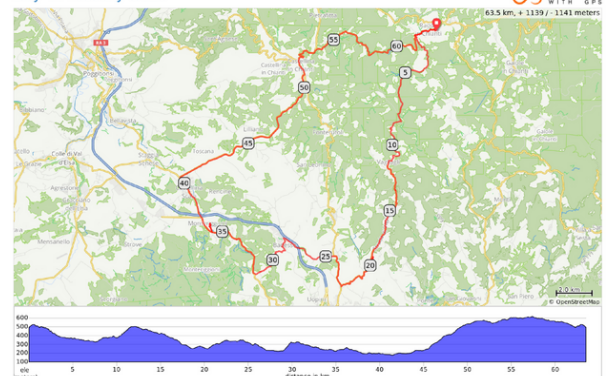
Ride details: 62km, 1100m climbing

Shorter option: 36km, 600m climbing

Longer option: 93km, 1650m climbing

"Tasting a 36 year old balsamic olive oil from the Mazerrini family restaurant was a delicious highlight for me."

Day 7: Tuscany GT20



ITINERARY

DAY 8



No trip to Tuscany would be complete without navigating the iconic 'Chiantigiana. This scenic tourist route, linking Florence and Siena, takes in Chianti's best destinations **Greve, Panzano and Castellina**, whilst offering endless views of hills, vineyards, olive groves, villages and castles. This afternoon, you're free to wander the tiny streets of **Radda** before we regroup for a farewell dinner at Bar Ucci in nearby tiny **Volpaia**, where owner Paola will explain the history of this cattle-shed turned wine bar over a selection of hearty local dishes.

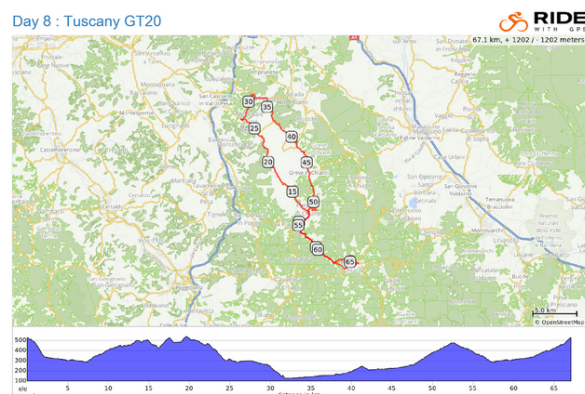
Ride details: 67km, 1200m climbing

Shorter option: 50km, 950m climbing

Longer option: 90km, 1550m climbing

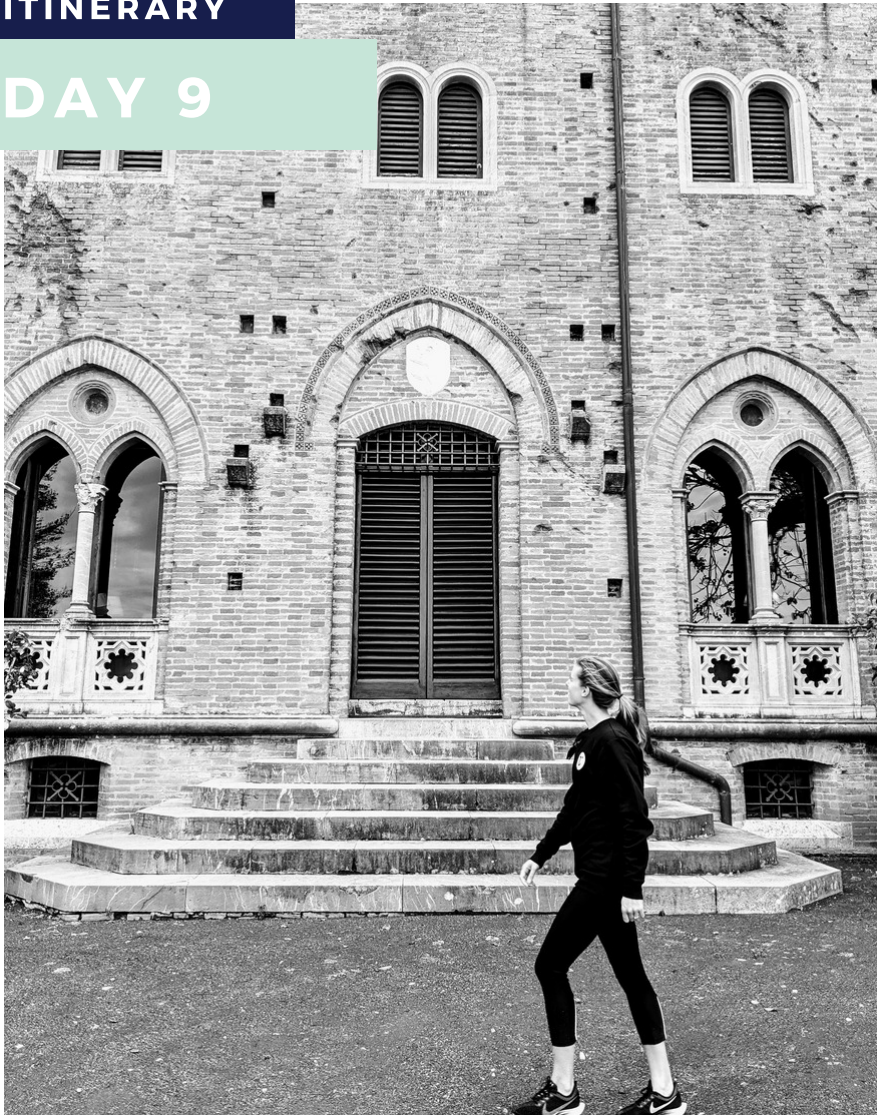
"Bar Ucci was full of character and I loved meeting Paola, her nonna and their Cockerspanial Lucy!"

Day 8 : Tuscany GT20



ITINERARY

DAY 9



Farewell! It's always sad to say goodbye, but like all good things the trip must come to an end.

Following breakfast at hotel Palazzo Leopoldo, we will arrange private transfers to Florence Airport & Train Station, where the trip will conclude.

Enjoy the rest of your travels and we look forward to seeing you on a Lifecycles Travel trip again soon.



"The Lifecycles Travel Tuscany Grand Tour was a fabulous cycle tour of one of Italy's great destinations. It was a wonderful combination of cycling, gorgeous scenery and gourmet Italian food! Chris and Alice were a great team, lots of fun, well organised and professional. I can highly recommend it to anyone interested in a small group tour."



RENTAL OPTIONS

BIKE HIRE



All about the bikes

Comfort road bike:

Willier GTR Team | Full Shimano Ultegra | 50/34 11/28 gearing
Total cost = \$599



Road bike up-grade:

Willier Cento1SR | Full Shimano Ultegra Di2 | 50/34 & 11/28 gearing
Total cost = \$849



Comfort E-bike:

Kalkhoff Endeavour | Comfortable flat handlebar setup |
36V rechargeable battery
Total cost = \$599



E-bike upgrade:

Willier Cento1 Hybrid | 11.9kg Ebike | Full Shimano Ultegra
Total cost = \$799



Lifecycles TRAVEL

DON'T MISS OUT BOOK YOUR SPOT

TUSCANY GRAND TOUR

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ON NOW**

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get \$600 off tour price.



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