TUSCANY, ITALY
6-Day Cycling Tour
SELF-GUIDED TOUR SUMMARY

TUSCANY, ITALY
Vineyards, Medieval Towns and Great Food

Our Tuscan bike tours are about simple pleasures perfectly executed. Like Tuscan cuisine, we use only the very best ingredients: vineyards, olive groves, and a visible history that dates back to before the Roman Empire. Highlights include medieval hilltop towns (San Gimignano, Montalcino and Montepulciano), the World Heritage Site of Val d'Orcia, and the forested lanes of the Chianti wine region. And, at the end of the day, quite exceptional food and wine. Most people also take the opportunity to visit Siena and Florence during their stay either of which can be the start and/or end cities for this tour.

SERVICE HIGHLIGHTS
✔ Private transfer from Siena with bike set up and full route briefing at the start of your tour
✔ Bilingual guides delivering superior service
✔ Select accommodations with breakfast
✔ On-call roadside assistance
✔ Luggage moved between lodgings and optional participant transfers along the routes
✔ GPS app, maps, directions and guidebook
✔ Private transfer back to Siena at the end of your tour

RIDE OPTIONS
Leisure*
Intermediate
Challenge
Epic

* The hilly terrain means that Leisure riders require use of an eBike

BIKES AVAILABLE
Hybrid
Road
Premium Road
Hybrid eBike
Road eBike

TOUR LENGTH
6 Days / 5 Nights

START & END
Siena

BEST TIMES TO VISIT
April to October
Temperature are at their highest from mid-July to mid-August

OPTIONAL EXTRAS
✔ Alternative start and/or end location in Florence or Florence Airport
✔ Cooking classes
✔ Wine tours
✔ Customize your route
WHY LIFECYCLE ADVENTURES

OUR SELF-GUIDED TOURS

At the start of your self-guided tour, your guide transfers you from your hotel, sets up your bike, and gives you a full route briefing. They then take care of all the behind-the-scenes logistics while you guide yourself along the routes; riding at your own pace and choosing a route that best suits your ability. Our support vans are nearby should you require assistance and your guide is also available by phone.

Your GPS app and cycling maps help you navigate while our best-in-class guidebooks tell you about the towns you will visit and the sights along your route. We also recommend places to eat and would be pleased to make reservations for you.

When customizing your itinerary, you select your accommodation, trip duration, when you travel, and what type of bike you ride. This customization, support and insight helps make our self-guided tours the most personalized and well-supported in the industry.

<table>
<thead>
<tr>
<th>Feature</th>
<th>LifeCycle Adventures Self-Guided Tours</th>
<th>Typical Self-Guided Tours</th>
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<tbody>
<tr>
<td>Dates &amp; Duration</td>
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<tr>
<td>Accommodation</td>
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<td>Set</td>
</tr>
<tr>
<td>Routes</td>
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<td></td>
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<td>Lunches &amp; Dinners</td>
<td>Personalized suggestions and</td>
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<td></td>
<td>help with reservations</td>
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<tr>
<td>Pre- and Post-Tour Transfers</td>
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<td>No</td>
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</table>

PRIVATE TOUR SPECIALISTS SINCE 2004

With our unique blend of customized itineraries and personal service we create perfect cycling vacations for those who want to explore on their own terms. From the moment you contact us until the end of your tour, you will find us responsive, attentive and totally focused on creating your perfect cycling vacation.

We donate 10% of our profits to cycling advocacy and reduce our carbon footprint using offsets while working towards making all our operations carbon neutral.

OUR GUIDES

Our expert guides live in the areas in which you tour and have the passion and knowledge to deliver superior service and exceptional insight.

YOUR GUIDE TO TUSCANY

My name is Emilio Sbandelli and I will be one of the guides taking care of you during your tour.

I was born in Siena and have lived in Tuscany my whole life. As a child, I helped out in my parent bike shop and loved riding my bike around the local towns and villages.

After a stint in Florence as a mechanical engineer, I am now following my true passion: guiding people around this stunning area on a bike!

