



## TOUR ITINERARY

Europe / Italy / Tuscany

# Super Tuscany Bike Tour

An Expression of Italian Life at Its Finest

RIDING  
LEVEL

3

## TOUR HIGHLIGHTS

- Stay in one esteemed hotel after another, from a converted castle to an immaculate private estate with its own Brunello winery
- Ride into the beloved Tuscan hilltowns of San Gimignano, Siena, and Montalcino
- Learn the family recipes that have been handed down over generations as you cook with our friend Lina at her 15th-century home
- Pedal through UNESCO-recognized landscapes of wheat fields where scenes from *Gladiator* were famously filmed
- Savor true Tuscan hospitality during a home-cooked lunch at our friends' olive oil mill







## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
Rome or Florence, Italy
- 📍 **Pick-Up Location:**  
Florence Westin Hotel
- 🕒 **Pick-Up Time:**  
10:30 am

### Departure Details

- ✈ **Airport City:**  
Rome or Florence, Italy
- 📍 **Drop-Off Location:**  
Chiusi Chianciano Train station
- 🕒 **Drop-Off Time:**  
10:30 am

**NOTE:** DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

### Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or [emergency@duvine.com](mailto:emergency@duvine.com).



# TOUR ITINERARY

## Tour By Day

DAY  
1

### Welcome to Tuscany

Welcome to Tuscany! Take a private transfer from Rome or Florence to the picturesque Renaissance village of Pienza. We'll welcome you with a gourmet lunch on the panoramic terrace of a restaurant that is the town's best-kept secret. After lunch, hop on the bikes for a ride along the scenic ridges of this area, through the village of San Quirico and along the old Roman road, the Via Cassia to our first hotel, the stunning Castiglion del Bosco. Check in, relax and enjoy a wine-paired dinner on the grounds.

**Meals:** Lunch / Dinner

**Destinations:** Pienza, San Quirico

**Accomplished:** 21 miles / 34 km, elevation gain: 1,765 feet / 538 meters

**Accommodations:** [Castiglion del Bosco](#)

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DAY  
2

### The Crete Senesi

Wake up to the absolute peace of your tranquil Tuscan villa. Pedal through walled Buonconvento on the way to the Abbey of Monte Oliveto to take in its unique Renaissance fresco. From here the landscape opens up as we ride along the bare ridges of the Crete Senesi, one of the most photographed roads in the world. Lunch is a family affair prepared by our friends Mariella and Paolo at their farmhouse and olive mill outside Castelmuzio. More panoramic views await us on the ride home as well as an optional challenging climb up to the wine-producing village of Montalcino. We'll all return to Montalcino this evening for a special cooking class and dinner in the 15th-century home of our dear friend Lina.

**Meals:** Breakfast/ Lunch/ Dinner

**Destinations:** Buonconvento, Trequanda, Montisi, Montalcino

**Accomplished:** 34 miles / 54 km, elevation gain: 809 meters

**Longer Option:** 48 miles / 69 km, elevation gain: 1,146 meters

**Accommodations:** [Castiglion del Bosco](#)

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## TOUR ITINERARY

DAY  
3

### Brunello Loop

Ride this morning from Montalcino and through Italy's top Brunello vineyards. Stop for a coffee in the medieval heart of San Quirico before heading into the scenic Val d'Orcia, where the iconic wheat field scenes from *Gladiator* were filmed. Then we'll ride along the shoulder of Mount Amiata, Tuscany's towering dormant volcano to lunch and a tasting at our favorite Brunello winery. Stop to take a picture of the beautiful Romanesque Abbey of Sant'Antimo as we pedal back to Montalcino. Tonight you are free to head into Buonconvento or dine here at the hotel.

