

Cycling Vineyards and Tufa Towns in Southern Tuscany



Date: Oct 12-Oct 14

Activity: Cycling 39-60 km/day with some hilly sections (road/touring bikes, hybrid bikes, tandems and e-bikes available)

Difficulty: Moderate (level 3) due to some hilly sections

Highlights: Tucked in a hidden corner of Italy southwest of Florence and Siena, and north of Rome, the Maremma region, once a swampy abandoned location, has been reclaimed and is now home to regional parks, quaint villages, world acclaimed vineyards and thermal spas. This tour explores two parts of the region: one close to the coast near the town of Magliano, and another near Pitigliano, Sorano and Sovana, three unique towns carved into the local tufa stone, a volcanic stone. This is perfect for an active beginner or intermediate rider who is not afraid of a few hills, and wants great taste of an undiscovered part of Italy that few foreigners visit.

- “Maremma” area bicycling
- Morellino di Scansano vineyards and wine tasting
- Towns of Pitigliano, Sorano, Sovana dug into the soft tufa rock
- Elegant rural farm stay in Maremma region
- Undiscovered parts of Tuscany

[See Online Map](#)

Includes:

- 2 nights lodging in 3 and 4 star hotels or rural agriturismo, 2 breakfasts (optional pretour night in Montecatini Terme possible for extra cost),
- 3 lunches, 2 dinners with local wine,
- Premium bicycle (choice of titanium road, titanium hybrid, tandem or e-bike),
- Bilingual and experienced cycling tour leader(s),
- Support van and driver
- Transfer from Grosseto train station to tour start and transfer from tour end to Montecatini Terme,
- Itinerary activities including olive oil visit/tasting, wine tasting, guided visit of Etruscan necropolis, entrance to the Tarot Garden.

Excludes: Airfare and travel to Grosseto train station (optional pretour night in Montecatini does include shuttle from Montecatini hotel to Grosseto train station); personal expenses; drinks other than what is included in the meals; guide/tour leader tips or gratuities; any activity that is not specified in this itinerary.

Price:

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| | Tour start from Grosseto train station, approx. 11 am Oct 12 | Optional Extra night before trip in Montecatini (October 11 th) and shuttle to Grosseto on the 12 th at 7:30 am. |
| Shared double, per person | 400 euro | 165 euro |
| Single room supplement (pending availability as small properties might not have enough) | 140 euro | 190 euro |

Cancellation Policy: full payment is due 60 days before the trip. If cancellation happens within 29 – 0 days before trip start no refunds will be given.

Group Size: 4-16

About Cycle Europe: Family owned and operated by sisters - Monica and Maria Elena Malpezzi Price, and Monica’s husband, Michele Boglioni, Cycle Europe’s mission is to help others slow down and experience the world from the seat of a bike. Cycle Europe is a tour operator based in Tuscany and Emilia Romagna. Beyond offering self-guided bicycle tours, Cycle Europe outfits groups with bicycle equipment rentals along with associated services including: route planning, ground operations, and guiding services.



Detailed Itinerary:

Optional: Oct 11: for those arriving independently to Montecatini Terme, we can book a hotel night and transfer to the meeting point early on the 12th. See extra cost above for extra night in Montecatini.

Oct 12: From Montecatini Terme: 8 am departure from hotel.

Meeting point at 11 am: Grosseto train station

From Rome: 1 hour 40 minutes - 2 hour direct train ride

From Pisa: 1 hour 20 minutes direct train ride

From Florence: 3 hours with 1 change train ride

We'll meet at the Grosseto train station and transfer to our Agriturismo in Maremma to enjoy a light lunch before fitting our bikes. A ride this afternoon takes us to one of the region's most bizarre and fascinating places, the Tarot Garden, an outdoor sculpture garden by artist Niki de Saint Phale. We'll enjoy dinner together in our Agriturismo tonight as well as some tastings of the local olive oil and wine.

Mileage: 40 km, 350 meters of elevation gain. Meals: L, D

Oct 13: We'll bike through vineyards that make one of Italy's most famous wines, the Morellino di Scansano, on our way to the town of Sovana, a beautifully situated Etruscan town literally carved into the



local tufa (volcanic stone). Enjoy a short guided visit of the monumental Etruscan Hildebrand tomb, one of the most famous and well-preserved tombs of the area and within a larger necropolis where we can wander through the canyon-like alleyways, all of which are sculpted from stone.

