



TOUR ITINERARY

Europe / Italy / Tuscany

RIDING
LEVEL

I

Classic Tuscany 4-Day Bike Tour

A Taste of Tuscany: Shorter and Just as Sweet

TOUR HIGHLIGHTS

- Ride surrounded by olive groves, cypress trees, sunflower fields, and bucolic cow pastures
- Meet the locals as we learn to cook a Tuscan lunch with our friend Barbara at her beautiful farmhouse
- Taste exquisite vintages during a private wine-paired lunch at our favorite local winery
- Pedal along the shores of Lake Trasimeno in the silent stillness of the Val di Chiana



ARRIVAL + DEPARTURE

Arrival Details

- ➔ **Airport City:** Rome or Florence, Italy
- 📍 **Pick-Up Location:** Chiusi Train Station
- 🕒 **Pick-Up Time:** 11:00 am

Departure Details

- ➔ **Airport City:** Rome or Florence, Italy
- 📍 **Drop-Off Location:** Camucia-Cortona Train Station
- 🕒 **Drop-Off Time:** 12:00 pm

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.



TOUR ITINERARY

Tour By Day

DAY
1

Welcome to Tuscany

Meet your guides at the Chiusi train station for a transfer to the medieval village of Montefollonico where the adventure begins. We'll toast our arrival with a light lunch at our favorite local restaurant. After a bike fitting and safety review, we'll set off on our first ride through the Tuscan countryside past cows, sheep, olive groves, and vineyards. Stop to admire the stunning architecture of the Temple of San Biagio in Montepulciano, then cruise through the Vino Nobile vineyards to our boutique winery hotel. We'll celebrate tonight with a dinner featuring homemade pastas, fresh seasonal vegetables, and, of course, a selection of local wines.

Meals: Lunch / Dinner

Destinations: Montefollonico, Montepulciano

Accomplished: 17 miles / 28 km, elevation gain: 935 feet / 285 meters

Longer Option: 27 miles / 44 km, elevation gain: 1,551 feet / 473 meters

Accommodations: [Villa Svetoni](#)

DAY
2

Cooking and Cortona

Cycling from our hotel, we'll make our way across the Val di Chiana, home of Tuscany's famed white Chianina cows. Cypress trees, sunflowers, apple orchards, and wheat fields line our route as we pedal deep into the countryside. Learn how to make fresh pasta during a stop for lunch at our friend Barbara's local farmhouse; our meal will feature fresh, seasonal ingredients straight from the farmhouse's very own garden. We'll leave feeling part of the family. Opt to ride or transfer to our next luxurious villa hotel. This evening we'll head into Cortona, an ancient hill town with Etruscan walls and a medieval core. Wander the streets, take in the gorgeous views of the valley below, and explore the bustling artisanal shops before dinner at a local restaurant we love.

Meals: Breakfast / Lunch / Dinner

Destinations: Val di Chiana, Foiano, Cortona

Accomplished: 25 miles / 41 km, elevation gain: 1,053 feet / 321 meters

Longer Option: 30 miles / 49 km, elevation gain: 1,994 feet / 609 meters

Accommodations: [Relais Corte dei Papi](#)

TOUR ITINERARY

DAY
3

Lake Trasimeno

Pedal from Cortona through the olive groves to the blue waters of Lake Trasimeno, site of one of Hannibal's greatest victories over the Romans. Sample some of Tuscany's top wines during a tasting lunch at a historic winery dating back to 1385. Afterwards, complete the bike loop back to the hotel or opt for a quick shuttle back to relax and enjoy the pool and spa. This evening we'll end our journey in style with a final dinner at the hotel's gourmet restaurant.

Meals: Breakfast / Lunch / Dinner

Destinations: Lake Trasimeno, Petrignano, Barullo

Accomplished: 20 miles / 32 km, elevation gain: 1,026 feet / 313 meters

Longer Option: 32 miles / 51 km, elevation gain: 1,489 feet / 454 meters

Accommodations: [Relais Corte dei Papi](#)

DAY
4

Arrivederci

Say goodbye to Tuscany however you see fit. Sleep in, challenge yourself with an optional morning loop ride, or enjoy a leisurely breakfast on the terrace. Your guides will see you off from the train station in Cortona.

Meals: Breakfast

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.

Gratuity

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](#).



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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)
Cycling sunglasses
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, hat, + 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. 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.

