

Tuscany Gravel



BikePlusTours

Immerse yourself in the magic of Tuscany on this 8 night tour where you will ride the quiet white gravel roads made famous by the L'Eroica and Strade Bianche races. Our unique itinerary provides for challenging and scenic cycling between the medieval villages, endless vineyards and rolling hills of this special part of Italy.

We will be staying for multiple nights in our wonderful hotels so you won't have to pack and unpack every day.

No trip to Tuscany is complete without experiencing the farm to table food, fresh pasta and regional wines that our excellent hotels and restaurants specialize in.

Our rest day will be in Siena, where we can learn all about the rich history and culture of this impressive city on a guided walking tour.

We have gravel bikes available for rent if you don't have a suitable bike or prefer not to travel with a bike. Full details are in the final pages of this brochure.



At a glance

Trip dates: September 3-11, 2022

Cycling distance / vertical: 274 miles / 28,500 ft

Small group: maximum 12 guests

Supported rides with vehicles and owners Carolyn and Pieter cycling with you

Hotel accommodation with all breakfasts and dinners included

Price: \$3,495 per person, single room surcharge: \$895

Castello di Brolio



Badia di Passignano

Itinerary and Elevation Profiles

Friday September 2nd: Overnight flight to Rome, Italy.

Saturday September 3rd: Arrival in Rome and group transfer to our hotel in Pienza (3 hrs).

We'll be there to meet you at Rome airport. Our private bus will take you to our hotel in Pienza where we'll be staying for the first two nights. Assembly of bikes or pick-up of rental bike. We'll have time to explore the historic town center in the afternoon.

Sunday September 4th: Val d'Orcia (distance: 51 mi, vertical: 5,000 ft, 17 miles gravel)

After only three miles we'll hit the first gravel stretch on our first ride. Mid morning we can stop for a quick cappuccino in Montepulciano, one of the most famous Tuscan hill top towns. We continue our ride through Val d'Orcia, a place of exceptional beauty and UNESCO World Heritage site. We'll loop back to Pienza via some of the shooting locations of the movie 'Gladiator'.



Monday September 5th: Pienza to Siena (55 mi, 5,000 ft, 28 miles gravel)

A tough stage that includes long gravel stretches of the famous L'Eroica and Strade Bianche races. We'll be mostly in remote rural areas where we can enjoy the Tuscan countryside at its best. The pool at our hotel on the outskirts of Siena will be well appreciated after this epic day!

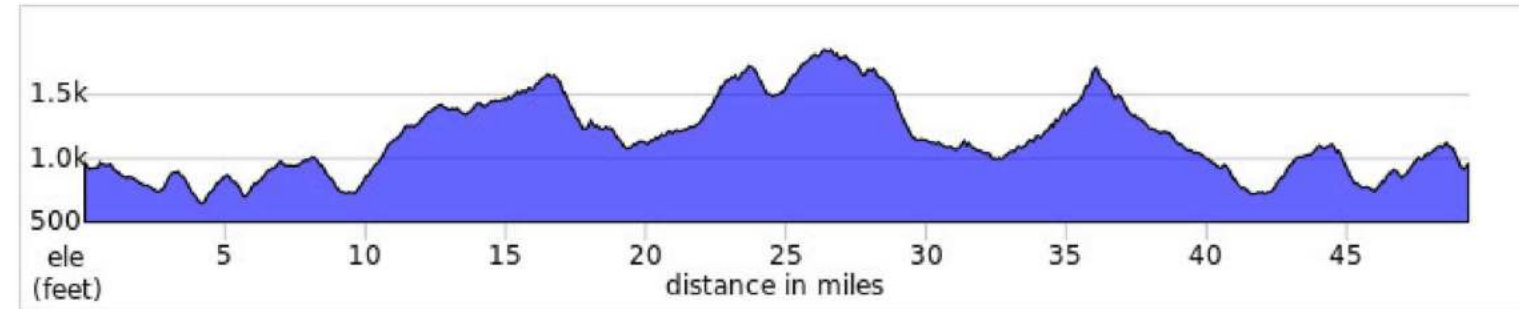


Chianti vineyards

Itinerary and Elevation Profiles (Continued)