I look forward to meeting you at the start of your tour.
ABOUT US

BOOK AND TRAVEL WITH CONFIDENCE

MORE FLEXIBILITY AND ENHANCED SAFETY IN A TIME OF COVID

It is always our objective to make your booking and travel as easy and worry-free as possible. To that end, we have taken tours that were already well-suited to safe travel and added a number of new features to truly make this a great way to explore in these challenging times.

A Great Way to Vacation

✔ Our Self-Guided and Private Guided tours have always been perfect for those wanting to get off the beaten track and avoid the crowds.

✔ Our tours have never mixed strangers together and have always been limited to just your group. All transportation is private – for just you and your travel companions.

✔ You are in control: stop as much or as little as you like, eat where you choose, and only visit the sights you want.

Book with Confidence

✔ We have modified our cancellation policy to be more flexible, allowing for refunds or credits closer to the start of tour.*

✔ If you are unable to travel due to travel restrictions, you can choose to postpone your tour for up to two years.*

Travel Safely

✔ Our health-screened guides are available throughout your tour and will wear masks and take distancing precautions.

✔ Overnight accommodations have been screened to help ensure they follow distancing protocols and sanitize rooms between guests.

✔ Our equipment, from bikes to vans, are sanitized before and after serving guests.

* - See the Terms and Conditions at the end of this itinerary for details of our cancellation policy.
DAY 1

Siena to Radda in Chianti

The Intermediate ride starts with a van transfer to Castelnuovo Berardenga. From here, you ride across rolling farmland with majestic views of the medieval city of Siena. Centuries-old farmhouses pepper a landscape that has been farmed since before the Roman Empire. En route, you pass Castello di Brolio that dates back to the 12th century and was the birthplace of the iconic Chianti wine. It is still one of the best wineries in Italy. From Brolio, the road climbs gently up to the walled medieval village of Radda.

Leisure riders will be transferred to Castello di Brolio where you join the Intermediate route described above.

Challenge riders start out on the Intermediate route but take the hilly route to Radda via Lecchi – a one-street village nestled in the folds of the Tuscan hills that has a great lunchtime restaurant.

The Epic ride heads north from Castelnuovo Berardenga and climbs steadily on remote roads for 10 miles up to Monteluco before descending back into the valley to join the Challenge ride at Lecchi.

DAY 2

Radda Loops

Today’s Intermediate ride heads east to Badia Coltibuono – a beautifully-located 11th-century abbey that is now a winery, a restaurant, and a great stop for lunch. From the abbey, you enjoy a fast, twisting descent into Gaiole – a classic Chianti market town nestled in a steep-sided valley alongside a fast-flowing river. After gelato in the town square, you climb back up to Radda through the beautiful one-street village of Lecchi and past the exceptional Castello di Ama winery.

Leisure riders follow the start of the Intermediate route but take an easier route back from Gaiole (past a famous artisan’s ceramics workshop).

Challenge riders head north up to the market town of Greve. En route, you pass the most famous butcher shop in the country (in Panzano) as well as the lovely village of Montefioralle with two Romanesque churches and two great restaurants. The return ride is on quiet roads through dense forests.

Today’s Epic ride follows the Challenge ride out of Radda but continues north of Greve to Strada in Chianti. The return route south is along one of the most stunning ridge rides in the whole of Tuscany.
**DAY 3**

**Radda to San Gimignano**

Today you transition from compact Radda to imposing San Gimignano – known as the “Medieval Manhattan” thanks to its stunning skyline of towers. This is a transition that takes you through several landscapes: forests, open valleys and large, rolling hills.

The Intermediate ride (which includes some Challenging climbing) takes you along a forested ridge to Castellina: a well-preserved hilltop town with one of the best gelato stores in Tuscany. You then descend into the Elsa Valley before “enjoying” a long climb up to the towers of San Gimignano.

The Leisure ride joins the above route at Barberino – a pretty town with several good restaurants.

Today’s Epic ride is similar in character to the Intermediate route (quiet road and stunning views) but it heads much further north to San Casciano before looping down to San Gimignano via Castelfiorentino. Except for 6 miles of respite around Castelfiorentino, you are always either climbing or descending on this ride – in places, quite steeply.

