

DISCOVER THE WILD WEST OF TUSCANY - CYCLING MAREMMA TOSCANA

From Pienza to the Tuscan coast

Unique bike tour Tuscany, off the beaten path cycling tour

From Val d'Orcia to the Tuscan coast get a taste of quintessential Southern Tuscany, where the extraordinary beauty of daily life never fails to delight. Enjoy an introduction to the endless rolling wheat fields, ancient woodland, marvellous medieval villages of Maremma.

You will cycle past tiny villages that are frozen in time towards our favourite wine area of Scansano with the Morellino delicious wine. End at seaside enclaves of the coast in Talamone enjoying a mostly downhill stage, after so many hills.

You will appreciate the comfort of our selected charming hotels, but the rustic charms will capture your imagination, Tuscany is magical!

Daily distance average 48 km | 30 miles, anyway additional mileage available.

Total distance in 6 days 239 km | 149,4 miles

Difficulty moderate



WOW MOMENTS

- ✓ 30 miles gentle downhill from Scansano wine land to Tuscan coast
- ✓ Visit best hot springs and thermal bath of tuscany: San Casciano dei Bagni and Saturnia
- ✓ Cycle through authentic Etruscan villages Sovana and Sorano

DAY BY DAY

Day One: Pienza

We'll meet you at Pienza, the purest Renaissance town in the world (you will arrive by the train to Chiusi-Chianciano station, a major stop on all the Rome-Florence lines). Fitting of bikes. Your charming **hotel Il Chiostro** is housed in a 15th-century convent in a quiet, secluded location right in the center of Pienza - itself is a rare masterpiece: entirely rebuilt between 1459 and 1462, it was the brainstorm of Pope Pius II.

Lodging at hotel **Relais Il Chiostro** di Pienza

Day Two: San Casciano Bagni.

Today is a completely country ride: for the first 15 km you will ride downhill and after easy gentle rolling hills. You will see **Radicofani** medieval and enchanting village with a 1200 dating Rocca. After lunch at the hill town continue to small outlying district of **Celle sul Rigo** with its majestic 13th century tower and an unforgettable view.

Few km more and arrive to **San Casciano Bagni** hot spring. The spa is very old and in town there is impressive town hall of renaissance time. The historic centre worth a visit with its characteristic hill town-plan of alleys and small piazzas. Away from the centre, near the Spa, the **Chiesa Basilicale** which dates to the year 1000 is of great interest. But though San Casciano, immersed in a lush and uncontaminated nature, is a favourite with farm holiday visitors, it should not be forgotten that a great many tourists come for spa cures such as inhalations, baths and mud treatments.

Distance: 49,5 km / 31 miles | **Elevation:** +857 m / -779 m

Lodging at **hotel Sette querce** in San Casciano Bagni

Day Three: Loop to Sarteano and Cetona.

Cetona is situated on the slopes of the mountain of the same name, the mount you will climb to get there! So, prepare for some hills today. Cetona retains the characteristic medieval design that consists of small alley ways and little roads that spiral and wind their way to the fortress. This is a must see town and worth the effort! Later you will also visit Sarteano and can take in the unique castle found there! Return to your same hotel in San Casciano Bagni – and maybe a visit to one of the baths?!

Distance: 38 km / 23,7 miles | **Elevation:** +748 m / -747 m

Day Four: Sorano & Sovana.

Today the ride is more challenging crossing minuscule villages and borgos.

Sorano is barely more than a handful of ancient homes gathered around the fortress which is partly occupied by the **Fortezza**: Erected in the 16th century by the Orsini family, the castle is one of the best surviving examples of Tuscan military architecture. As we all know, the main function of any fortress is to protect against marauding invaders – because of this, we can see for miles from any window in the hotel, across the valley of the Etruscans.

Distance: 47 km / 29,3 miles | **Elevation:** +682 m / -964 m

Lodging at **Sovana hotel resort**

Day Five: Scansano & Pitigliano.

