

Italian Chef Travel presents:

Tuscany Wine Trail Cycling Tour

| Chianti Classico | Montalcino | Scansano | Bolgheri |

September 20 - 26, 2020



Join Italian Chef **Deborah Dal Fovo** and Tuscan winemaker/cyclist Francesco Mazzei on this extraordinary enogastronomic-cycling experience in Tuscany for cyclists and non-cyclist partners. The **Tuscany Wine Trail Cycling Tour** is a **4-stage journey** in the rolling hills of Tuscany's world-famous wine country with breathtaking panoramas at every turn of the route and stops at its **4 most prestigious wine-producing destinations: Chianti, Montalcino, Scansano, & Bolgheri**. Held during the “vendemmia” grape harvest period, it's a full immersion into the world of Tuscan wine and tradition of cycling. Along the route, Tuscany's iconic food, wine, history, culture give cyclists well-deserved rewards at every stop. With a total of **450 km/280 miles and 7,000m/23,000 feet climb**, the tour is recommended for well-prepared cyclists with an adventurous spirit and love of fine Tuscan wine. And, this tour offers something for everyone by **welcoming non-cyclist partners for a tandem program of culinary/cultural activities** along the route with meet-ups at destinations for wine tastings, dinners, and lodging — making it the **perfect Tuscan adventure for active couples and cyclist friends!**

Itinerary:

Day 1: Chianti Classico

- 12:00 - arrival at Fonterutoli estate Chianti
- Buffet lunch at Fonterutoli
- Tour of Fonterutoli state of the art winery and tasting of Castello di Fonterutoli wines
- Welcome dinner at Fonterutoli estate
- Accomodation at Fonterutoli estate



Day 2: Montalcino

- 7:30-8:30 – breakfast at Fonterutoli
- 8:30/9:00 – depart Chianti for Montalcino (103 kilometers/64 miles; 1992m/6535ft)
- Various rest stops along the route with site seeing, picnic lunch etc.
- Afternoon – arrive in Montalcino
- 7:30/8:00 – exclusive dinner with Brunello wine tasting

This increasingly challenging first cycling stage along the Chiantigiana road, surrounded by magnificent Chianti Classico vineyards, will take us into the heart of Siena, famous worldwide for its immense beauty. We will then continue towards Asciano with a ride up and down through the spectacular Crete Senesi, where the succession of gullies forms a picturesque landscape with lunar features. We will then get to Pienza, a tiny, pretty town which is a Unesco world heritage site, and to San Quirico d'Orcia, another important medieval town. After a few kilometers downhill, we tackle the last climb along a stunning landscape to reach beautiful Montalcino, the home of **Brunello**, one of the world's most notable wines. Accommodation at Vecchia Oliviera in Montalcino.

Day 3: Scansano

- 7:30-8:30 – breakfast
- 8:30/9:00 – depart Montalcino for Scansano (88 kilometers/55 miles; 1700m/5500ft)
- 3:00 – 4:00 arrive in Scansano
- Various rest stops along the route with site seeing, picnic lunch etc.
- 7:00/8:00 – dinner at a local restaurant with Morellino DCOG and Maremma DOC wines

A demanding stage that goes across the southern Brunello area and its manicured vineyards to Castelnuovo dell'Abate and the magnificent abbey of Sant'Antimo, one of the finest examples of Romanesque architecture in Tuscany. We continue descending to the Orcia River to face a long and challenging climb on the slopes of Mount Amiata passing through the towns of Seggiano and Arcidosso, with its lordly medieval fortress "Aldobrandesca". Another steep uphill stretch to reach Santa Fiora, where the headwaters of the river Fiora give life to a spectacular 16th century fishpond. Then we climb for about 4 km with steep sections and short stretches of gravel on a beautiful mountain road. Once on the ridge, we pass by the castle of Triana and the town of Roccalbegna. From there we prepare to tackle the last kilometers to reach the proximity of the town of Scansano, turned in the '700 to the provincial capital for "estatatura" (transfer of municipal offices from Grosseto in summer due to the risk of malaria), and today made famous by its **Morellino di Scansano** wine. Accommodation at Antico Casale hotel in Scansano.





Day 4: Maremma

- 7:30-8:30 – breakfast
- 8:30/9:00 – depart Scansano for Donoratico (134 kilometers/83 miles; 1256m/4120ft)
- Various rest stops along the route with site seeing, picnic lunch etc.
- Afternoon – arrive Bolgheri
- Visit to Super Tuscan winery in Bolgheri and private dinner

Long but soft stage with the first kilometers slightly uphill but followed by an enjoyable descent of around 15 km with spectacular views over vineyards and the Tyrrhenian Coast. After a long flat stretch we will climb to the ancient town of Massa Marittima, one of the jewels of Maremma. We will continue towards the Val di Cornia through surrounding nature reserves to Suvereto, a town that is part of “The Most Beautiful Villages of Italy Club” and famous for its wines. We will then face an easy long climb that will lead us to Sassetta from where we will start the descent towards Castagneto Carducci, home of the famed poet Giosuè Carducci. The last few kilometers downhill will bring us to Donoratico on the “Costa degli Etruschi” where we will stay overnight at the hotel Il Bambolo.