**Meals:** Breakfast / Lunch

**Destinations:** Montalcino, San Quirico, Sant'Antimo

**Accomplished:** 31 miles / 50 km, elevation gain: 3,542 feet / 1,080 meters

**Shorter Option:** 26 miles / 42 km, elevation gain: 2,713 feet / 827 meters

**Accommodations:** [Castiglion del Bosco](#)

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DAY  
4

### The Crete Senesi and Siena

Pedal out of the forests and into the open landscape of the Crete Senesi. Take in panoramic views over the wheat fields as we ride right into the heart of medieval Siena. Stop here for lunch and to observe the preparations as the city prepares for the Palio, its famous horserace. After lunch, pedal into the wilds of Tuscany on quiet country roads as we make our way to our next hotel. The ride involves a big climb with an incredible view from the top. The hotel, a converted castle, is well worth the effort. Tonight we'll dine here as we enjoy the elegant restaurant here in the castle.

**Meals:** Breakfast / Lunch/ Dinner

**Destinations:** Ville di Corsano, Siena

**Accomplished:** 43 miles / 69 km, elevation gain: 4,316 feet / 1,316 meters

**Longer Option:** 24 miles / 38 km, elevation gain: 2,371 feet / 723 meters

**Accommodations:** [Castello di Casole](#)

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## TOUR ITINERARY

DAY  
5

### San Gimignano

Wake up to a frothy cappuccino and delectable breakfast before setting out on a ride over the open ridges to San Gimignano. Explore the bustling streets of this famous hill town and climb the tallest remaining medieval tower for one of Tuscany's most astonishing views. We'll enjoy lunch at a charming local restaurant, and after you can opt to cycle home or take the van for some relaxation at the hotel. Dinner tonight is a true culinary experience featuring refined Tuscan cuisine at a Michelin-starred restaurant, Arnolfo, in nearby Colle Val d'Elsa.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** San Gimignano, Colle Val d'Elsa, San Donato

**Accomplished:** 23 miles / 37 km, elevation gain: 2,211 feet / 674 meters

**Shorter Option:** 46 miles / 74 km, elevation gain: 4,474 feet / 1,364 meters

**Accommodations:** [Castello di Casole](#)

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DAY  
6

### Ciao to Tuscany

This morning you can sleep in, enjoy a final stroll around the grounds or go for a short bike ride.

**Meals:** Breakfast

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## YOUR TOUR DETAILS

### Preparing for Your Tour

#### Travel Services

DuVine can assist with the following reservations for up to three days before and after your tour.

- Pre and post-trip hotels in all major cities, in addition to the first and last on-tour hotels
- Private transfers

DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your Tour Coordinator.

#### Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

#### Gratuities

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), **please see our FAQs**.



#### Share Your Experience

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@duvine  
@duvine  
#DuVine #DuVineStyle



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CYCLING + ADVENTURE CO.



## YOUR TOUR DETAILS

### Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

### Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

### Training

First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

### Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers.

[Read more](#) about sustainability at DuVine.



# YOUR PACKING LIST

## On The Bike

Cycling jerseys or athletic shirts  
Cycling shorts  
Cycling shoes (if you bring your own pedals)  
Sneakers (if you don't bring your own pedals)  
Athletic socks  
Arm/leg warmers  
Lightweight, waterproof, wind-resistant jacket or vest  
Bike gloves  
Bike saddle/cover (if you prefer your own)

## Off The Bike

Walking shoes  
Hiking shoes (if required)  
Long + short-sleeved shirts  
Sweater/jacket for evenings  
Dinner attire (dressy casual) + dress shoes  
Swimsuit

## Travel Items\*

Travel confirmations + tickets for air, rail, etc.  
Passport, including photocopy  
Local currency  
DuVine Tour Itinerary (with meeting + departing info)  
Health insurance information  
Medications  
Cycling gear (+ pedals) if riding on Day 1

\*We recommend keeping these items in your carry-on

## Additional Items

Cell phone + charger  
Photography gear + charger  
Power/plug adapter  
Toiletries  
Sunscreen, sunglasses, + other sun protection gear  
Insect repellent

## What We Provide

- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

## Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact [tourcoordinators@duvine.com](mailto:tourcoordinators@duvine.com). Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

## Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

## Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

## Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.



## BIKE SAFETY

We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