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**RIDE OPTIONS**

<table>
<thead>
<tr>
<th>Level</th>
<th>Distance</th>
<th>Climbing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leisure</td>
<td>15 miles</td>
<td>1,200 feet</td>
</tr>
<tr>
<td>Intermediate/Challenge</td>
<td>30 miles</td>
<td>2,800 feet</td>
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<tr>
<td>Epic</td>
<td>55 miles</td>
<td>4,600 feet</td>
</tr>
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</table>

**OVERNIGHT TOWN**

**San Gimignano**

This stunning medieval hilltop town sits impossibly in the folds of large rolling hills. In medieval times great towers were built to boast of the importance of feuding nobles. To this day, the town still impresses as you ride up to it. Inside the town, a Romanesque cathedral and a 12th-century palace complete the splendor.

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**DAY 4**

**San Gimignano to Sovicille**

Today’s Challenge ride starts with a mile-long descent passing acres of rolling vineyards. At the bottom of the descent, the terrain becomes more rugged – a mix of olive groves and sheep pastures. En route, you can visit an artisanal farm specializing in Pecorino cheese made from raw sheep’s milk. Your lunchtime destination is either Casole d’Elsa or Mensano (further along the route). Both are charming and unassuming villages and both have good restaurants. Casole also has a regular market. From Casole on, the landscape is tamer with many beautifully rural villages along the route. You will also start to see vast fields of sunflowers. Again, you are riding on little-trafficked roads that twist and turn through the folds of the hills.

Intermediate riders will take a van transfer to Casole to join the Challenge ride described above.

Leisure riders will take a van transfer to Mensano, which leaves one well-graded climb to Sovicille.

Today’s Epic route is a challenging loop via Volterra and Pomarance along some beautiful, small roads with challenging climbs.

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**RIDE OPTIONS**

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>Leisure</td>
<td>15 miles</td>
<td>1,100 feet</td>
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<tr>
<td>Intermediate</td>
<td>20 miles</td>
<td>1,900 feet</td>
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<tr>
<td>Challenge</td>
<td>35 miles</td>
<td>3,750 feet</td>
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<tr>
<td>Epic</td>
<td>70 miles</td>
<td>7,100 feet</td>
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</table>

**OVERNIGHT TOWN**

**Sovicille**

Though little-visited by tourists, Sovicille has its own quiet charm with a pleasant and well-preserved center that can trace its roots back to 1000 CE. It has a Roman mosaic and has been variously ruled by the Florentines, the Sienese, the Medici family and the French. Most guests stay just outside of Sovicille, in the tiny hamlet of Toiano.
DAY BY DAY ITINERARY

DAY 5

Sovicille to Montalcino

The **Challenge** ride starts relatively flat as you roll past acre after acre of sunflowers. You then head west into an area called Crete Senesi (literally “Sienese clays”). The area gets its name from the distinctive, ochre-colored, clay that dominates the plowed fields here. Your ride takes you to Murlo – a tiny ring of houses that form a fortified village, which has been faithfully restored. Shortly after Murlo, Buonconvento (“Happy Place”) makes for a good lunch stop. The town has a perfect, walled medieval village at its center. From here it is a steady climb past vineyards to the archetypal hilltop town of Montalcino.

**Intermediate** riders will be transferred to Murlo and join the **Challenge** ride described above.

**Leisure** riders will take a van transfer to Buonconvento.

**Epic** riders head south from Sovicille into the Colline Metallifere (“Metal-bearing Hills”). The jewel in these little-traveled hills is San Galgano – the ruined abbey here is among the greatest gothic buildings in Italy.

The breathtaking Val d’Orcia is an area so iconic of Tuscany that it is a UNESCO World Heritage Site.

DAY 6

Montalcino Loops – Last Day

If you rode up to Montalcino yesterday, you may want to spend today relaxing and enjoying the commanding views, the restaurants, cafés, churches and museums in this restful town. For a change from cycling, you could hike down to the 12th-century abbey of Sant’Antimo. Its famed Gregorian chanting, as well as its rural setting, make it one of the most evocative abbeys in Tuscany.

