



## Mugello&Tuscany Incoming Tour Operator

*Holidays with Mugello & Tuscany will not be passively recalled but will directly visit you countless times bringing comfort, creativity and inspiration that is to say, the staple food for the psychophysical, spiritual and moral well-being of our times*

[www.mugello-tuscany.com](http://www.mugello-tuscany.com)

# Biking Tuscany's Eroica Roads October 13-14, 2018



This 2-day bike tour highlights the most iconic stretch of Tuscan countryside retracing L'Eroica roads, the famous vintage bicycle ride on the area's famous white roads or "strade bianche." However, we ride mountain bikes, perfect for the mostly unpaved surfaces on which we travel.

The annual L'Eroica event, since it began in 1997, has become one of the world's most popular mass cycling events. The ride's founder Giancarlo Brocci, started the L'Eroica ride as a celebration of cycling history. All riders participating must do so on a bike made in 1987 or earlier; or a replica that sticks to the strict vintage rules, like downtube shifters and toe clips. The great adventure of L'Eroica is now not only possible on the first Sunday of October, the day of the famous race. It can now be ridden at any time of the year on a permanently marked route.

An expert guide from the Italian School of Mountain Biking leads us to discover the jewels of Chianti and the areas around Siena such as Crete Senesi and Val d'Orcia. The Chianti region doesn't need any introduction, as well as the Brunello wine to drink, the Tuscan food to eat (all prepared with farm products of the venue chosen for the overnight stay), the Crete Senesi, parts of Valdorcina and Siena itself.

Lovely biking on a famous route, nature, beautiful landscapes, culture, food and wine are waiting for you!

**Itinerary Difficulty Rating: Vigorous (4)** - Good physical fitness required; 70km/~42 miles cycling per day on unpaved dirt/gravel road, forest tracks, and asphalt with elevation gains and losses ranging from 1128m-1463m (3700'-4800') per day. Tuscany is hilly with few flat sections. Previous biking experience on unpaved, uneven surfaces required. Support vehicle is provided. **NOTE:** Requesting an e-bike, allowing you to use some battery power to assist you up the hills, will reduce the difficulty rating to moderate (3).



**ITINERARY:**

***You must arrive in Montecatini Terme on Friday, October 12.***

**October 13 - DAY 1 - L+D**

Morning meeting at Montecatini Terme and briefing with your MTB guide.

Transfer from Montecatini Terme to Gaiole in Chianti (~1.5 hours).

First leg of the Eroica route: Gaiole in Chianti – Buonconvento

Point of Interest; Siena, Murlo Radi, Castello di Brolio. Lunch in a typical local restaurant.

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Arrival at the selected farmhouse and home-made dinner with local genuine products

**Length:** 70 km

**Ascent** 1150 mt – **Descent** 1295 mt

**Minimum level** 150 mt - **Highest level** 500 mt

**Track bottom:** Dirt roads, Forest roads, Tarmac

**October 14 - DAY 2 – B+L**

Breakfast and second leg of the Eroica route: Buonconvento – Gaiole in Chianti

Point of Interest: Castel Bardenga, Dievole and Crete senesi

Picnic Lunch on the famous Crete Senesi with local genuine products.

Transfer to Montecatini Terme.

**Length:** 70 km

**Ascent** 1450 mt– **Descent** 1300 mt

**Minimum level** 143 mt - **Highest level** 494 mt

**Track bottom:** Dirt roads, Forest roads, Tarmac

**Flexibility:** This is an open-air activity. According to the season and weather conditions we reserve the right to modify the tour or cancel it. This is also to ensure the highest level of safety.

**Group Size:** 6 to 20

**MTB Expert Local guide:** 1 guide from 1 to 6 people; 2 guides from 7 to 15 people; 3 guides from 15 to 20 people

**PRICES:**

450,00 € per person in double room accommodation

470,00 € per person in single room accommodation

**INCLUDED**

- ✓ 1 Overnight stay with breakfast in an agriturismo
- ✓ Full board treatment
- ✓ Mountain bike escort/guides for the whole duration of the excursion (2 days)
- ✓ 24h Assistance with van equipped for recovery in case of need
- ✓ Luggage transfer for the whole tour
- ✓ Mountain bike/e-bike rental with helmet
- ✓ Transfer (bike and person) to / from farm holiday resort to the point of departure
- ✓ Photos and video of the excursion
- ✓ 1 home-made dinner; 2 lunches



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### Weather

October is considered to be one of the best months to visit Tuscany. The average temperatures in October are set between 11°C and 21°C . However, the complex topography of Tuscany includes micro-climate differences within its different regions. Layering is therefore important, as well as be prepared with a proper rain and windproof jacket.

### Packing List:

Layering is key to remaining comfortable while on an active trip. To achieve maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of ventilation, insulation, and weather protection.

<p><b>Luggage:</b></p> <ul style="list-style-type: none"><li>● Medium duffle or rolling soft-sided luggage</li><li>● Luggage lock</li><li>● Packing cubes/stuff sacks</li></ul> <p><b>Clothing:</b></p> <ul style="list-style-type: none"><li>● Casual clothing/shoes for travel and city wear (lightweight, easily washable)</li><li>● Light rain/windproof jacket</li><li>● Mid-weight fleece/softshell</li><li>● Underwear/sports bra (quick drying)</li><li>● Sleepwear</li></ul> <p><b>Cycling:</b></p> <ul style="list-style-type: none"><li>● Cycling helmet – mandatory (You can borrow one of ours with advance notice)</li><li>● Stiff-soled cycling shoes<ul style="list-style-type: none"><li>○ Bring your own clipless pedals and mountain bike shoes with recessed cleats (optional)</li></ul></li><li>● Cycling Jerseys</li><li>● Padded cycling shorts (x 2)</li><li>● Arm and leg warmers</li><li>● Regular biking gloves</li><li>● Eyewear - Biking glasses</li><li>● Lightweight wind jacket</li><li>● Rain jacket/pants/shoe covers (just in case!)</li></ul>	<p><b>Assorted Personal Items:</b></p> <ul style="list-style-type: none"><li>● Water bottle (cycling)</li><li>● Sunblock and lip balm with SPF</li><li>● Sun hat</li><li>● Sunglasses</li><li>● Personal toiletries (toothpaste, toothbrush, hand sanitizer, etc.)</li><li>● Personal first aid kit, medications</li><li>● Camera/memory cards/battery</li><li>● Electronics charger</li><li>● Earplugs and eye shade</li></ul>
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