

SENESE AND VAL D'ORCIA

Perched villages and Mount Amiata



SELF GUIDED TOUR - CODE: En01

PERIOD 6 days / 5 nights

DATES from March to november 2015

BIKE Road bike, Mountain bike, Hybrid, Electric bike

TERRAIN paved Road

DIFFICOLTÀ ●●●○○

Circular tour around Siena to discover one of the most photographed landscape in the world. Four days cycling through one of the most beautiful areas of Italy, where the lunar landscape of the Crete Senesi mingle with spectacular hills and vineyards of the Val d'Orcia, UNESCO World Heritage Site.

BOOK NOW !

PRICES PER PERSON:

2 - 3 participants: **555,00 €** | 4 participants or more : **460,00 €**

WHAT IS INCLUDED IN THE PRICE:

- 5 nights in 3 star hotel/Residence in twin/double room;
- 5 breakfast buffet;
- 1 wine tasting of Brunello;
- Luggage transfer;
- Maps, trip notes and detailed route directions;
- Medical and baggage insurance.

SUPPLEMENTS

- single room: + 110,00 €
- half-breakfast: + 85,00 € (drinks not included)
- extra night in Siena: 50,00 € (per person in double or twin room) - 75,00 € (per person in single room)
- Bike rental: Mtb: 100€; Road Bike full carbon (subject to availability): +220 €; Pedal assisted bike (subject to availability): +210 €

NOT INCLUDED

Meals, Tourist tax to pay at the hotel (about 6,00 € per person for the entire holiday); admission to museums and anything else not mentioned in 'What is included in the price'.

DIFFICULTY LEVEL

The tour is quite challenging and is aimed at cyclists average level of training. The ups and downs of the route and the long climb of Mount Amiata require some practice and having already faced routes of 40-50 kilometers and climbs of about 10 kilometers.

ITINERARY

Day 1:

Siena

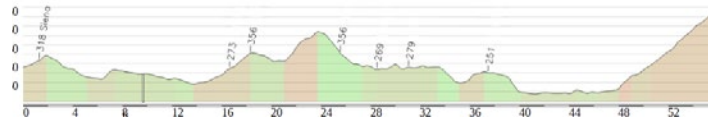
Individual arrival in Siena and accommodation in hotel

Day 2:

Siena > Montalcino

55 km, ascent 850 m

Through the Val d'Arbia we'll arrive in Montalcino in the heart of Val d'Orcia a splendid example of a city perched, which overlooks the entire valley. The owner will accompany you in the only cellar remained within the walls of the town for a visit and wine tasting.



Day 3

Montalcino > Abbadia San Salvatore

44 km, ascent 1000 m

We explore the southern area of the Val d'Orcia, characterized by the imposing Monte Amiata. The stage is short, but challenging and full of charm. We will not miss a visit to the beautiful Benedictine Abbey of St. Antimo.



Day 4

Abbadia San Salvatore > San Quirico d'Orcia

53 km, dislivello totale 650 m

The tour continues to the north for about fifty kilometers, much more simple than those of the preceding days, during which we will visit the most beautiful and famous towns of Val d'Orcia. The first village we come to is Bagni San Filippo, a real jewel spa at the foot of Mount Amiata, where you can choose to take advantage of sulfur water gushing from the rocks of the "Fosso Acqua Bianca", or, if you cross the bridge ahead, immerse yourself in muddy pools completely white called the "white Whale." Then we will visit the beautiful Pienza and finally the journey will end in the village of San Quirico d'Orcia.

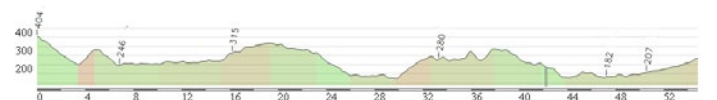


Day 5

San Quirico d'Orcia > Siena

56 km, dislivello 650 m

We will return back to Siena through the famous Crete Senesi, charming valleys clay-colored and creeks.



Day 6:

Siena

End of services and individual departure from Siena.

FOR MORE INFORMATION CONTACT US

info@tuscanybybicycle.com | www.tuscanybybicycle.com

Tel. +39 055 218059

HOW TO BOOK

Send an email at info@tuscanybybicycle.com with your request or fill in the [registration form](#) on our web-site. Once we receive the form or your email a member of our staff will confirm you the availability and the exact quotation for the tour and keep it in option for some days. Then you have to fill in the booking form, sign it and send it us back via email or via fax and at the same time pay a deposit of 25% of the total amount of the tour price. After receiving the deposit we will send you the booking confirmation. The balance is due within 30 days before departure. After the balance we will send you the document by mail.

HOW TO PAY

You can pay per bank transfer on the following account:

CAPONNETTO DANIELE VIAGGIAREINBICI

IBAN: IT05R0616002809100000004744

BIC: CRFIT3F

REASON FOR PAYMENT: tour name or code + your last name

BANCA: Cassa di Risparmio di Firenze, filiale 00155 Viale dei mille 26/r - 50131 Firenze

BIKE RENTAL

Mountain Bike Merida, 21 speed or similar. You will be responsible for bicycles for the entire duration of the tour.

OWN BIKE

If you participate with your bike recommend that you check it is in good condition before departure, to avoid breakage and better address the planned stages.

LUGGAGE TRANSPORT

Your luggage will be transported from one hotel to another for the duration of the tour and will have to be accommodated in the hotel lobby before leaving on a bike. It is your responsibility to check that they are properly closed and, if necessary affix a name badge.

SPECIAL REQUESTS AND DIETS

If you are vegetarian, vegan, gluten-free, allergy, or follow special diets or if you have any other special request please report it at the moment of your reservation. It may not be possible to satisfy requests made at the last moment. Please inform us also of any possible health problems or need.

DOCUMENTS

ID or Passport

IN SUITCASE

Sportswear for cycling, sunglasses, raincoats, comfortable clothing for cycling, comfortable shoes for cycling and a change for the free time, shower sandals, clothes for the free time, bathing suit, camera, small backpack or fanny pack for personal belongings to take with you on a bike.

INSURANCE

The basic medical and baggage insurance Amitour is included.

The insurance provides the following services:

- Return of family members or traveling companion
- Journey of a family member in case of hospitalization
- Assistance to minors
- Return of the convalescent
- Reimbursement of medical expenses (up to € 600.00 in Italy, with fixed excess of € 50.00)
- Extension of stay
- Advance first aid expenses
- The cost of rescue, search and retrieval
- Reimbursement luggage up to 300,00 € in Italy in the event of theft, fire, theft, robbery and loss and failure, and failure to return from the carrier.

On the web-site you can download the information paper. In any case it will be sent before departure together with the invoice and other travel information.

We are also covered by professional liability insurance Filo Diretto Assicurazione Spa n. 1505000921 / V.

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