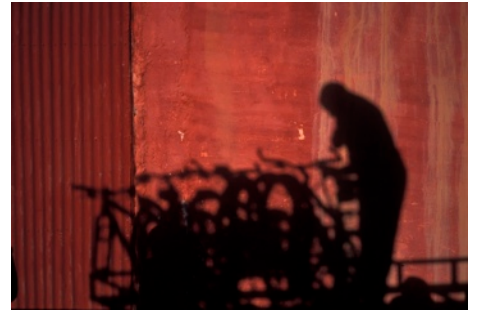


# SECRET TUSCANY

## *SELFGUIDED BIKE TOUR*

2012

Your bike is  
waiting for  
you...  
Inland church  
village.  
A winter sunset  
on the Etruscan  
coast.  
Gently hills near  
Bibbona  
countryside



Have you already been to the famous parts of Tuscany? Have you ticked off your list Florence, the hills of Chianti, Siena, Val d'Orcia or Val di Chiana ?

Would you like to visit the real Tuscany, to be immersed in the beauty, the colour, the scents and the flavours of this magical place, far away from mass tourism and the hectic pace of life?

Then this tour is for you!



## Toscana!

Tuscany, land of noble wines, poets, inventors and farmers working the land, with skin bronzed by the sun to a shade of copper. A land of forests, rocky peaks and deep valleys. A land with roads that wind picturesquely between beautiful hills. This is the typical Tuscan landscape. Rows of cypress trees, olive groves and vineyards that stretch down to the sea. The Tyrrhenian sea, at first green, then suddenly blue, a sea that in the winter months, driven by the libeccio wind from the shores of North Africa, becomes dark and rough.

And in spring, when “Eolo” the God of the winds calms down, everything begins to awaken and come to life. The corn begins to grow in anticipation of the harvest that will take place in the hot, sunny months of summer, the magical green hills hypnotise those who gaze upon them.

And immersed in this nature, riding along at a gentle, regular pace, the fortunate cycle-tourist can enjoy the wonderful views of the hills of Pisa, and at the end of every stage of the journey he will find villages that have hardly changed over the centuries.

In every spot there is still much evidence of the Etruscan and Roman presence; from the defence walls and the remains of amphitheatres and necropolis to the more recent towers and castles. For example Populonia, which is an Etruscan village on the Baratti coastline, blends perfectly into the everyday life of the modern world.

This is the settings which makes the “Tuscan Hillsides” the perfect destination for a cycling holiday where peace and quiet, seasoned with an inexhaustible culture and cuisine, will be the ideal holiday companions.



**From the left**  
Vicopisano,  
Volterra.

DAY	ACTIVITY	DISTANCE	LEVEL DIFFERENCE	DIFFICULTY
1	<i>Transfer</i>			
2	<i>Cycling</i>	52,75	360	**
3	<i>Cycling</i>	52,00	910	****
4	<i>Cycling</i>	53,10	710	***
5	<i>Cycling</i>	54,50	530	***
6	<i>Tasting</i>	<i>wineries &amp; olive oil mills</i>		
7	<i>Cycling</i>	52,60	650	***
8	<i>Transfer</i>			
	<b>TOTAL</b>	<b>264,95</b>	<b>3160</b>	

## Dates of Departures 2012

Any dates between : 31 March to 30 June

01 September to 13 October

- Suggested starting days: Saturdays and Thursdays (8 days tour, see the above table), arrivals in both these days could guarantee oil and wine tasting from our best agents. Mail our office and we'll arrange everything for you.
- Extended tour is possible (7 days cycling instead 5).



**TABLE:** daily programme with stage length and level difference

**PHOTO:** countryside...





## Highlights

- ▶ Try an alternative to the usual tours of Tuscany.
- ▶ Visit the areas away from the main tourist trail.
- ▶ Pass through unique villages and undiscovered rural parishes.
- ▶ Immerse yourself in unforgettable landscape.
- ▶ Study the beautiful hills of Val d'Era.
- ▶ Witness the wild nature of Val di Cecina.
- ▶ Find out about Etruscan and Roman historical civilizations by experiencing it first hand.
- ▶ Try the mind-blowing local cuisine.
- ▶ Discover the lands of great wines including the legendary SASSICAIA.
- ▶ Learn about the amazing local Extra Virgin Olive Oil.
- ▶ Sample a variety of local delicacies, wines, and oils.

**Destination City:** Pisa

**Distance:** 264,95 Km. in total (appr. 155,12 miles); mt. 2675 of level difference (appr. 9456 feet).

**Cost:** € 1250,00 per person in double room.

Rates above are valid for individual travellers with min. 2 pax and max. 4 persons

➡ **Supplement single room** €200,00.