Those wanting a **Leisure** ride will cycle down to the abbey of Sant’Antimo for lunch.

**Intermediate** riders will do an in-and-out ride to the town of San Quirico. It is a pleasant ride to this peaceful, rambling town that is surrounded by 15th-century walls.

**Challenge** riders will continue beyond San Quirico to Bagno Vignoni. In the center of this tiny hamlet is an arcaded Renaissance pool fed by bubbling hot springs.

Whatever you choose to do, afterwards, you will be met by your guide for your end-of-tour transfer.

**RIDE OPTIONS**

**Leisure**
- 10 miles with 1,000 feet of climbing

**Intermediate**
- 15 miles with 1,900 feet of climbing

**Challenge**
- 35 miles with 3,700 feet

**Epic**
- 65 miles with 8,500 feet

**OVERNIGHT TOWN**

Montalcino

Montalcino is little-changed since the 16th century. The car-free center is a delightful maze of narrow streets and pleasant plazas. Through every archway you get glimpses of the surrounding countryside. It is also home to the esteemed Brunello di Montalcino – one of Italy’s best red wines.

**RIDE OPTIONS**

**Leisure**
- 10 miles with 1,000 feet of climbing

**Intermediate**
- 20 miles with 2,400 feet of climbing

**Challenge**
- 35 miles with 3,700 feet

**OVERNIGHT TOWN**

None

As this is the last day of your tour, there is no overnight accommodation unless explicitly requested on booking.
**ACCOMMODATION**

**LUXURY**

**Radda in Chianti**

*Il Borgo di Vêscine*

This 13th-century hamlet has been converted into a luxury resort. Set in glorious isolation among the vineyards, the cottages of the village have been renovated into charming guest rooms. The property has a winery and an outdoor pool with expansive views across the valley. We book suites when available.

**San Gimignano**

*Hotel La Collegiata*

This converted 16th-century monastery is now a luxury hotel set in peaceful gardens. Both the conversion to a hotel and the décor are very tasteful and there are amazing views back to San Gimignano. This is the perfect place to relax and escape the tourist bustle of the town. We book rooms facing San Gimignano when available.

**Sovicille**

*Relais Borgo di Toiano – Suite*

This hotel is in a wonderful location, in a tiny village in beautiful countryside. Rooms are clean, spacious and tastefully furnished. The staff is very friendly and helpful. The outdoor pool has great views across the tranquil valley – as does the terrace where breakfast is served. We book Junior Suites when available.

**Montalcino**

*Castello di Velona*

This resort, spa and winery sits at the end of a ridge above a bend in the Orcia River. Based around a military fortress that dates back to the 11th century, the hotel is an exercise in refined ambience and modern comforts. All the rooms face the breathtaking landscape of the Val d'Orcia.

**ACCOMMODATION NOTES**

Properties in our Luxury category are some of the nicest full-service hotels in the area. They typically include spa facilities and a good restaurant.

See page 2 for prices.

**Mix & Match**

You can choose accommodation in different categories in different towns. Please ask for prices.

**Tips & Notes**

*Il Borgo di Vêscine* is four miles west of Radda but has an excellent restaurant on the property.

*Hotel La Collegiata* is one and a half miles north of San Gimignano but has an excellent restaurant on the property.

There are limited hotel options in Sovicille. For this reason, *Relais Borgo di Toiano* is more modest than the other hotels in this category. See next page for an upgrade option.

*Relais Borgo di Toiano* is two miles northwest of Sovicille. The property has a bar service and offers simple dinners by prior arrangement. Alternatively, there is a restaurant-pizzeria 15 minutes’ walk away.

*Castello di Velona* is seven miles beyond (south of) Montalcino but has an excellent restaurant and beautiful spa on the property.
Sovicille – Upgrade (see notes)

Castello di Casole

Belmond Castello di Casole is truly exceptional hotel located in the rolling hills of rural Tuscany. The hotel is housed within an ancient castle and surrounded by sprawling vineyards. The property is one of the largest private land holdings in Italy. There are two excellent restaurants, spa, pools and more. A unique blend of storied past with modern indulgence.