Tuesday September 6th: L'Eroica Chianti Section (50 mi, 4,800 ft, 16 miles gravel)

More classic gravel roads today when we ride the section of L'Eroica through the hills of the Chianti region. We'll pass by famous vineyards around the towns of Radda and Gaiole. The last gravel stretch of the day is at the Castello di Brolio castle with spectacular views.



Wednesday September 7th: Rest Day

Time to recover! We have arranged for a guided walk in Siena in the morning. You can spend the rest of the day at the hotel's pool or enjoy this incredible medieval city.



Siena



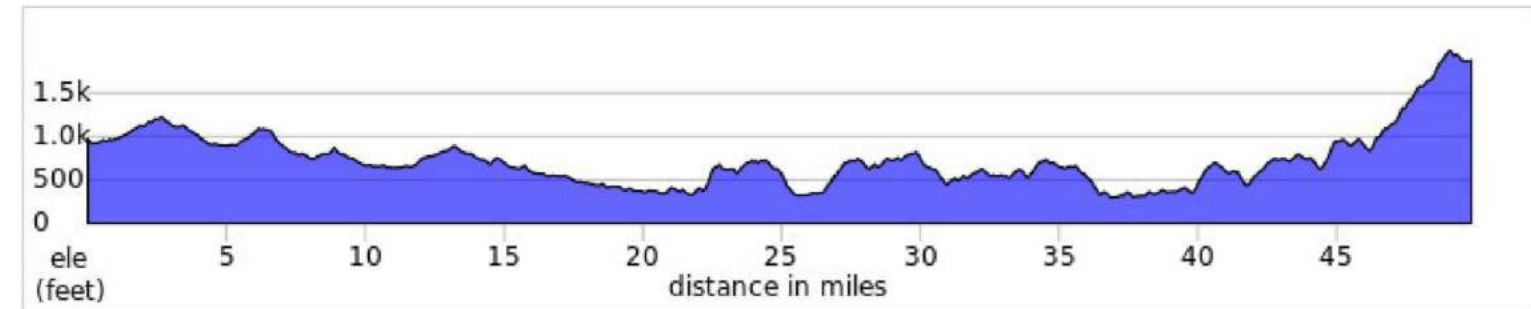
San Gimignano

Itinerary and Elevation Profiles (Continued)

Thursday September 8th:

Siena to Castellina (50 mi, 5,200 ft, 23 miles gravel)

After three nights it is time to say goodbye to Siena. Hopefully the rest day has brought your climbing legs back in shape because you'll need them today. There are some steep gravel roads on the menu! After our first gravel sector of the day, we'll pass by the 13th century Monteriggioni castle which we can enter and explore. Shortly after we'll ride through Colle di Val d'Elsa, a great place for a coffee stop. Later we'll see the famous towers of San Gimignano from a distance. We can have lunch in the town of Poggibonsi before some more steep climbing on our way to our hotel in historic Castellina in Chianti. We'll be staying in a medieval palace in the center of town with a great pool and its own winery.