Breakfast at the hotel. Soon you will arrive at **Pitigliano**: a pristine warren of elegant palaces and surprisingly broad cobble-stoned streets, it is nicknamed Tuscany's Little Jerusalem in honor of extremely active Jewish community that lived here for centuries. Two of the town's most interesting attractions are its wonderfully restored Synagogue. After another interesting stop at medieval village of **Montemerano** reach **Saturnia**: Terme di Saturnia is a well-known spa of sulphureous water known since roman times. Unique spot to visit: hot water falls cascades over whitened rocks creating natural pools. Your accommodation is stylish B&B in town that occupies a totally redesigned

building of 17th century. Have a taste of Morellino di Scansano wine of their production.

Distance: 48 km / 30 miles | **Elevation:** +909 m / -697 m

Lodging at **Anticopodere in Scansano**

Day Six: Talamone seaside.

Warm up your legs cycling ride into **Pereta** and **Magliano in Toscana** a real hidden treasure of maremma, all around today is vineyards of sangiovese, the main grape of morellino.. You will reach Talamone, a small fishermen village extended along a promontory overlooking the sea, dominated by an ancient sienese castle, hemmed in by the Natural Park of Maremma. The breathtaking view from the belvedere near lighthouse takes the whole coast from the Argentario to Punta ala. Highlight is to enjoy seafood in a restaurant in town.

Distance: 40,5 km / 25,3 miles | **Elevation:** +307 m / -789 m

Lodging at **hotel Baia di Talamone**

Day Seven: End of tour after breakfast – Departure: If your next destination is an European location, International connections are also available reaching Grosseto



PRICE & INCLUSIONS

cost : Euro 1550 p/person: based on double accommodation

single supplement euro 490

inclusions:

Six nights in excellent four & three-star superior hotels

Six breakfasts

All Baggage transfers

RideWithGPS App: tracks, route notes, off-line navigation

maps with elevation gain and city map

Trip notes: sightseeing & meal suggestions

Map with elevation gain

Delivery bikes at Pienza hotel & bike fitting

Pick-up of bikes and gear in Talamone

Keepsake Cicloposse water bottle

Sales taxes

Not Included

Bike Rental per entire tour

Hybrid bike **euro 180**

Race bike, E-Bike, Gravel **euro 250**

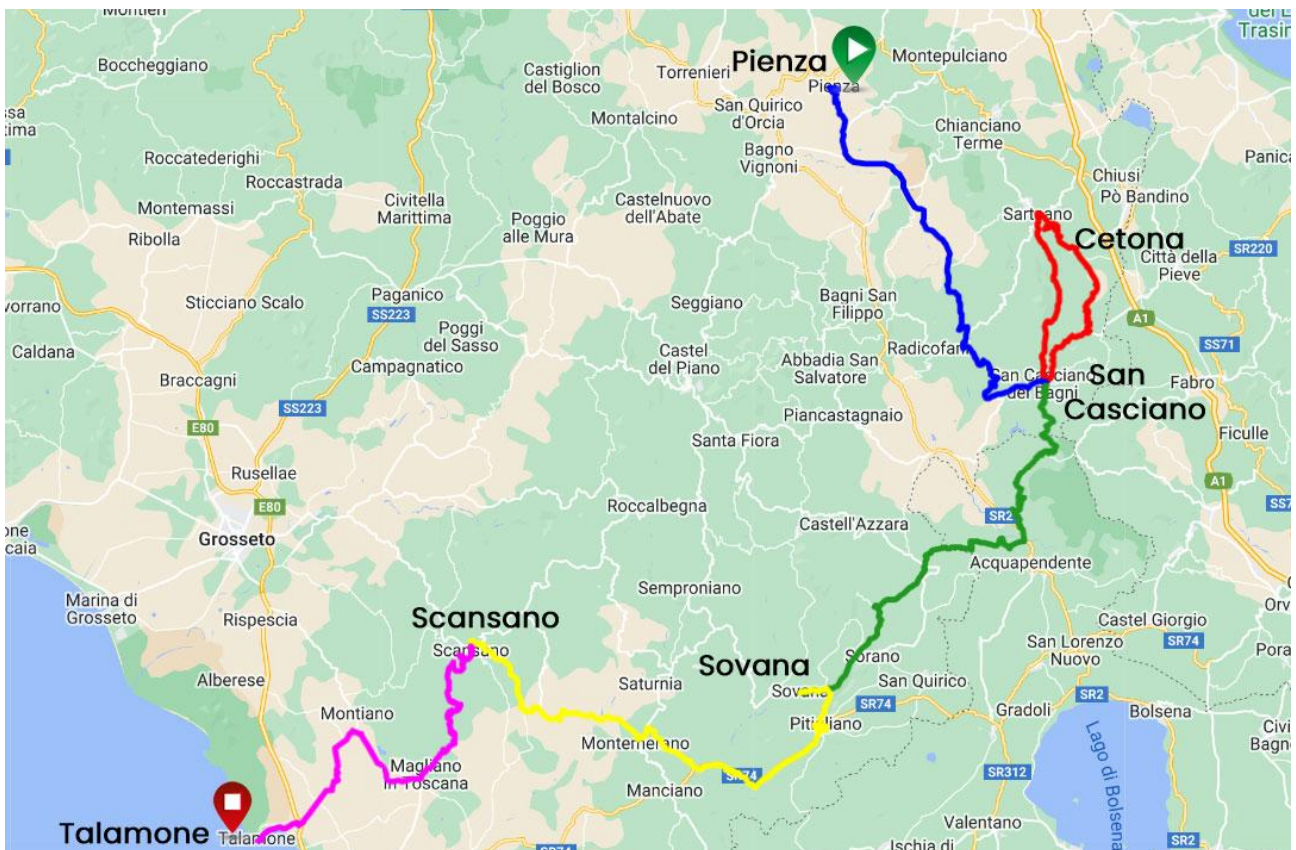
city tax: each village charge a tax per each day between euro 0,70 to 4,00.

Tour Departures: Any date between 15th March to end of October

HOTELS' WEB SITE

- Pienza** www.relaisilchiostrodipienza.com
 luxury upgrade www.labanditatownhouse.com
- San Casciano** www.settequerce.it
 luxury hotel upgrade www.fonteverdeterme.com/
- Sovana** www.sovanahotel.it
- Scansano** <https://morelliana.it>
- Talamone** www.hotelbaiaditalamone.it

Begin: Pienza End: Talamone



The tour starts in Pienza – how to get there

Airport Arrival/Depart Florence airport and Rome airport (FCO)

1) From **Fiumicino airport**: train Leonardo Express (takes about 30 minutes) start each half hour and is direct from Airport to termini train station.

2) From **Florence Peretola**: Tram-Via direction to Florence station Santa Maria Novella

to get in Chiusi by train: many trains from Rome and from Florence

look for timetable in English at official web site

http://www.ferroviedellostato.it/homepage_en.html

some trains are marked IC (intercity: faster) or marked R (regional: slow)

once in Chiusi you can take bus or taxi to get in Pienza

BUS: The bus fare is approximately 4 Euros per person. Take the bus from Chiusi to Montepulciano. There is a bus every 30 minutes. (Depending on your departure out of Chiusi, some buses will make a stop in Chianciano). The bus ride is 40 / 50 minutes.

Arrive at the terminal of Montepulciano: from Montepulciano bus terminal take the bus to Pienza:

This is a 15 minutes ride. Buses leave at 9:00am, 1:35pm, 2:10pm, and 5:45pm.

Warning: the bus from Montepulciano to Pienza is not available on Sundays

TAXI: always available out the small station, cost is Euro 70/80

The tour ends in Talamone – how to come back

The nearest train station is Fonteblanda, only 2 km from the hotel, you can easily reach Rome with a direct train.

Or you can go to Grosseto train station, 30 km far away, and take train to Florence or other destination north of Italy