A hotel upgrade is available in Sovicille to the Castello di Casole for $1,090 per room per night. See description opposite.

Note that the Castello di Casole is 6 miles from Casole d’Elsa and 15 miles from Sovicille. Guests staying here have a shorter ride from San Gimignano when they arrive to this hotel and typically take a van transfer to Sovicille when they leave the hotel.
ACCOMMODATION

CLASSIC

Radda in Chianti

Palazzo Leopoldo

A beautifully restored palace just off the central square in Radda. You are literally stumbling distance to several excellent restaurants and bars. The views from the breakfast terrace are spectacular – as are the views from the rooms at the rear of the hotel. Service is friendly and there is a small indoor pool in the basement of the hotel.

San Gimignano

L’Antico Pozzo

This converted 17th-century convent, within the walls of the city, oozes rustic charm. The name means “ancient well” (which can be visited in the medieval basement). Rooms are simple and airy – some have frescoes. An excellent breakfast is served on an attractive outdoor terrace.

Sovicille

Relais Borgo di Toiano – Superior Room

This hotel is in a wonderful location, in a tiny village in beautiful countryside. Rooms are clean, spacious and tastefully furnished. The staff is very friendly and helpful. The outdoor pool has great views across the tranquil valley – as does the terrace where breakfast is served. We book superior rooms when available.

Montalcino

Il Giglio

In the historic old town, within the city walls, this family-run hotel is perfectly situated for exploring Montalcino. The rooms are small, comfortable and furnished in the Tuscan style: wrought-iron beds, beamed ceilings and tile floors. Many of the rooms also have outstanding views of the town and countryside beyond.

ACCOMMODATION NOTES

Properties in the Classic category are typically smaller hotels or luxurious B&Bs with very personal service sometimes including wine tasting or evening hors d’oeuvres.

See page 2 for prices.

Mix & Match

You can choose accommodation in different categories in different towns. Please ask for prices.

Tips & Notes

Relais Borgo di Toiano is two miles northwest of Sovicille. The property has a bar service and offers simple dinners by prior arrangement. Alternatively, there is a restaurant-pizzeria 15 minutes’ walk away.
BUDGET

Radda in Chianti
Bottega di Giovannino
This inn is charming and the owners treat you like family – which here is a good thing! Rooms are simple, clean and most have good views. As a bonus, the inn’s restaurant is one of the most authentic places to eat in town.

San Gimignano
Casolare Le Terre Rosse
Set in a “private park” full of fruit trees, evergreens and olive trees, this hotel is a pleasant oasis in the Tuscan countryside. The hotel itself is in an old country house with some modern additions. The hotel also has a good-sized pool – perfect for lounging beside after a day’s cycling.

Sovicille
Relais Borgo di Toiano – Standard Room
This hotel is in a wonderful location, in a tiny village in beautiful countryside. Rooms are clean, spacious and tastefully furnished. The staff is very friendly and helpful. The outdoor pool has great views across the tranquil valley – as does the terrace where breakfast is served. We book standard rooms in this category.

Montalcino
SI Montalcino Hotel
This recently renovated hotel is less than a mile outside of the medieval walls along a country lane. The hotel is perched on the side of a hill with fantastic views across to the hilltop towns of Pienza and San Quirico. Rooms are clean, comfortable and modern. The property includes a pool and a restaurant.
BIKES

BIKE CHOICES

HYBRID BIKE
Hybrid bikes are a cross between a mountain bike and a road bike. They have a relaxed riding position and are great for beginners and intermediate riders. In Tuscany, we typically rent Cannondale Quick Carbon 1s. The light carbon frame and disc brakes are great for this terrain. Components are Shimano 105.

ROAD BIKE
Our road bikes are a racing style bike with drop handlebars. The road bikes are faster bikes than the hybrids with a less upright riding position and will be enjoyed by intermediate and experienced riders. We typically rent the Wilier Triestina with a carbon frame and Shimano Ultegra Compact drivetrain with 50/34 - 11/28 gearing.

