

GRANFONDO

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# PROFESSIONAL CYCLING TOURS

ON THE ROAD OF TUSCANY FOR LOVERS ONLY!

***SEASIDE TOUR***



## Itinerary

### Day 1

#### **Benvenuti - Welcome!**

Airport pick up  
Transfer to the Farmhouse in Volterra  
Bike set up  
Evening welcome and dinner

### Day 2

#### **Ride 1 Volterra/San Gimignano/Volterra - 82 Km.**

8.30-Breakfast  
9.00-Ride start from Volterra. We leave from the farmhouse by bike. We ride on farm country roads with no traffic, through typical tuscan hills and medieval villages. During the ride, we stop to regroup and take refreshments.  
13.30-Ride end  
14.00-Lunch and relax  
16.00 Activitiy - Wine testing - "Vernaccia " di San Gimignano  
19.00 Dinner

### Day 3

#### **Ride 2 Volterra-San Vincenzo - 98 Km.**

7.00-Breakfast  
7.30-Ride start from Volterra to the Etruscan Coast. We ride through the land of the Etruscan civilisation and the homeland of famous wine such as Bolgheri. During the ride, we stop to regroup and take refreshments.  
13.30-Ride end  
14.00 Lunch  
15.00-Massage -relax  
20.00 Dinner

**START: Pisa/Florence**  
**FINISH: Pisa/Florence**  
**DURATION: 6 days/5 nights**  
**ACCOMODATION: Farm House/Resort**  
**Groupsize : max 10 participants**  
**Included:**

-All meals: breakfast, lunch, snacks and dinners.

-Lodging at Farmhouse/Resort 3-4\*\*\*\*

-Full hydration and snacks during the bike rides

-Bike assembly and disassembly if needed at cost

GRANFONDO Jersey and bids X 2 sets

- 1 or 2 guides

- SAG car

- n.2 Massages by sports therapist

-Daily laundry for jersey and bid

-2 Off-the-bike activities to choose

from: wine-tasting, olive farms , Pasta makers, Pisa or Florence visit.

-Basic health insurance for your stay

-Airport pickup and drop off

- 24H Team support

## Day 4

### Ride 3 San Vincenzo-Suvereto-Massa Marittima - 119 Km.

7.00-Breakfast

7.30-Ride start from the farmhouse in San Vincenzo. We explore the Maremma Park , that offer a mixture of ancient civilizations, quite and exclusive places, lush landscapes and numerous nature reserves. There are small ancient towns and fashionable places.

During the ride, we stop to regroup and take refreshments.

13.30-Ride end

14.00-Lunch

15.00 Massage - relax in Venturina Terme, Natural spas.

20.00 Dinner in BBQ

## Day 5

### Ride 4 San Vincenzo-Bolgheri-Castagneto Carducci - 118 Km.

7.00-Breakfast

7.30-Ride start from the farmhouse in San Vincenzo. This is a scenic itinerary, ride through the famous Cypress Avenue that leads to Bolgheri. This very impressive path is celebrated by one of the major Italian poets of the nineteenth century, Giosuè Carducci, in his famous poems "In front of San Guido". Castagneto has grown around an imposing medieval castle and used nowadays as a setting for events, parties and movies.

During the ride, we stop to regroup and take refreshments.

13.30-Ride end

13.00-Lunch

18.00-visit Bolgheri and wine tasting

20.00 Dinner in Bolgheri

## Day 6

### Bye Bye!

7.00-Breakfast and departure from hotel

9.00- Visit PARKPRE Italian Bicycles Factory

12.00 Lunch

14.00 Airport drop off / Visit to Pisa

(Airport drop off will be accordingly with each participants flights schedule)

### T-bike tour includes

- All meals: breakfast, lunch, snacks and dinners.  
Lodging at Farmhouse/Resort 3-4\*\*\*\*
- Full hydration and snacks during the bike rides
- Bike assembly and disassembly if needed
- GRANFONDO Jersey and bids X 2 sets
- 1 or 2 guides
- SAG car
- n.2 Massages by sports therapist
- Daily laundry for jersey and bid
- 2 Off-the-bike activities to choose from: wine-tasting, olive farms , Pasta makers, guided visit of historical tuscan city
- Basic health insurance for your stay
- Airport pickup and drop off
- 24H Team support
- tax

### **T-bike tour not include**

- Insurance
- Single room supplement
- Flight
- Municipal tax not included to be paid directly to the hotel
- Anything not covered under "Prices include"

### **Payment conditions**

There is no price reduction offered for arriving late or departing early from a trip. A single supplement will be charged to each traveler in a private room.

#### **Dir. Tecnica e prenotazioni**

**Elisabetta de Matteis**

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