Itinerary and Elevation Profiles (Continued)

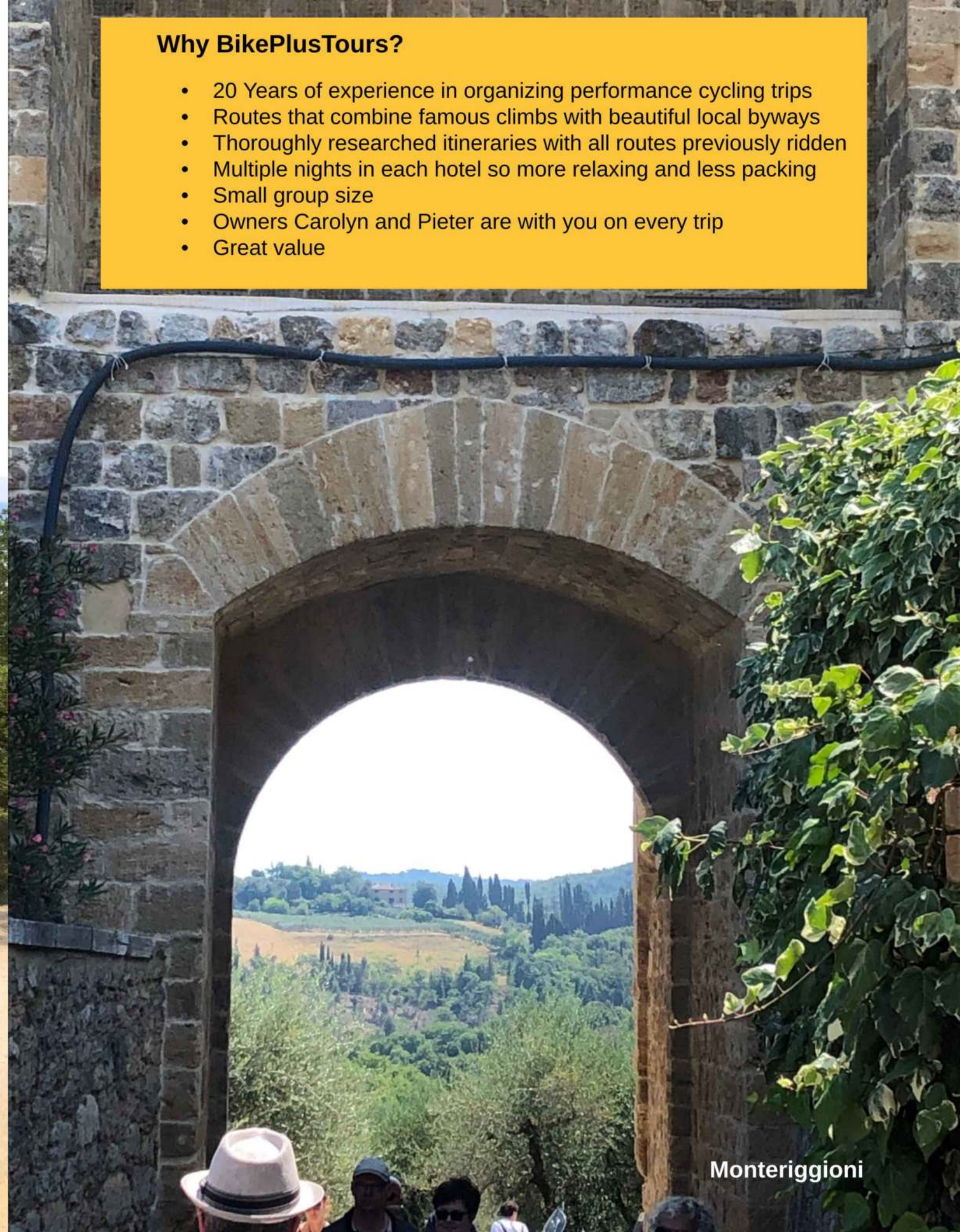
Friday September 9th: Chianti Loop (50 mi, 6,500 ft, 8 mi gravel)

Mostly paved roads today but that doesn't mean that it will be an easy ride. The longest gravel section comes early in the ride after the climb to Volpaia, renowned for its excellent wines. After a brief coffee stop at the main square of Greve, we have a steep climb on the way to the impressive Badia di Passignano Abbey. A short but steep gravel climb is just before our lunch in Tavarnelle. Then one more steep climb and some longer easier grades before a short descent into Castellina.