PREMIUM ROAD BIKE
Our premium road bikes are light and fast racing bikes. A typical bike in this category is the De Rosa R838. This Italian thoroughbred has a carbon frame and Shimano's Ultegra 11-speed Di2 electronic drivetrain. Experienced riders will appreciate the lightness and stiffness of these high-end bikes.

Hybrid eBIKE
Our Hybrid eBikes are designed to give you a little extra assistance when climbing hills. The ride position is very similar to our hybrids. We typically rent Scott E-Sub bikes equipped with a 250W E-drive Bosch motor. If one rider in a couple is stronger than the other, an eBike can be a great choice for the less-strong rider.

Road eBIKE
Our Road eBikes are high-end racing bikes with electronic pedal assistance. The bike weighs under 12 kilograms and handles like our Premium Road Bikes. We typically rent Wilier Cento1 bikes equipped with 40Nm traction force motors and 250Wh battery capacity. The aim of this bike is to give as many people as possible the pleasure of powering up hills on a beautifully-balanced bike.

BIKE RENTAL RATES

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<thead>
<tr>
<th>Bike</th>
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<th>Per Week</th>
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<tr>
<td>Road</td>
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<tr>
<td>Premium</td>
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<td>Road eBike</td>
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<td>$480</td>
</tr>
</tbody>
</table>

OPTIONAL EXTRAS

Receiving & Assembly $100 per bike charge to receive bike from shipper, assemble the bike and repack it and deliver it to a shipper at the end of the tour. Note: this fee can be avoided if you leave your box with your start/end hotel.

Bike Boxes $100 a per box charge for the extra logistics needed to handle bike boxes during a tour.

Tandem Bike $100 a per bike fee for the extra logistics to handle a tandem bike that is brought by a guest.
INCLUSIONS & EXCLUSIONS

SERVICES & OPTIONS

THE TRIP PRICE INCLUDES:

- Private transfer from downtown Siena or Siena Railway Station. If your start or end hotel is within a Restricted Traffic Zone (ZTL: Zona Traffico Limitato), we will meet/drop you outside of that zone. You will then need to take a local taxi from/to your hotel.
- Bike set up and detailed map briefing at the start of your tour.
- End of tour transfer no later than 3:00 PM local time.
- GPS smartphone app plus maps and a custom guidebook (one set per couple).
- Guide available by phone from 8:00 AM to 8:00 PM. On-call roadside assistance available from 9:00 AM to 4:00 PM for mechanical issues.
- Luggage transported between lodgings and wine collection service.
- Transfers along all or part of the route to coincide with luggage moves – to be arranged at least 24 hours in advance.
- Snacks and ride food.
- Concierge service for activity and meal reservations.
- Accommodation for each night of your tour with breakfast the following morning (unless breakfast is explicitly excluded in the accommodation description earlier). Prices quoted are per person but assume there are two people sharing a room. We book standard rooms with one bed unless an upgrade is requested and then extra charges may apply. Accommodation is subject to availability at the time of booking.

THE TOUR PRICE DOES NOT INCLUDE:

- Lunches and dinners though we are pleased to make reservations for you.
- An on-bike guide.
- Transfers to sites to which it is not practical to ride.
- Activities such as cooking classes, wine tours, and spa treatments – though we are pleased to make suggestions and reservations on your behalf.

OPTIONAL EXTRAS:

Transfers from/to downtown Florence and Florence Airport
There is a $100 supplement per couple, per transfer for pick-ups or drop-offs in downtown Florence or at Florence Airport. Only available on first and last days of tour.

Cooking Classes
The best overnight town for a cooking class is Radda. Courses start from $175 per person. Please ask for more details.

Wine Tours
Please ask for details if you are interested in arranging any personal wine tours.

Route Customization
If you would prefer alternative routing – staying in different overnight towns or with more or fewer loop days – we would be pleased to customize this itinerary.

