

Italy

Self-Guided Road Bike tour

Active Journeys



Tuscany - Pisa to Siena

Day 1	
Arrive Pisa	
Day 2	30/45 km
To Lucca	
Day 3	45 km
To San Miniato	
Day 4	25/60 km
To Colle Val d'Esta	
Day 5	60 km
To Siena	
Day 6	20/45 km
Siena-Monteroni d'Arbia-Siena	
Day 7	
Tour ends	

Cycling in Tuscany is a constant delight. In the perfectly preserved towns and villages, you find people living much as their ancestors did in the past, complete with festivals and colourful pageants. The countryside too has a timelessness: ancient stone terraces of olive and vines, chestnut trees intermingled with walled medieval villages, castles, forests, and wonderful vineyards.

From Pisa, with its imposing tower and its magnificent churches, you start cycling along the so called Via Francigena, an ancient road where people used in order to visit the holy city of Rome. Following the steps of these medieval pilgrims, you will go through extraordinary places in the middle of rolling hills, scattered with castles, fortresses and abbeys. After crossing San Miniato, a place much beloved by Emperors and Popes, located in the Arno Valley, you will finally reach Siena, with its wonderful square.

Savour the pleasure of pedaling through the vineyards of Tuscany and Chianti. Taste the fine wines and sample the excellent Italian cuisine of this region. Uncover the beauty and charm of Tuscany!

Tour Details

Dates:

Saturdays from 7 April to 6 October

Cost: \$1450

Single Room: \$350

Bike: \$175

Length: 7 days / 6 nights

Grade: Intermediate

Starts: Pisa

Ends: Siena



Fast Facts

- Lovely accommodations, always with private facilities
- Breakfasts included
- Luggage transport
- Route notes and maps

E-Bike Info:

- E-bike rental: \$375
- Limited supply, so reservations required
- Kalkhoff Agattu and BionX models available



ITINERARY

Day 1 Pisa

Arrive on your own to Pisa. Declared a UNESCO World Heritage Site in 1987, Pisa is one of Italy's top university towns and boasts a vibrant and colourful cultural scene, along with a host of other historical sites.

Day 2 Pisa – Lucca 30/45 km

Cycling through Pisa's countryside, you join the Serchio river to Lucca. Today's route can be extended by taking the alternative route, skirting Lake Massaciuccoli and taking in the Chiarone Nature Reserve.

Day 3 Lucca – San Miniato 50 km

Starting from Piazza Anfiteatro in the heart of Lucca, we join the Via Francigena trail. Along the route, see the ancient abbey of Pozzeveri, south of the Serchio, which rises along a stretch which was notoriously challenging for early pilgrims, with its dense forest swamped in marshland.

Day 4 San Miniato – Colle Val d'Elsa 55/60 km

Continue along the valleys and banks of the Elsa river, past the castles that once ensured safe passage to the pilgrims of the Via Francigena. Shortly before reaching Colle Val d'Elsa, you can see in the distance San Gimignano, a medieval burgh celebrated for its timeless skyline of towers.

Day 5 Colle Val d'Elsa – Siena 30 km

Head for Montagnola Senese, home to the historic clifftop castle of Monteriggioni, which once defended the Republic of Siena. The heart of Siena, Piazza del Campo, is a short ride away now. Here the historic bare-back horse race takes place twice a year: the Palio di Siena.

Day 6 Siena – Monteroni d'Arbia – Siena 20/45 km

The Via Francigena continues south following the ancient Cassian Way – the Roman route that once linked Florence and Rome – traversing one of the most picturesque stretches of Tuscany: the Crete Senesi. From Monteroni d'Arbia you can return to Siena by bus or train, or simply cycle on and up through the gentle "Clays", their moonscape lined with cypress trees and dotted with solitary shepherds' huts.

Day 7 Siena

After breakfast, end of tour.



What to Expect

What will the weather be like?

The daytime temperature will be around 22 to mid-30's degrees C (70's to 90's F), with very little rainfall. It is the hottest in July and August, and possibly the busiest as well.

How many hours of cycling a day?

Be prepared to ride between 4 to 6 hours daily. This is not a supported tour, so you must ride the route once you set out. Possibility to shorten the itinerary by taking the train: day 3, 4 and 6. The itinerary poses an intermediate challenge and follows wherever possible the pilgrim way. You cycle mainly along quiet roads with occasional stretches of rough (but comfortable) track. The early stages are essentially on level ground; from San Miniato as far as Siena the hilly landscape is steadily undulating, with climbs of intermediate difficulty. Moderate/Intermediate: some days flat, others with some hills. Suitable for everyone with some cycling experience and is fit.

What is the food like?

We have included a breakfast every day. Most of the hotels offer some cheeses, fruits, meats and yogurts. For lunch, you can stop in a local restaurant for a full meal or mid-day snack. For dinner, our notes will offer some suggestions.

What are the hotels like?

They are chosen for their charm and location. Properties are charming B&B's, mostly 3/4* hotels (sometimes a cosy 2* in Lucca). All the rooms have private facilities.

ABOUT INDEPENDENT HOLIDAYS: You will be met by our representative on the first day. You explore the Italy at liberty, cycling along quiet roads. These holidays offer all the pleasures of riding point to point. Arrive at a new destination each day, without the hassle of carrying any luggage. Our detailed route notes and up-to-date maps, combined with the official marker posts ensure that you enjoy your holiday without the worry of finding the routes.



Getting There

The main airport closest to the starting point is Pisa International or Florence International Airports.

From Siena, there are frequent trains back to Florence or Pisa. The cost of the First Class ticket from Siena to Florence is about \$40 or \$30 in Second Class. The journey is 1 hour and 45 minutes.

ATTENTION: On Sundays and Bank Holidays there are fewer services than on working days. For further information on timetables and prices you can consult the following websites: www.trenitalia.it



How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire process.
- Download the reservation form from our site and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent.
- A deposit is required immediately, and final payment is due 60 days prior to the trip departure. Terms & conditions are outlined in our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance
- Ensure you are in proper health for the trip chosen. Contact us, for more information on vaccinations, inoculations, and fitness requirements.