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## Ficha viaje



### CYCLING IN TUSCANY 7 DAYS, ROME TO CHIANCIANO TERME

Learning traditional recipes and eating delicious Tuscan cuisine, cycling through Tuscan countryside and stone-walled hill towns, visiting quaint Pienza and medieval Montepulciano.

If you really are what you eat, expect to become exquisite!

## Resumen del viaje

In a country famed for its extensive (not to mention delicious) culinary traditions, Tuscany is top dog. And what better way to work up an appetite for all those gastronomic delights than by taking a leisurely ride through some of the most gorgeous countryside you'll find anywhere? On this trip, you'll explore the gently rolling hills and tiny villages of this idyllic patch of Europe from the seat of a bike, then dig in to expertly prepared meals and flavourful wines drawn from the land you've spent all day traversing.

**Day 1** Rome Meet in Rome, transfer by train to our agriturismo (converted farmhouse) in the Tuscan countryside. Welcome dinner crafted with produce from the farm itself.

**Days 2** Chianciano Terme Enjoy a local Italian breakfast before a cycle into the village of Chianciano Terme. Free afternoon to relax around the pool or explore the grounds of the agriturismo. This evening, watch a cooking demonstration of some local dishes, using ingredients from the area, and enjoy them for dinner.

**Day 3** Chianciano Terme/Pienza Cycle to the classic Renaissance town of Pienza, experiencing the quintessential Tuscan landscape. En route, enjoy a picnic of local specialities.

**Day 4** Chianciano Terme Free day. Options include visiting Florence, San Gimignano or Pisa. Take your bicycle for a local ride or enjoy a relaxing traditional spa treatment in one of the local baths.

**Day 5** Chianciano Terme/Montepulciano Transfer to the Tuscan hill town of Montepulciano, famous for producing excellent food and wine. Cycle around the Tuscan hills, and enjoy the car-free centre of this magnificent town.

**Day 6** Chianciano Terme/Siena Transfer with our bikes to Murlo, where we cycle the rest of the journey into Siena. Free afternoon in Siena to enjoy the city.

**Day 7** Chianciano Terme Depart at any time.

## Itinerario ampliado

**DAY 1 ROME Welcome!** After meeting at a convenient location in Rome (please refer to arrival details for more information on where to meet), we proceed by train to Chiusi and then by private transfer to our agriturismo just outside the charming hill town of Chianciano Terme.

On arrival after settling in, our host Stefano, will welcome us with the first of our many wonderful meals comprised of local, often organic, produce.

**DAY 2 CHIANCIANO TERME** Enjoy a local Italian breakfast before a cycle into the village of Chianciano Terme. The route takes us through gently undulating hills and through country paths en route to the village. Free afternoon to relax around the pool or explore the grounds of the agriturismo. This evening, watch a cooking demonstration of some local dishes, using ingredients from the area, and enjoy them for dinner.

In the early evening, our host Stefano will take us through a cooking demonstration of some local specialties, which may include gnocchi with ricotta cheese or savory faro - the local regional grain) which you will then enjoy for your evening dinner.

**DAY 3 CHIANCIANO TERME/PIENZA** Today we cycle up to the hill town of Pienza. Considered to be the epitome of a Renaissance town, and rebuilt in this style, the cycle up to this town is well worth the reward. We cycle up through the winding paths that cover many of the Tuscan hillsides and through hill-lined streets before we arrive. There is time to relax and wander around the town before we return to Chianciano Terme.

Approx. distance cycled - 22 km.

**DAY 4 CHIANCIANO TERME** Today is a free day. Options include visiting the city of Siena, visiting Florence, borrowing a bicycle for a local ride or enjoy a relaxing traditional spa treatment in one of the spa resort hotels in Chianciano Terme.

**DAY 5 CHIANCIANO TERME** Today we are in for a treat as our host Stefano takes us through his orchards, fields and cellar showing us local produce from the ground up. In the morning, Stefano will explain why he only uses traditional organic methods of cultivation on his property. Depending on the season you may see olive oil and wine in production, the vegetable patch, meat curing, and various fruit trees in the orchard.

This afternoon, we head into Chianciano Terme for a very local wine tasting. This takes place literally in one of the village family's cellars. Their produce is very well regarded in the local region and a great chance to get to learn about the local grape varieties. It is a 10-15 minute stumble back home after the tasting.

This evening, enjoy another of Stefano's delicious dinners.

**DAY 6 CHIANCIANO TERME** Today we take a trip to the quintessential Tuscan hill town of Montalcino.

En route, we will stop at the Abbey of Sant'Antimo. Here we listen to the local monks chanting the offices of the church chanting the traditional Gregorian chant as they have been doing for centuries-

this is a rare privilege, as this is a dying rite in Italy.

**DAY 7 CHIANCIANO TERME** Depart at any time.

## Incluido

- Cooking class of local organic produce, winetasting with local meats and cheeses, cycling in Tuscan countryside including visit to Pienza, Montepulciano and Siena.
- 6 Breakfasts, 2 Dinners (Allow EUR120-170 for meals not included.)
- Small locally owned farmhouse/agriturismo (6 nts)
- Local bus, train, walking, cycling
- Chief Experience Officer (CEO) throughout
- Small group experience; Max 12, Avg 8

## No Incluido

Flights are not included.

## **Hoteles**