415.366.3806 info@lifecycleadventures.com

NOTES:

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WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in Siena or Florence before and/or after their trip. We have had good feedback for the following hotels and B&Bs:

**Siena Hotels**
- Grand Hotel Continental [www.niquesahotels.com/grand-hotels-continental](http://www.niquesahotels.com/grand-hotels-continental)
- Hotel Athena [www.hotelathena.com](http://www.hotelathena.com)
- Campo Regio Relais [www.camporegio.com](http://www.camporegio.com)
- Palazzo Ravizza [www.palazzoravizza.it](http://www.palazzoravizza.it)

**Florence Hotels**
- The St. Regis Florence [www.stregisflorence.com](http://www.stregisflorence.com)
- Hotel Lungarno [www.lungarnocollection.com](http://www.lungarnocollection.com)
- Antica Torre di Via Tornabuoni [www.tornabuoni1.com](http://www.tornabuoni1.com)
- Hotel David [www.hoteldavid.com](http://www.hoteldavid.com)

* Hotel within the ZTL: Zona Traffico Limitato. For these hotels, we will arrange to meet/drop you outside of that zone. You will then need to take a local taxi from/to your hotel.

CLIMATE

The best months to visit Tuscany are May through October, when the temperatures are pleasantly warm and the risk of rainfall lower. Spring and fall are great times to ride. July and August are the hottest months but there is often a pleasant breeze. The risk of rain rises in November and late October. We do not recommend cycling here in winter. The charts to the right show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Siena, the city at the center of our tours.

ARRIVAL & DEPARTURE INFORMATION

**Getting to Florence (Firenze)**

Florence has a small airport with flights to many European cities including London, Frankfurt, Amsterdam and Rome. Take a taxi into Florence from the airport.

Rome's Leonardo Da Vinci (Fiumicino) Airport (FCO) has direct connections to several major U.S. cities. To get to Florence from FCO, first take the Leonardo Express train from the airport to Roma Termini (every 30 minutes / 30 minutes duration / €11). From Termini take a Trenitalia train to Florence's Santa Maria Novella (central) station (every 30 minutes / 90 minutes duration / €45). Tickets at [www.trenitalia.com/en.html](http://www.trenitalia.com/en.html).

**Getting to Siena**

You can take either a bus or a train from Florence to Siena. Trains depart from the central station (Firenze S. M. Novella) every 30 minute and take about 90 minutes. Tickets are purchased at the station €10 pp ow or online at [www.trenitalia.com/en.html](http://www.trenitalia.com/en.html). Bus services depart the bus station (opposite the main railway station) every hour and are operated by Sitabus. See timetable at [www.sitabus.it/tiemme_131r_r-firenze-siena_rapida_dall110616](http://www.sitabus.it/tiemme_131r_r-firenze-siena_rapida_dall110616). Tickets can be purchased from the station or on the bus for €10 pp ow.
TERMS & CONDITIONS

PRICE AND PAYMENT

Your tour is confirmed when we receive a $500 per person deposit or full payment for every member of the group. Where only a deposit has been paid, the balance is due 90 days before the tour’s scheduled start date. We reserve the right to cancel your tour if you have paid a deposit but fail to pay the balance when it is due. Under these circumstances, this will be treated as a cancellation by you and the If You Change Or Cancel Your Tour section, below, will apply.

All prices are quoted in US dollars and payments are to be made in US dollars.

IF YOU CANCEL OR CHANGE YOUR TOUR

If you cancel your tour, the following refund policies apply based on when you notify us relative to when your tour was scheduled to start. Notification of cancellation must be received in writing or via email.

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<th>Groups of 1 to 5</th>
<th>Groups of 6 or More</th>
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<tbody>
<tr>
<td>More than 90 days</td>
<td>Full refund less $100 per person</td>
<td>Full refund less $100 per person</td>
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<tr>
<td>61 to 90 days</td>
<td>Refund of amount paid less 10% of tour price</td>
<td>Refund of amount paid less 50% of tour price</td>
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<td>Credit of 100% of payments to future tour, less $100 per person</td>
<td>Credit of lesser of 75% of tour price; or amount paid</td>
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<td>31 to 60 days</td>
<td>Refund of amount paid less 50% of tour price</td>
<td>Credit of lesser of 75% of tour price or amount paid</td>
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<td>Credit of lesser of 75% of tour price or amount paid</td>
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<tr>
<td>Less than 30 days</td>
<td>No refund, no credit</td>
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Future tour credits are valid for a period of two years from the originally canceled tour date. Refunds will not be issued after a future trip credit has been chosen.