Why BikePlusTours?

- 20 Years of experience in organizing performance cycling trips
- Routes that combine famous climbs with beautiful local byways
- Thoroughly researched itineraries with all routes previously ridden
- Multiple nights in each hotel so more relaxing and less packing
- Small group size
- Owners Carolyn and Pieter are with you on every trip
- Great value



Monteriggioni



Itinerary and Elevation Profiles (Continued)

Saturday September 10th: Early ride and afternoon transfer (18 mi, 2,000 ft, 5 mi gravel)

We'll go for a beautiful short ride in the morning with two more gravel stretches. The second is a rough and steep four miles uphill section. Back at the hotel we'll shower, pack the bike (if you brought your own) and have lunch. A private bus will take us to our hotel near Rome airport. We'll have a celebratory dinner tonight to mark the end of our trip.



Sunday September 11th: Flight home

The hotel shuttle will take you to the airport for your flight home.



Val d'Orcia

Renting a bike

We have gravel bikes available for rent. They have disc brakes, wide tires and small gears for the steep climbs.

The bikes will be delivered to our first hotel on Saturday afternoon and will be picked up on Saturday morning after our final ride in Castellina.

The price is \$400 for the whole trip. Please inform us when booking if you would like to rent a bike and let us know your size.

You will need to bring your own pedals and gps mount.



Bringing your own: What bike, tires and gears?

Although most mileage on our route will be on paved roads, you will spend more time on gravel roads. Not only is cycling speed lower on gravel, but most of the climbing and descending on route is on gravel.

Obviously, a gravel bike would be ideal. Another great choice would be a cyclocross bike. Some road bikes will fit 32mm tires (which is the minimum width we would recommend) but check carefully for sufficient clearance.

Every ride includes short but very steep climbs (some even over 20%), mostly on gravel so very small gears are in order. We recommend to get close to 1:1 gearing. For example a compact crankset with a 34 chainring and a cassette with a 32 or 34 largest sprocket.

Our package includes:

- Group airport transfers to and from Rome airport for you, your luggage and your bike
- Support vehicle during the rides and Carolyn and Pieter guiding on bikes
- 8 nights of hotel accommodation in air conditioned rooms
- All breakfasts and dinners
- Water, snacks and fruit on the rides
- Laminated stage sheets with ride details and altitude profiles
- GPS files of all rides

Excluded items:

- Flights
- Rental bike (\$400 for the whole trip)
- Travel and medical insurance
- Lunches, drinks, guide gratuities and personal expenses

Price: \$3,495 per person in a shared double room, single room surcharge: \$895

Please e-mail Carolyn and Pieter for more information and booking:
info@bikeplustours.com



We reserve the right to change this itinerary due to availability of accommodation, road closures, weather or other unexpected circumstances.

Our trips are catered to experienced cyclists with good bike handling skills.



About BikePlusTours

We are a small company owned and operated by Carolyn and Pieter Maessen.

BikePlusTours was born out of a desire to share our love for cycling on the great mountain roads of Europe with our guests. We have been organizing group cycling trips since 2002 and we feel very lucky that our hobby has become our profession.

Pieter has been a cyclist all his life. He has competed in junior and elite races in his native Netherlands as well as in Belgium, Germany and the USA. Although more of a classics rider than a climber, Pieter has had a passion for cycling in the mountains ever since riding up Passo dello Stelvio at age 16.

Carolyn has had a lot of success as a triathlete. She was a sponsored athlete for seven years and has won races in every distance from sprint to Ironman. She has competed in World Championships in Ironman in Kona (Hawaii), Ironman 70.3 in Las Vegas (Nevada) and Sprint Triathlon in London (UK).

Please get in touch with us if you would like more information about our trips.

BikePlusTours LLC
1221 Nassau Way
Fort Collins, CO 80525

www.bikeplustours.com
 BikePlusTours
info@bikeplustours.com