Mileage: 60 km, 1000 meters of elevation gain. Meals: B, L, D

Oct 14: Our loop ride from Sovana takes you to the striking towns of Pitigliano and Sorano, both of which are perched high on a cliff of tufa stone. Like Sovana, these towns have Etruscan origins and impressive archaeological remnants. Built between the 10th and 15th centuries, they were held by important Roman families--the Orsini (Pitigliano) and the Aldobrandeschi (Sorano) families until their fall to the Medici's, the Grand Duchy of Tuscany. Their elaborate palaces still stand in the center of both towns. Once back in Sovana, we'll take our leave of this enchanting corner of Tuscany, returning to Montecatini Terme by dinner time.

Mileage: 39 km, 550 meters of elevation gain. Meals B, L

Packing List – this is to inform you on what clothes to bring for this cycling tour.

- Passport (required: check it now for expiration)
- Insurance information - health and travel information including policy numbers and phone numbers.

General Tips for Clothing & Shoes: October is shoulder season and rain is always a possibility and days and evenings can be cool. Therefore, lightweight, fast drying clothes are best, as are clothes you can layer.

City Clothes:

- 1-2 pair casual pants and/or skirts
- 2-3 wash and wear shirts
- 1-2 pair shorts or capris (depending upon season of travel)
- 1 light to medium weight long-sleeve/fleece top for layering
- 3 pair socks
- undergarments
- swimsuit for swimming or sunning or saunas
- hat (scrunchable)

Footwear: (Do not bring new shoes, break them in now.)

- Comfortable sandals or casual shoes, your tour may involve walking on cobbles.
- If you are not bringing cycling specific shoes, bring stiff-soled athletic shoe (light trail runners or tennis shoes are good, running shoes sometimes are too flexible in the sole).
- If you use only one all-purpose shoe for bicycling and walking, then bring a second pair of sandals or shoes to give your feet a rest, or in case one pair of shoes get wet.

Cycling clothes & shoes - We recommend wearing bright colors that make you visible to traffic:

- 1-2 pair padded cycling shorts or knickers, or other cycling comfortable bottoms
- 1-2 brightly colored (for visibility) cycling jerseys, athletic tops, or shirts comfortable for cycling
- 1 long-sleeved, performance-type fabric shirt jersey for layering
- 2-3 pair cycling socks
- Water-resistant wind breaker

You should also plan to bring some cooler weather gear for chilly mornings and rainy days:

- Cycling tights or leg-warmers **and** arm warmers
- Rain jacket and pants,
- Head warmer (hat and/or headband or buff),
- Cycling shoes—either stiff-soled athletic shoes or clipless cycling shoes **with your pedals**. If you are using cycling shoes with cleats we strongly recommend mountain or touring style shoes that have a recessed cleat so you can comfortably explore during the day. We do not recommend road style cycling shoes as they are difficult to walk in or if you do bring sandals you can change into as you will be visiting places during the rides.
- *If you bring your clipless cycling shoes with cleats **then also bring your pedals that are specific to your type of cleat**. Our staff will put your pedals on and take them off for you at the end of the tour.*

Biking Gear– Your bike will be equipped with:

- a men's saddle or women's saddle (we have a variety of styles to choose from),
- a quick release style seat post adjustment,
- rear rack and pack (approx.11" X 6" X 7" and expandable) so you don't have to bike with a backpack
- pump, patch kit, spare tube,
- cable lock,
- toe cages on pedals if you are not using clipless pedals (optional),
- cyclometer,

- rear lights
- water bottle cage and a water bottle.
- Helmet if requested (please note we recommend you bring your own)

Here are items you SHOULD bring:

- Sunglasses – Bring some good-quality eye protection.
- Cycling gloves
- Cycling helmet – for safety and hygiene we recommend you bring your own, but we will have loaner ones available if requested in advance.

Here are items you MAY want to bring:

- Small tool kit/multi-tool (optional, but useful),
- small rag for chain grease (ever wonder why cyclists wear black shorts?)