➡ **Group rates on request.**

➡ **Tour extension on request.**

## Included in the price:

- Transfers for luggage and passengers from/to PISA Airport or Railwaystation.
- Accommodation (7 nights) in "agriturismi" or 3 stars hotel.
- 7 Continental breakfast.
- 2 dinners (as specified in the daily program).
- Wine and olive oil tasting .
- GIANT Hybrid bike rental.
- Insurance against damages caused by breakdown of bicycles, for which the bike hire society is responsible.
- Insurance against disease or accident during the tour, granting medical assistance to the participants.
- Luggage transfers between overnight stops.
- Assistance of bike hire staff.
- Use of detailed road-book.

## Not included in the price:

- ❖ Evening meals drinks.
- ❖ Guide.
- ❖ Energy bars/gel/drinks.
- ❖ Beverage at included dinner.
- ❖ Any passengers transfer, except those on arrival and departure days.

## Miscellaneous

- In case you take your own bike a discount of € 80,00 on the package price will be applied.
- In case foreseen wine and olive oil tasting has to be cancelled due to unavailability of the farmhouse in the requested date a refund of Euro 25,00 per person will be deducted on the whole package price

## Why book a self-guided cycling tour

This type of holiday is something in between a "do-it yourself" holiday where you organize everything yourself, and a fully organized package tour with guide. It offers the advantage of complete logistic organization: transfers, room and



board, bike hire, forwarding on of luggage, wine tasting and olive oil sampling, too.

Of course you can decide when to make the necessary stops to take some refreshment, admire the view or visit an ancient monument.

There is no guide, just a highly detailed road-book with routecards and maps giving information on the day's route and places of historical, cultural and gastronomic interest. In the event of an emergency of our helpful staff is just a telephone call away to resolve any problem that may arise.

**In Clockwise**  
from Monteverdi,  
Caprona  
Pisan hills,  
Bike in rest!

## DAY ONE

Transfer from Pisa down town

Transfer to an agriturismo reserved in Calci. Overnight

## DAY TWO

Crossing pisans hills

**Stage 1**, Itinerary technical data:

**Total distance:** 52,75 Km-(32,8mi); **Level difference:** 360 mt.-(1062feet); **Difficulty:** Low; **Longest climb:** 3,0 km-(1,87mi); **Medium slope:** 4%

Arrival by bike at the reserved hotel in Casciana Terme. Overnight



## DAY THREE

Heading Volterra

**Stage 2**, Itinerary technical data:

**Total distance:** 52,00 Km-(32,4mi); **Level difference:** 910 mt.-(2684 feet); **Difficulty:** medium/hig; **Longest climb:** 5,5 km-(3,4mi); **Medium slope:** 5%

Arrival by bike at the reserved hotel in Volterra. Overnight



### PHOTOS from left:

Late june ountryside, view of Val di Cecina from Volterra, Palazzo dei Priori in Volterra,

## DAY FOUR

### Crossing the Cecina Valley

**Stage 3**, Itinerary technical data:

**Total distance:** 53,10 Km-(33,2mi); **Level difference:** 710 mt.-(2100 feet);

**Difficulty:** medium; **Longest climb:** 5,5 -(3,5mi); **Medium slope:** 5%; 2,2 km-(1,4mi); **Medium slope:** 6%

*Arrival by bike at the reserved hotel Agriturismo in San Dalmazio. Dinner at their restaurant and overnight.*



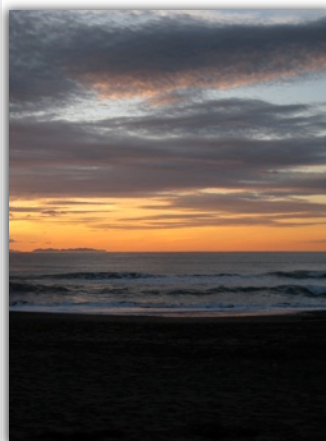
## DAY FIVE

### Reaching the coast

**Stage 4**, Itinerary technical data:

**Total distance:** 54,50 Km - (34,1mi); **Level difference:** 530 mt.-(915 feet); **Difficulty:** Easy stage with constant gentle descent.

*Arrival by bike at the reserved hotel in Castagneto Carducci. Overnight*



**From left to right:**  
poppies fields in June, Montecatini Val di Cecina, the sea



## DAY SIX

### Tastings

You will ride your bicycle to reach the farmhouses where you will taste our two main food products: wine and olive oil. By following the roadbook instructions you will arrive first to an oil mill ( Frantoio ) where oil is still produced by crushing and pressing the fresh olives, and then onwards to a nearby winery immersed in vineyards and olive groves.