Day 5: Bolgheri

- 7:30-8:30 – breakfast
- 9:00 – depart Bolgheri for Chianti Classico (118 kilometers/73 miles; 2145m/7037 ft)
- Various rest stops along the route with site seeing, picnic lunch etc.
- Afternoon – arrive at Fonterutoli
- Cooking class with winery chef
- 7:00 – wine dinner at Fonterutoli Castle

This last and challenging stage will start among the fascinating vineyards of the Via Bolgherese, home to world famous **Super Tuscan** wines, taking us to the village of Bolgheri riding along the magnificent cypress lined road celebrated by Carducci. We will continue towards Bibbona and Saline di Volterra from where, along an amazing landscape, we will attack the tough climb up to Volterra, a major Etruscan settlement famous for its alabaster. Then, in a continuous up and down ride, we head to San Gimignano, the wonderful medieval city known around the world for its towers, from which we will reach the nearby Poggibonsi in the Val d’Elsa. The last long and soft climb will take us into the Chianti Classico region to Castellina in Chianti, then to the well-deserved finish back at home base Fonterutoli.

Day 6: Chianti

- E-bike tour for entire group through the Chianti wine region with winery visits and tastings.
- Lunch in Panzano at celebrated Italian butcher Dario Cecchini's world renown steak house
- Visit to prestigious winery Castello di Ama and tour of their modern art installations
- Farewell dinner

Following our intensive road trip, we will have a relaxing day of touring the Chianti wine appellation on e-bikes to get a taste of the Tuscan "bella vita" and enjoy local food, wine, and culture together.



Day 7: Chianti

7:30-9:30 – farewell breakfast

11:00/12:00 – check out and departure

What to Bring:

Due to limited space in the accompanying vehicles, participants are asked to bring a minimal amount of luggage:

- road bike (full carbon bikes available for rent at extra cost per day to be booked prior to arrival)
- one bag or trolley suitcase
- cycling clothes for the season
- casual clothes for the evenings
- helmet (mandatory)
- bike water bottle and/or camelback
- tire repair kit with spare tube
- energy bars, gels, mineral salts.

Guidance & Assistance:

We will be accompanied by expert guides, mechanics and masseurs, some of them with long experience in world championships Tour de France, Giro d'Italia and Vuelta whose assistance we can count on during the journey. We will have everything necessary for emergency repairs, but it is essential that the participants bring with them a kit for repairing any punctures (1 air chamber and 1 can of CO2 with dispenser). It is mandatory to have bicycle checked before departure to avoid wasting time on issues due to poor maintenance.

Road Safety:

Participating cyclists must cautiously respect Italian road rules and follow the guide's instructions.

Health & Insurance Release:

Cyclists are requested to provide a copy of a current medical certificate stating that they are fit for cycling and sport activity. They will be provided with a Cycling Association membership that includes liability insurance toward third parties. In order to participate in the tour, cyclists will be asked to sign a release.

*Timing, activities & itinerary during tour may vary according to unforeseen circumstances, weather conditions, availability, performance or to enhance the trip experience. Organizer reserves the right to substitute a service/good with one of equal quality.

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Included in the Tour:

- 6 nights accommodation in destinations: Chianti, Montalcino, Scansano, and Bolgheri
- All meals during the tour
- All wines served at dinners and/or tastings
- Visits to at wineries with wine tastings
- Cooking demos/classes by Chef Deborah and local guest chefs
- Cycling guides, drivers, and other staff
- Professional mechanics who follow the tour (from Cippolini professional cycling team)
- Accompanying vehicle/s along route to provide assistance & transport luggage
- Alternative transportation for injured/fatigued cyclists
- Tastings and other gastronomic activities
- Transportation and activities for non-cyclist participants (cooking classes, visits to local artisans, visits to cultural and historical sites + more)
- Cyclist liability insurance toward third parties
- Customized bike shirt and various gadgets (bib and wind vest are available to purchase)
- Tuscan recipes from cooking classes

Not included in the Tour:

- Airfare to/from Italy (affiliate travel agent available upon request)
- Transportation to/from Fonterutoli (available upon request at extra cost)
- Road bike (full carbon bikes available for rent)
- Extras in hotels and along the trail, tips
- Massages (available at extra cost)
- Travel insurance (obligatory)

Pricing & Terms:

- **\$4,195** based on double occupancy.
- Single occupancy rooms available at a supplemental cost of \$700
- \$1,000 deposit required to reserve spot
- Balance due by June 1, 2020
- Minimum 10 participants, maximum 20



For more info and to reserve your spot, visit website by scanning QR code above with smartphone, visit www.deborahdalfovo.com, or email info@deborahdalfovo.com