There will be no refunds, credits, or compensation if you fail to arrive at your tour start location on your tour start date or if you leave your tour early.

Tour details are described in Your Trip with LifeCycle Adventures: Booking email. If you make changes to your tour start date, duration, destination, or accommodations we will consider this a cancellation and rebooking and the above refund policies will apply to the original booking. The above refund policies will additionally apply if you do not agree to new pricing resulting from changing the number of people in your group.

If you are unable to travel to your destination due to government orders, or there is a quarantine of more than seven days required on travel to your destination or from your destination back to your home, you can choose to postpone your tour and apply the amount you have paid to a future tour starting within two years of your original tour date. If you choose to postpone for these reasons, you must notify us of this in writing or via email at least 30 days before your tour is scheduled to start. If you choose not to postpone your tour at least 30 days before your tour is scheduled to start and subsequently cancel or postpone your tour, this will be treated as a cancellation by you and the If You Change Or Cancel Your Tour section, above, will apply.
THE FINE PRINT

TERMS & CONDITIONS

⚠️ IF WE CHANGE OR CANCEL YOUR TOUR
We reserve the right to cancel your tour, at our discretion, due to reasons of Force Majeure or due to the failure of third parties (such as hotels or local transport providers) to honor their reservations. “Force Majeure” includes acts of God (including fire, flood, earthquake, storm, hurricane, volcanic eruptions, smoke, poor air quality, or other natural disaster), epidemics, health risks and pandemics, government orders or actions, civil disturbances, war or threat of war, acts of foreign enemies, or terrorist activities.

If we cancel your tour before the start of the tour for reasons of Force Majeure or we cancel your tour before or during the tour for failure of third parties, all payments received to date will be transferred on account for use on a future tour with us (must be used within two years). If we cancel your tour due to reasons of Force Majeure after the start of your tour, we will not be liable for any refunds, credits or compensation.

In the event that we cancel your tour for any reason not listed above, we will refund all payments received to date.

We reserve the right to make changes to your tour caused by circumstances beyond our control. If such changes become necessary, we will make reasonable efforts to make like-for-like substitutions.

In the event we cancel or change your tour for any reason at any time, we will not be liable for any refunds, credits, or compensation other than those listed above and we will not reimburse you for nor be liable for any personal expenses such as airline tickets, hotels, other travel expenses, or any other losses or damages caused by the cancellation or change.

📝 WAIVER
You are required to sign a Cycle Tour Accident Waiver and Release of Liability prior to the start of your tour, which can be found at https://www.lifecycleadventures.com/waiver/. If you do not sign this waiver prior to the start of your tour, this will be treated as a cancellation by you and the If You Change Or Cancel Your Tour section, above, will apply.

📍 COURTESY RESERVATIONS
If LifeCycle Adventures make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. For restaurant reservations, we reserve the right to charge $25 per person for any cancellations made during the tour. This charge will be passed on to the impacted restaurant.

 sàng TRAVEL INSURANCE AND “CANCEL FOR ANY REASON” COVERAGE
Exceptions to our Terms and Conditions cannot be made for any reason. We strongly recommend you purchase travel insurance to cover you if you need to cancel your tour, require medical treatment, or experience any losses related to your tour. In addition to regular travel insurance, you might consider purchasing Cancel for Any Reason (“CFAR”) coverage. CFAR coverage is usually an add-on feature to a regular travel insurance policy. CFAR ensures that you receive a refund of some portion of your insured, non-refundable costs if you choose to cancel your tour for any reason at all vs. the standard covered reasons. The following sites might be helpful in learning about and sourcing travel insurance: www.squaremouth.com and www.insuremytrip.com.