## DAY SEVEN

### Leaving Livorno province

**Stage 5**, Itinerary technical data:

**Total distance:** 52,60 Km-(32,8mi); **Level difference:** 650 mt.-(1917 feet);

**Difficulty:** medium; **Longest climb:** 9,0 km-(5,6mi); **Medium slope:** 4%

*Arrival by bike in Pastina. Overnight and dinner in Agriturismo*



## DAY EIGHT

### Transfer to Pisa down town

*Transfer by van from Pastina to Pisa train station/airport*



**PHOTO:** Viale di Bolgheri, vineyards

***The area between Castagneto Carducci and Bolgheri is an ideal place for growing grapes and olives, because of the configuration of the terrain and the nearness to the sea. Hills covered in vineyards and olive groves so close to the Tyrrhenian Sea, make this land rich, and thanks to the mild climate and perfect position one of the finest wines from the Maremma coast is produced here "Sassicaia".***

### The olive Oil

Specializing in olive growing since it was founded Fonte di Foiano Olive Farm is situated on the hills of Segalari, half way between Castagneto Carducci and Bolgheri.

The entire productive cycle is carried out here, from growing the olives to bottling the finished product, oil. The greatest advantage of this company is that they have their own olive mill (since 2001 they are equipped for producing "denocciolato" or "stoneless" which is an oil obtained from just the flesh of the olive without the stone, therefore less acidic and with a milder flavor). All phases of oil production are carried out with the greatest speed and most careful attention, thus obtaining a high quality oil as required by the IGP certification.



### The Wine



The history of wine, its heady aroma and flavor died out with the memories of the noble families of the Gherardesca, only to reappear in our days praised by the Poet Carducci who so loved to enjoy the sweet nectar. The Guado al Melo wine company is situated on the hills between Castagneto Carducci and Bolgheri, at a height of 100 meters above sea level, 9 hectares of vineyards are organically farmed.

The wine is made according to the traditional methods: the natural slope of the land is made use of and therefore there is little need for pumps. Wooden casks are utilized for making the wine, refining the taste and controlling the temperature and humidity required for the aging process.



**From left to right:**  
Olive and wine farm entrance...



## Bike Hire

The bikes we supply, and also recommend, are of the Hybrid type (or specially converted mountain bikes, fitted with road tyres) made by Giant, the world's number one bicycle builder ([www.giant-bicycle.com/global](http://www.giant-bicycle.com/global)). The hired bikes are 24 to 27 gears, an adjustable stem (to allow you to alter the height of your handlebars), a comfy saddle and suspension seat-post and a front bag with map holder, rear carrier plus bag to allow you to carry your daily essentials. You will also be supplied with a bicycle computer, padlock, inner tube and puncture repair kit, tyre levers, multi-tool and pump. We supply helmets with all hire bikes, but if you have your own, you are advised to bring it with you. At the time of booking, we will need some information about your height, so that we can organize the correct size of bike. On request we can also provide, front and rear lights, clipless SPD type pedals, or a rear-view mirror.



GIANT	Hybrid
FRAME	AluxX 6061 Fluid Formed
SPEED	Shimano 24 to 27
FORK	50 mm. escursion

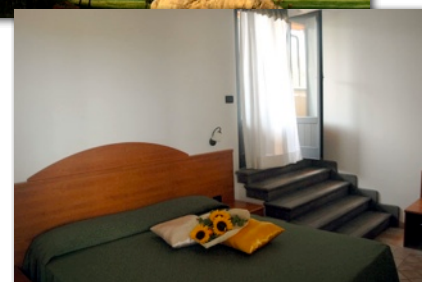
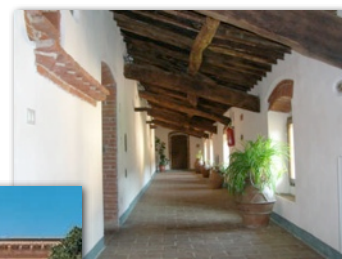
## Daily Routine

A substantial breakfast, a brief glance at the day's itinerary... and you are ready to go. The day begins. You will fill your bags with the bare essentials (plastic foldaway raincoat, camera, energy bars and gel if you have asked for them, and very little else). Your bike is waiting for you where you left it, ready to take you away at the pace you have chosen for this holiday. You can choose where, when and what type of lunch to have. It can be a quick sandwich with ham and salami or local cheeses, or a longer break for a pasta dish with a nice glass of wine. If an unexpected problem with the bike arise, do not worry! You will find all that you require to fix it in your saddle-bag but if it can't be done, then a simple phone call will bring to you one of our staff for help. At the end of the day, when you get to your hotel, your luggage will be waiting for you.

## Accommodation

You will experience the friendly Italian hospitality either in the small familyrun hotels or agriturismi. A rich breakfast is offered every morning.

You can book a double or twin-bedded room or even a single room if available.



## Accommodation In Clockwise

Calci,  
Casciana Terme,  
Volterra,  
Pomarance,  
Castagneto C.cci

## Booking

**a)** Contact PAESAGGI TOSCANI or E C O R E N T a t [info@paesaggitoscani.it](mailto:info@paesaggitoscani.it) or [info@ecorent.net](mailto:info@ecorent.net) to inquire about available places on the Bike tours, giving the date of the tour which you are interested in. **b)** After checking availability of places the client must fill in all sections of the booking form which will be sent by the organizers and the booking will then be confirmed in writing by the organizer. The organizer reserves the right not to carry out the tour if the minimum number of participants is not reached and the client will be informed in writing at least 30 days before the date of the beginning of the tour. All information regarding the holiday package which is not included in the program will be given to the client in time before the start of the tour.

## Prices and payment

The prices of these tours are given in Euro. At the time of booking a deposit of 30% must be paid, and the balance due should be paid within 45 working days before the start of the tour. In the event of the booking being made after the above mentioned time, then the entire amount for the cost of the tour must be paid at the time of booking. If payment is not made within the times indicated above it will be considered a resolutive clause as set forth in the contract so as to determine rescission by law, excepting that compensation for further damage caused to the organizer is not made. Payment must be made to Paesaggi Toscani by bank transfer or credit card. A fee of 3% of the total amount will be charged for payment by credit card. At the time of receiving the bicycle a payment of € 500,00 must be made. This amount must be paid by credit card and will be returned to the client when the bicycle is returned without any damage.

## Withdrawal and annulment

The client has the right to withdraw from the contract without paying any penalty in the following circumstances:

**a)** if the cost of the package increases by more than 10% of the price quoted to the client.  
**b)** if changes are made to the contract after the contract has been agreed upon and which are not agreed to by the client. In this case

the client must inform the organizer in writing of his decision to accept or withdraw within two working days of receiving news of the proposed changes.

If no written communication is made of the client's wish to withdraw from the agreement, the organizer will understand that these changes have been accepted.

In the event of the client withdrawing from the contract for reasons different from those mentioned above, the following amounts will be paid to the organizer for annulment of services.

10% of the entire amount from 60 to 30 working days before start of the tour

50% of the entire amount from 29 to 15 working days before start of the tour

75% of the entire amount from 14 to 4 working days before start of the tour.

No reimbursement will be made after these time limits.

## Annulment of the package holiday

If the organizer annuls the package holiday before the start of the tour for any reason other than that which is not the fault of the client, the client will have the following rights:

Right to another package holiday of the equivalent value or the right to receive the amount already paid to the organizer within 7 days from the time of notification of the intention of withdrawing or of not accepting the alternative offer.

## Requirements of the part of the participants

The participants of the tour must have a valid passport or identity card required for the countries included in the tour. They must also be aware of and follow the guidelines given by the organizer as regards how to conduct themselves with due care and attention on this package holiday. The participants will be held responsible for any damage caused to the organizer for non-observance of these guidelines. The participants must give to the organizer any relevant information and documents in his possession so that the organizer can exercise his right to subrogation towards third parties responsible for damage. Each participant is held to be fully responsible for his own state of

health. Each participant must abide by the local road traffic laws.

## Hotel classification

Grading of the hotels is based on national and regional hotel classification stipulated in Italy and if this is not available it is determined by the organizer according to his own judgment on the quality standards.

## Responsibilities of the organizer

The responsibility of the organizer towards the client for any damage suffered because of non-fulfillment or inexact fulfillment of his obligation as set out in this contract is regulated by law and international conventions. The amount of compensation cannot exceed the limits which have been set. The organizer will not be held responsible for any damage in the event of the client's complaints depending on reasons caused by the participant himself or by a third party, not involved in the package tour organization or by circumstances beyond the organizer's control. The organizer will not be held responsible for possible damages depending on services offered by third parties and not being included in the package tour. caused by the participant himself or by a third party, not involved in the package tour organization or by circumstances beyond the organizer's control. The organizer will not be held responsible for possible damages depending on services offered by third parties and not being included in the package tour. The organizer will not be held responsible for any damage caused by independent initiative of the traveler himself during the tour.

For any controversy the place of jurisdiction is Pistoia

**Organised by: Paesaggi Toscani di M.I.S. Montecatini Incoming Service Srl – Via Aldo Moro, 20 – 51010 Massa e Cozzile (PT) Italy**



**Tour designer and technical support by: ECO-RENT di Papini Daniele\_Via Tosco Romagnola, 1321\_56023 - San Casciano di Cascina (PI) Italy**